

**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF
MALE AND FEMALE YOUNG ADULTS**

Dissertation

Project submitted in partial fulfilment of the requirements for the degree in

BACHELOR OF SCIENCE IN

PSYCHOLOGY

By

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DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRIMJALAKUDA

2021-2024

BONAFIDE CERTIFICATE

This is to certify that the dissertation entitled, “**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” is a bonafide record work carried out by **Ms. ALEENA SHIBU**, Register no: **CCAVSPY073**, during the sixth semester of BSc Psychology of the academic year 2021-2024.

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DECLARATION

I hereby declare that the dissertation work entitled “**EFFECTS OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” submitted to the University of Calicut, in partial fulfilment of the requirement of the award of the Degree of Bachelor of Science in Psychology is the record work done by me under the supervision of Ms. Renya C.V., Department of Psychology, Christ College (Autonomous), Irinjalakuda. This has not formed the basis for any award of any degree/diploma (associate ship) fellowship or other similar title to any candidate of any university.

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ACKNOWLEDGEMENT

“Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration.”

First and foremost, I thank the **God almighty** for his special blessings on me from the beginning to the completion of the study.

I owe my thanks to the principle of Christ College (Autonomous), Irinjalakuda **Fr. Dr. Jolly Andrews CMI**, for providing the conducive infrastructure to conduct the study.

I am indebted to dear and loving supervisor, Ms. **Renya C.V**, Assistant professor, Department of Psychology, Christ College (Autonomous), Irinjalakuda for her timely supervision and support for the successful completion of the study. Words are insufficient to thank her, who from first have directed and enlightened me for my study. I whole heartedly thank her for all her support.

With extreme joy and gratitude I thank Ms. **Christina Tony**, Head of the Department of Psychology and other **Faculty Members** of Christ College whose valuable support and constructive suggestions added to the success of the study.

It is a great pleasure for me to extend my gratitude to **all respondents** who took part in my study. And finally thanks to all my **friends and family** members whose endurance, concern and invariable support helped me in accomplishing this task.

Ms. ALEENA SHIBU

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ABSTRACT

The present study explores the relation between parental bonding and self-expression among male and female young adults. This is a quantitative study and is administered to 60 participants (30 men and 30 women). Convenient sampling technique was used to draw the samples from population. Instruments such as parental bonding instrument (Parker, G., Tupling, H., and Brown, L.B) and college self-expression scale (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien) were used for the collection of data. Karl Pearson correlation and independent- test were used for the analysis of data. The result showed that there is no significant relationship between parental bonding and self-expression and there was a significant difference in per parental bonding and no significant difference in self-expression among men and women.

CHAPTER I

INTRODUCTION

EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the
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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, “**EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS**” is a bona-fide record of research work carried out by Mr. **ADWAITH SREERAJ C.**, Register no: **CCAVSPY087**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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DECLARATION

I, Adwaith Sreeraj C., hereby declare that this work entitled " EFFECT OF COMPANION ANIMAL

BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Christina Tony, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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ACKNOWLEDGEMENT

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

I take this opportunity to express my gratitude to every person to whom I am grateful to for their valuable guidance and help. First, I would like to the God Almighty, for showering his blessings to make this dissertation a success.

I express my gratitude towards my guide Mrs. Christina Tony, who is also the head of the department of psychology for her valuable support and motivation. I whole heartedly thank her for her guidance in every stage of work.

I thank my parents and all my family members who helped me to complete this work.

I would like to take this opportunity to thank my group members Ms. Angelin Treesa Peter, Ms. P.M. Raniya, Ms. Hajira R. Ali, Mr. Anna Clelia Jaison and all my dear loving friends for their great support.

I also thank all the respondents who helped me by filling the google form questionnaire and sharing it with others especially my friend Ms. Anamika P Menon and Ms. Swapna Sudha.

Mr. Adwaith Sreeraj C.

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ABSTRACT

The present study explores the effect of companion animal bonding on aggression and psychological distress among young adults. This is a quantitative study and is administered on 120 participants (age range 18-26). Convenient sampling technique was used to draw the samples from the population. Instruments such as companion animal bonding scale (Poresky, R. H., Hendrix, C., Mosier, J. E., and Samuelson, M. L., 1987), aggression questionnaire (Buss, A. H. and Perry, M., 1992) and psychological distress scale (Dr. Kessler, R.C, 1992) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive correlation between companion animal bonding and aggression and no significant correlation was found between companion animal bonding and psychological distress. The result also showed no significant relation between psychological distress among owners and non-owners of companion animals.

INTRODUCTION

**SELF ESTEEM AND ATTITUDE TOWARDS SINGLE- HOOD: A
COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG
ADULTS**

Project

Submitted in partial fulfilment of the requirement of the degree in

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CERTIFICATE

This is to certify that this dissertation entitled, “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS” is a Bonafide record of research work carried out by Miss. Akhina Rose Martin, Register no: CCAVSPY104, during the sixth semester of B.Sc. Psychology during the academic year 2021-2024

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ACKNOWLEDGEMENT

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. Akhila P J, Assistant professor, Department of Psychology, CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude, I thank Mrs. Christina Tony, Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work. I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially my sister Miss. Amith Tom and my dear loving friends for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

Akhina Rose Martin

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Abstract

This quantitative study investigates the correlation between self-esteem and attitudes towards singlehood among young adult males and females. A sample of 120 participants (60 males and 60 females) was drawn using random sampling techniques. Data collection utilized the Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg in 1965, and the Attitude towards Singlehood Scale (ATSS) developed by Chee-seng Tan, Siew-May Cheng, and Sanju George in 2021. Statistical analyses, including correlations and t-tests, were conducted. The findings indicate no significant relationship between self-esteem and attitudes towards singlehood. However, a noteworthy gender difference emerged in attitudes towards singlehood among young adults. Specifically, male and female participants exhibited significantly divergent attitudes towards singlehood.

Key words: self esteem , attitude towards single hood and young adults

INTRODUCTION

**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF
VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**

Project Submitted in Partial Fulfillment of the requirements for the

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I, Alfya Varghese hereby declare that this work entitled "Role Of Perceived Social Support On The Self Esteem Of Victims Of Cyberbullying Among Young Adults Of Kerala" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Aiswarya Rajan P, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Aiswarya Rajan P**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

Very grateful to each and everyone who helped me collect the necessary data. Specially expressing gratitude to all my participants who took effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

Finally, I must thank all my family, friends for their relentless support and motivation, and obviously to the *almighty* who resides in me, with me, and for me forever.

Alfy Varghese

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Abstract

Cyber bullying, a pervasive issue in the digital age, has significant implications for individual's psychosocial well-being. This study aims to find the relationship between Roles of perceived social support on the self esteem of victims of cyber bullying among the younger adults. The scales used were cyber bullying, self esteem and perceived social support. The survey model was used with 132 adults in which 58 were male and 74 were females from the age group of 22-39. The project was conducted in the Google form. The result indicates that there is a positive correlation between perceived social support and self esteem and there is no significant correlation between self esteem and cyber bullying nor cyber bullying and perceived social support. By exploring these relationships, the research contributes valuable insights to the field and provides a foundation for future investigations. Overall, this study serves as a stepping stone for further research in this area, offering a nuanced understanding of the interplay between cyber bullying, self-esteem, and perceived social support among young adults.

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

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This is to certify that the project entitled, “THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS” is a bona-fide record of research work carried out by Ms. **AMAL JAMAL**, Register no: **CCAVSPY075**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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INTERNAL EXAMINER

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Declaration

I, Amal Jamal hereby declare that this work entitled "THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ College (Autonomous) Irinjalakuda, under the guidance and supervision of Asst. Prof. Parvanenthu K. V, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College (Autonomous), Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Parvanenthu K.V**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

Very grateful to each and everyone who helped me collect the necessary data. Specially expressing gratitude to all my participants who took effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

Finally, I must thank all my family, friends for their relentless support and motivation, and obviously to the *almighty* who resides in me, with me, and for me forever.

Amal Jamal
(Investigator)

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ABSTRACT

The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult self-expression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Self-expression.

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

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2024

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This is to certify that the project entitled, “THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS” is a bona-fide record of research work carried out by Ms. **ANAGHA K**, Register no: **CCAVSPY057**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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INTERNAL EXAMINER

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Declaration

I, Anagha K hereby declare that this work entitled "THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Parvanendhu K. V, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

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Anagha K

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The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult self-expression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Self-expression.

CHAPTER I
INTRODUCTION

1.0 Emerging adulthood

Emerging adulthood is a pivotal and distinct transitional phase for those aged 18 to 25 years, who are neither adolescents nor adults (Arnett, 2000). They undergo a biological and psychological development and maturation expressing their individual variability, semi-autonomy, identity formation, and dynamic worldviews. According to Institute of Medicine and National Research Council (2014), young adults should be treated as a separate subpopulation in policy and research as their choices create a significant impact on how their lives turn out. However, many do not associate some aged 18-26 as adults, on the grounds that their experiences do not conform to conventional perspectives of adulthood on being both independent and responsible (Settersten and Beam, 2010). Technological advances, earning gap, widening inequality, increasing diversity of the population, substance use, mental health disorders and a prolonged transition to adulthood appear to be the greatest sources of disability among young adults, contributing to health problems by increasing their stress and sedentary habits. Another important aspect of the transition to adulthood for many individuals may be the rapid change from high school to college (Bowman, 2010). A national survey conducted by the American College Health Association (2008) revealed that feeling hopeless, overwhelmed, mentally exhausted, sad and depressed are not uncommon in college students.

1.1 Role of family.

Family maintains a significant supportive presence over the transition, with young adults often remaining dependent on their parents, at least financially and residentially, throughout their twenties (Lindell and Campione-Barr, 2017). Some families adhere to a traditional conception that the young must be influenced by parents and other family members to internalize and become responsive to societal expectations (Inkeles, 1968; Parsons & Bales, 1955). According to family system theory, an effective psychological state and behavioural performance of family members reduce the risk of depression or other emotional and behavioural problems (Beavers and Hampson, 2000). However, an adult may lose their individuality in an attempt to fit in a family system that is rife with rules, authority and high expectations, causing a lack of self-expression that is detrimental to mental and physical health. Therefore, family often maintains a prominent role in shaping adults' self-expression through the emotional involvement and criticism experienced

within the family. Factors that influence family relationship include complex array of family structural variations (i.e., family socioeconomic standing, poverty, maternal employment, divorce, remarriage, and the presence of siblings), parental styles, dimensions of parental behaviour, parent-adolescent conflict, and marital.

Researches on parent-adolescent relations distinguish how different parental styles or behaviours contribute to social competence or behaviour in the young (Darling & Steinberg, 1993; Peterson & Hann, 1999; Steinberg, 2001). Parenting styles include authoritative parenting (versus authoritarian, permissive, and neglectful parenting), autonomy-supporting parenting (versus helicopter parenting or controlling behaviour), and parental differential treatment (PDT) of siblings. Among the approaches, Authoritative parenting fosters a collection of prosocial qualities in individuals often referred to as social or instrumental competence (Baumrind, 1978, 1991; Peterson & Hann, 1999; Steinberg, 2001). These parents tend to encourage two-way communication and to develop an atmosphere of warmth and acceptance (Baumrind, 1991; Maccoby & Martin, 1983; Peterson & Leigh, 1990; Peterson & Hann, 1999) compared to other parenting styles. Similarly, sibling relationships in family often are emotionally charged, characterized by conflict and competitiveness, but they also serve as sources of support and closeness (Lempers & Clark-Lempers, 1992). High levels of parental care are associated with positive sibling relationships, whereas high levels of parental control result more negative sibling relationships in young adulthood (Portner and Riggs, 2016). In most cases, peer relations often overshadow family relationships in stimulating self-expression in adults by longitudinal associations based on the sense of security (Marion et al., 2013) which ensures emotional well-being. However, peer groups are important in providing intimacy based on equality, but they are not always beneficial. For instance, rejected young people might befriend with other rejected ones creating negative influences and attitudes (Marion et al., 2013).

1.2 Emotional involvement of parents and criticism

Emotional involvement refers to the subjective intensity of these emotions and is often related to their duration, peak, and frequency (Sonnemans & Frijda, 1994, 1995). Parental involvement refers to the behaviour parents exhibit both at home and at school with the goal of supporting the development of children's social/emotional skills and promoting educational success (El Nokali, Bachman, and Votruba-Drzal, 2010). Goleman, 1998).

In general, there are two broad forms of parental involvement: direct involvement and indirect support. Directly, parents are actively involved in helping their children with their schoolwork, maintaining good communication with the school, and participating in school activities. Indirect support, on the other hand, involves parents not being directly involved in their child's education (David S Goh, Harry W Gardiner, *Encyclopedia of Applied Psychology*, 2004). Parental criticism has been established as a risk factor for a variety of mental health problems, including depression (Braet et al, 2013, Butterfield et al, 2021, Hooley et al, 2012).

It is known that criticism has a direct effect on a person's mood. For example, in a study with 18 female adolescents, participants were asked to rate their positive and negative emotional states before and after receiving feedback from their mothers (Aupperle et al, 2016). Exposure to praise increased positive mood states, whereas receiving criticism increased negative mood states.

People who receive support from their families may experience greater self-esteem, and this increased self-esteem may be a psychological resource that promotes optimism, positive emotions, and improved mental health (Symister & Friend, 2003). Family dynamics are important for understanding and coping with emotions. If people are able to express their emotions freely and are allowed to do so, they may feel more comfortable in their relationships with adults.

A large recent study of mood changes following parental feedback in healthy adolescents reached similar conclusions (van Houtum et al, 2022). Because negative feedback from parents worsens adolescents' moods, the authors suspected that it could affect their well-being and mental health. This is because repeated criticism appears to be associated with long-term mood swings. Indeed, several studies have shown that strong parental criticism and rejection is associated with co-occurrence and future symptoms of depression in adolescents (Nelemans et al, 2014, Tompson et al, 2010).

Interpersonal results showed that parental criticism was positively associated with anger, fear, shame, and sadness, but not with happiness, and that it influenced reactivity to anger (dispersion of innovation). These results indicate that parental criticism is more strongly related to negative behaviours than positive emotions, is directly related to anger in EA with advanced depression, and is associated with aspects of emotion dysregulation (Joyce Y Zhu et al *J Fam Psychol*, 2022).

In summary, exposure to parental criticism may lead to more ruminative thinking, an increase in negative mood states, and a decrease in positive mood states.

1.3 Self-Expression & Assertiveness.

Self-expression can be explained as expressing one's thoughts and feelings, and these expressions can be accomplished through words, choices or action [Kim & KO , 2007] .One of the primary contributors is an individual's personal experiences, encompassing a spectrum from triumphs to challenges, which collectively shape their unique form of expression. Cultural background is another influential factor, impacting communication styles, values, and the acceptable bounds of self-disclosure based on societal norms.

Societal expectations exert considerable pressure, compelling individuals to conform to established norms and roles within their communities. Education serves as a refining force, providing essential language skills, fostering critical thinking, and exposing individuals to diverse perspectives that contribute to their expressive abilities. Emotional well-being is foundational, with mental health significantly affecting one's capacity to articulate thoughts and emotions effectively. Self-awareness and confidence levels play pivotal roles, as individuals with a strong sense of identity are often more adept at expressing themselves authentically. External influences, such as media and peer interactions, further contribute to the shaping of communication patterns. In evolution, humans have an inherent need to belong. A sense of belonging stems from a need to survive (Over 2016) and survival relies heavily on the ability to access food, shelter, and protection, which is achieved through group membership and the ability to co-operate with each other (Tomosello et al 2012). Consider the family unit, where a fortunate baby is born into a protective environment, relying on cries to convey needs. As the infant develops, they culturally align with the family, expected to adhere to social norms and engage in rituals, reinforcing familial identity. Young children's self-expression is shaped by family's social standing and the innate need for belonging. If, for instance, conforming to family rules dictates a child's silence, their ability to express thoughts verbally may be hindered. In a rule-heavy family, a child might sacrifice individuality to fit in, potentially leading to a lack of independent opinions and excessive agreeability, disconnecting them from authentic self-expression. The correlation between loneliness and well-

being depends heavily on the extent to which we can express ourselves authentically (Borawski 2019)

Authentic self-expression, as opposed to adapted and conditioned forms, plays a crucial role in our psychological well-being. Confidence in authentic expression fosters healthy connections, effective communication, and the establishment of respectful boundaries in relationships. In a world that frequently demands conformity, adult self-expression is a rebellion a declaration of individuality that contributes to the diverse tapestry of human experience. It's a celebration of the freedom to be, to evolve, and to express the essence of who we are In all its complexity and beauty. As adults, we find ourselves at the crossroads of self-discovery and self-acceptance, crafting our narratives with the brushstrokes of authenticity and the vibrant hues of lived experiences.

Assertiveness enables effective self-expression and advocating for one's viewpoint while acknowledging the rights and perspectives of others. It contributes to self-esteem and garnering respect from others, thereby aiding in stress management. Three different dimensions of assertiveness are explored in depth in its design: self-denial, negative assertiveness, and positive assertiveness. These variables are investigated in a variety of interpersonal contexts, such as social interactions with peers of the same sex as well as those of the opposite sex, authority figures, commercial relationships, and familial dynamics. Along with providing a quantitative way to evaluate assertiveness, the scale also gives validity parameters, reliability data, and normative norms. These empirical findings support the validity and reliability of the scale, confirming its usefulness as a reliable instrument for identifying and assessing assertiveness characteristics in the college population.

When someone is assertive in interpersonal encounters, they communicate their rights and sentiments in a way that is acceptable to others. This is a desirable pattern of behaviour. Like Wolpe and Lazarus (1966) and Rimm and Masters (1974) have pointed out, it entails open and honest communication. Conversely, being insecure refers to a lack of confidence in one's ability to behave assertively. This is demonstrated by a failure to voice one's true feelings, to comply with unreasonable demands, and to defend one's legal rights. According to O'Leary and Wilson (1975), people who behave in an insecure manner frequently struggle with low self-esteem, restlessness in social settings, resentment, and repressed aggression. According to Flowers, Cooper, and Whiteley

(1975), there may be a dual cause of this behaviour: behavioural deficiencies as well as false beliefs. In general, being confident and not confident are intricate concepts with substantial.

1.5 Aim.

The aim of the study is to find out the Effect of Family Emotional Involvement and Criticism on Self-Expression in Young Adults.

1.6 Objectives:

- To understand the impact of family emotional involvement and criticism on adult self-expression.
- To understand the difference between adult self-expression in men and women.
- To understand the influence of locality on adult self-expression.
- To understand adult self-expression in accordance with birth order.

1.7 Hypotheses:

- There is no significant impact of family emotional involvement and criticism on adult self-expression.
- There is no significant difference between adult self-expression in men and women.
- There is no significant difference in adult self expression among different locality.
- There is no significant difference in adult self-expression in accordance with birth order.

1.4 Definition of key terms

1. Young adulthood is a life stage typically characterized by individuals in their late teens through their 20s, marked by the pursuit of personal and professional goals, identity exploration, and increased independence. (Arnett, J. J,2007)
2. Family involvement and criticism in the context of family dynamics refer to the extent of family members' participation and the expression of disapproval or negative feedback within the family unit. (Hooley, J. M., & Teasdale, J. D. ,1989).
3. Assertiveness is the ability to express one's thoughts, feelings, and needs openly and confidently, while respecting the rights and opinions of others. This communication style aims for honest and direct expression without being passive or aggressive. (Smith, M. J., & Segal, J,2018).
4. Self-expression is the articulation of one's thoughts, emotions, and identity through various forms of communication, allowing individuals to convey their unique perspectives and experiences. (Rogers, C. R,1951).

1.8 Need and significance

The impact of family emotional involvement and criticism on adult self-expression is profound, influencing one's need for validation and the significance placed on personal expression. There is a need to conduct related studies, to develop a more holistic perspective regarding the sense of self. Family emotional involvement can shape an individual's self-perception and confidence. Positive emotional involvement fosters a supportive environment, encouraging healthy self-expression by validating one's feelings and opinions.

Conversely, excessive criticism within the family can stifle adult self-expression. Constant negativity may lead to self-doubt and a fear of judgment, hindering the individual's willingness to

express their thoughts and emotions openly. This can manifest in diminished self-esteem and a reluctance to assert oneself in various aspects of life.

The need for self-expression is fundamental to personal growth and well-being. Family dynamics play a crucial role in either nurturing or constraining this need. A supportive family encourages autonomy, allowing individuals to explore and express their identity freely. In contrast, a critical environment may instill a sense of inhibition, making it challenging for adults to articulate their thoughts and emotions without fear of reprisal.

The significance of adult self-expression extends beyond individual well-being to interpersonal relationships and professional success. Effective communication relies on the ability to express oneself authentically. Individuals who have experienced positive emotional involvement are more likely to develop strong interpersonal skills and establish healthy connections.

In conclusion, the interplay between family emotional involvement and criticism significantly shapes an adult's need for self-expression and its overall significance. Positive familial influences contribute to a confident and expressive individual, while a critical environment may lead to inhibited self-expression and its associated challenges in personal and professional spheres.

Chapter: II
REVIEW OF LITERATURE

"A literature review is an overview of the available research for a specific scientific topic. Literature reviews summarize existing research to answer a review question, provide the context for new research, or identify important gaps in the existing body of literature. We now have access to lots of research and know a lot about literature reviews as a scientific method. For students in Psychology and the social sciences, conducting a literature review provides a fantastic opportunity to use the existing research evidence and to do so in a way that parallels the methods used to design and execute primary research"(American Psychological Association [APA],2020, para.1).

2.0 Studies related to Family Emotional Involvement and Criticism

2.0.1 N.N. Putri, G. A. Maria, H. Zainudin (2022) examined the relationship between parental expressed emotion and adolescents' depression, as mediated by emotional regulation in adolescents. The research was a non-experimental type of quantitative research conducted on 212 adolescents, 56.1% females and 43.8% males using purposive sampling technique based on several criteria for participants namely adolescents aged between 15-18 currently pursuing high school/ vocational/ equivalent education, living in the same house with both parents and should be of Javanese culture/ethnicity. Depression was measured using Patient Health Questionnaire-9(PHQ-9) and expression of parents' emotions was measured using a scale based on LEE(level of expressed emotion) developed by Gerlsma and Hale(1997). The findings of the study indicate that high expressed emotion from mother and father, lower the emotion regulation of adolescents and determines the emergence of teen depression.

2.0.2 .In 2018, Jessica Hack and Graham Martin conducted this cross-sectional study to examine relationships between perceived family Expressed Emotion and shame, emotional involvement, depression, anxiety, stress and non-suicidal self-injury, in 264 community and online adults, out of which 57 were males and 207 were females, aged 14-59 years. Participants were sought from first year Psychology students from the University of Queensland behavioural and Social Sciences, to take part in the survey. In addition to that, participants were sought from self-injury focused social networking sites such as on Facebook or Twitter. This study included demographic information, a self-injury questionnaire, and standardised scales measuring Expressed Emotion

(EE), shame, depression, anxiety and stress, and emotional regulation. The Family Emotional Involvement and Criticism Scale (FEICS), a 14-item self-report scale, was used to assess levels of EE, within the family environment, feelings of shame, related to the self and performance abilities, was evaluated by the Experience of Shame Scale, the Depression Anxiety Stress Scale was used to assess levels of depression, anxiety and stress, the dimension of emotion regulation was evaluated using the Difficulties in Emotion Regulation Scale (DERS) and the aspect of self-harm/self-injury was analysed using the Deliberate Self-Injury Questionnaire. All statistical analyses were completed in SPSS 20.0 (IBM SPSS Statistics for Windows, Version 20.0. Armonk, NY: IBM Corp, USA) provided by the University of Queensland. Results of the study showed that self-injurers reported greater levels of overall family EE and perceived criticism compared to those with no history of NSSI. Current self-injurers reported higher levels of perceived criticism than past self-injurers, but no differences were found in the overall EE. Past self-injurers reported more intense emotional involvement from family members than did current self-injurers. The study was able to uniquely distinguish current from past self-injurers by analysing levels of psychological distress, overall shame and emotional involvement.

2.0.3 Brooke .A. Ammerman, Seth Brown examined the mediating role of self-criticism in the relationship between parental expressed emotion and NSSI [2018]. The study was conducted on 94 school students and 201 college students. NSSI was assessed with the deliberate self-harm inventory self-criticism was measured using the forms of self-criticizing and self-reassuring scale. The Level of Expressed Emotion scale (LEE) assessed perceived parental expressed emotion. This study shows that participants with a history of NSSI reported perceiving their parents as providing less emotional support, inducing more irritation, being more intrusive, and expressing more criticism compared to those without a history of NSSI. These individuals also endorsed greater self-criticism mediated the relationship between perceived parental expressed emotion and NSSI occurrence, such that those with higher reported self-criticism and greater perceived parental expressed emotion were more likely to engage in NSSI.

2.0.4. Endah Puspita Sari, Wilda Dahlia examined the correlation between family functioning and subjective well-being among adolescents[2018]. The hypothesis tested was based on assumption that the higher family functioning, the higher subjective wellbeing among adolescents. Adolescents with the age range from 12 to 15 years are the subjects in this research. Data were collected by three scales, those are subjective well-being scale that adapted from Satisfaction with Life Scale and Positive Affect and Negative Affect Scale and family functioning scale was adapted from The McMaster Family Assessment Device. The collected data were analyzed by the product moment analysis. This study shows that the hypothesis of this research is acceptable. It means that there is a significant positive relation between family functioning and subjective well-being of adolescent. The more functioning the family is, the higher the subjective well-being level of adolescent is. In contrast, the less functioning the family is, the lower the subjective well-being level of adolescent is.

2.0.5. The study conducted by Krug, Wittchen, Lieb, Beesdo-Baum, and Knappe in 2016 delves into the intricate dynamics between parental depression, family functioning, and adolescent self-esteem. With a considerable sample size of 1040 participants aged 14–17 years, the researchers aimed to unravel the complex associations within these domains. The research utilized self-report questionnaires, employing the McMaster Family Assessment Device (FAD) for parents and the “Aussagen-Liste zum Selbstwertgefühl” for adolescents. The findings from multiple regression analyses unveiled significant positive associations between parental depressive disorders and dimensions of dysfunctional family functioning. This highlights a noteworthy connection between the mental health of parents and the overall functioning of the family unit. Additionally, the study identified a correlation between dysfunctional familial affective involvement and positive self-esteem in adolescents. These results emphasize the integral role of family dynamics in shaping the self-esteem of youth. One of the most intriguing revelations of the study was the partial mediation of the relationship between parental depression and adolescent self-esteem by familial affective involvement. In other words, the impact of parental depression on self-esteem is, to some extent, channelled through the quality of emotional connections within the family. This mediation suggests that the emotional atmosphere within the family significantly contributes to how parental depression influences the self-esteem of adolescents. The utilization of self-report questionnaires,

a common method in psychological research, adds a layer of subjectivity to the study. While self reports provide valuable insights into individuals' perceptions, they are subject to biases and may not capture the full spectrum of family dynamics. However, the substantial sample size enhances the generalizability of the findings, offering a broader understanding of the interrelationships between parental depression, family functioning, and adolescent self-esteem. The study's focus on adolescents aged 14–17 is particularly relevant, as this developmental stage is characterized by heightened sensitivity to familial influences and significant identity formation. The findings contribute to the existing body of knowledge on adolescent psychology, shedding light on the specific pathways through which parental mental health affects the self-esteem of teenagers. Understanding the mediating role of familial affective involvement underscores the importance of emotional connections within the family unit. This insight has practical implications for interventions targeting adolescents dealing with low self-esteem in the context of parental depression. Interventions addressing both the mental health of parents and fostering positive family dynamics could be more effective in promoting the well-being of adolescents. In conclusion, Krug et al.'s study provides a comprehensive exploration of the associations between parental depression, family functioning, and adolescent self-esteem. The results highlight the intricate interplay of these factors, offering valuable insights for researchers, clinicians, and practitioners working to support the psychological well-being of adolescents within the context of familial dynamics and parental mental health.

2.0.6. Lim, You, and Ha (2015) studied on the relationship between parental emotional support, adolescent happiness, and the roles of self-esteem and emotional intelligence. Involving 278 Korean high school students (140 males and 138 females), the study aimed to uncover the nuanced dynamics of these factors. Interestingly, the results indicate that parental emotional support does not have a direct impact on adolescent happiness. Instead, its influence operates indirectly through the mediating effect of self-esteem. This shows the complexity of factors that contributes the wellbeing of adolescents. Using different multi-group structural equation models analyses, the researchers found specific differences according to gender in the impact of maternal and paternal emotional support. For male adolescents, only paternal emotional support significantly influenced happiness through self-esteem. In contrast, female adolescents experienced a more intricate

relationship, with both maternal and paternal emotional support significantly influencing happiness through the mediation of self-esteem. Maternal support also exerted a direct influence on all other variables for females, highlighting the unique role of mothers in shaping various aspects of their daughters' well-being. The study's use of structural equation modelling adds rigor to the findings, emphasizing the need for nuanced approaches when exploring the complex connections between parental support, self-esteem, and adolescent happiness. The results shows valuable insights according to gender-specific nature of emotional support dynamics, indicates different impacts of maternal and paternal influences on the well-being of male and female adolescents. In conclusion, the study contributes to our understanding of the intricate interplay of emotional support, self-esteem, and happiness in the context of adolescent development.

2.0.7. Vasileos Stavropoulos, Helen Lazaratou, Euterpi Marini, Dimitris Dikeos examined the possible contribution of adolescents 'self-esteem to the relationship between family satisfaction and the emergence of depression[2015]. This study was conducted on 1919 high school students (mean age 16 years old). Depression was assessed with the depression subscale of the Symptom Check List-90, self-esteem with the Rosenberg Self-Esteem Scale and Family Satisfaction Scale. This study shows that significant associations between low self-esteem and depression and low family satisfaction and depression was found to be partially explained by low self-esteem. Results illustrate the significant association between contextual and individual factors regarding depressive symptoms in adolescence.

2.0.8. Michelle Givertz and Chris Segrin (2012) conducted this study, seeking to examine the association between parental behaviour indicative of overinvolvement and control and young adult child self-identity, namely self-efficacy and psychological entitlement. The study was performed on 339 parent-young adult child dyads out of which, 130 were males and 209 were females, and were on average 19.93 years of age ($SD=1.70$). The student sample was 75% White, 12% Hispanic, 4% Asian or Pacific Islander. 2 % African American, 1% American Indian, and the remaining 6% were reported as other or unknown. The participants completed survey measures of family environment, parenting, family communication, family satisfaction as well as measures of self-

efficacy and entitlement. Family Adaptability and Cohesion were evaluated using the Family Adaptability and Cohesion Evaluation Scales, Version IV (FACES IV). Family communication was evaluated using the Family Communication Scale (Olsen & Barnes, 2006), family satisfaction was evaluated using the Family Satisfaction Scale (Olsen & Wilson, 1982, 1989), open parent child communication was evaluated using the Parent-Adolescent Communication Scale (Barnes & Olsen, 1982), parenting style was evaluated using the Parental Authority Questionnaire (Buri, 1991), parental autonomy versus control was evaluated using the Psychological Autonomy versus Psychological Control (Schaefer, 1965b) scale, parental psychological control was evaluated using the Psychological Control Scale-Youth Self-Report (Barber, 1996), self-efficacy was evaluated using the Self-Efficacy Scale (Sherer et al., 1982) and entitlement was evaluated using the Psychological Entitlement Scale (Campbell et al., 2004). Results of the study indicated that balanced family adaptability and cohesion, open family communication, and authoritative parenting as opposed to authoritarian parenting, were positively correlated with parents' and young adults' family satisfaction. Parental behaviour that exercised immense control over the child was associated with decreased self-efficacy and amplified psychological entitlement in young adult children. The relationship between these two classes of variables was magnified by open parent child communication.

2.0.9. Michelle M. Wedig, B.S, and Matthew K. Nock, Ph.D., conducted this study to examine the relationship between parental expressed emotion (EE) and adolescent self-injurious thoughts and behaviours (SITB). This study was performed on 36 adolescents, aged from 12 to 17 years, recruited from the community (2004-2005), providing the data. Parents of adolescents completed the Five-Minute Speech Sample (FMSS), a performance-based measure of EE, and adolescents completed interviews and rating scales evaluating SITB. The presence of mental disorders among the adolescents was assessed by using the Schedule for Affective Disorders and Schizophrenia for School Age Children-Present and Lifetime Version (K-SADS-PL; Kaufman et al., 1977), and adolescent self-criticism was measured by using an item from the Self-Rating Scale (SRS; Hooley et al., 2002). The analysis of the results revealed that high parental EE was correlated with each type of SITB assessed such suicide attempts, suicide ideation, suicide plans, self-harm and no suicidal self-injury. It was also found that one particular component of EE, that is parental

criticism, was significantly associated with SITB, whereas the other, that is emotional overinvolvement, was not.

2.0.10. In 2003, Mary Monica Watkins run a study at university of South Florida checked the connections between chronic parental stress, parental emotional availability and self-esteem of young adults. The research shows a sample of African – American, Caucasian, and Latino/Latina college students. The relationship satisfaction inventory (RSI) is used to measure parental stress, emotional availability and self-esteem. The ROL features how parental stress influences the self-esteem in college going young adults and emphasizes the necessity for the targeted interventions. As a psychological tool to analyse the complexity of these psychological constructs the review evaluates the RSIs applicability. Insights into psychological well-being and family dynamics are particularly offered by Watkins research along with a range of customized treatments to address the various needs of young adults' cultural heritage.

2.1 Studies related to Self-Expression: A Measure of Assertiveness

2.1.1. In 2019, Asmita Dutt and Dr. Manish Kumar Verma conducted the study aiming to study Self-confidence and Self-esteem in Punjabi and English Medium Students. The study was conducted among 74 graduate college students of Punjab on the basis of their Medium of education. The psychological tools used for the study are Agnihotri's Self-Confidence Inventory (ASCI) constructed by Dr. Rekha Gupta and Self-expression Inventory constructed by Verma and Usha Mishra. And they used quantitative techniques for getting the result. As a result, they received No significant difference between the Punjabi and English medium students on self-confidence and self-expression.

2.1.2. Chau-Kiu Cheung, Hoi Yan Cheung and Ming-Tak Hue (2014) examined the role of emotional intelligence in relation to self-esteem and social efficacy. The study was conducted on

45 undergraduates of a university in Hong Kong, China. The undergraduates were a mix of male (55.1%) and female students (44.9%), and students were from different majors and years of study. There were more social science students (42.7%) than business, science, or law students. The students had an average age of 20.0 years. The questionnaire listed items for measuring self-assessed emotional intelligence self-esteem, social efficacy is used to examine the role of emotional intelligence in relation to self-esteem and self-efficacy. Research aimed at enhancement of the contribution of emotional intelligence to the acquisition of favourable social experiences. Study found that emotional intelligence showed a strong positive effect on self-esteem, mediated the positive effect of GPA on self-esteem, and explained away the positive effect of social efficacy on self-esteem. The finding indicates that emotional intelligence overshadows social efficacy in the prediction of self-esteem, and the positive effect of social efficacy was entirely attributable to the common influences of emotional intelligence.

2.1.3. Laura K. Kirst (2011), This study was to explore the relationship between assertiveness and the five factors of personality self-esteem, social anxiety, and shyness to update past research findings. Assertiveness is a learned fundamental interpersonal communication skill that helps individuals to meet the social demands of society. Although various personality factors associated with assertiveness have previously been studied, no recently published studies were identified in the review of assertiveness literature. Participants completed the College Self-Expression Scale, the IPIP representation of the NEO PI-R, the Rosenberg Self-Esteem Scale, the Brief Fear of Negative Evaluation Scale, and the Revised Cheek and Buss Shyness Scale. It was hypothesized that assertiveness would correlate positively with extraversion, openness to experience, conscientiousness, agreeableness, and self-esteem. The findings of the studies suggest that students with higher levels of assertiveness are significantly more extroverted, conscientious, and open to experience but less neurotic than students with lower levels of assertiveness. This study aimed to advance the understanding of the complex personality structure of low-assertive individuals. More precisely, the consistency in the findings of personality characteristics associated with non-assertive behavior can aid practitioners in developing effective treatment plans and educating the general public in the recognition of non-assertive tendencies. Increased awareness on this subject

will hopefully encourage individuals who are experiencing persistent difficulties in interpersonal contexts to seek professional help or attend workshops to enhance their assertiveness skills.

2.1.4. Heejung S. Kim and David K. Sherman conducted a study on “Express Yourself: Culture and the effect of Self Expression on Choice in the year 2006”. This study demonstrates the psychological Implications of Cultural Differences and roles of Self – expression. This whole study has been done by dividing it into four. First study has been conducted in 47 Korean and 53 European American Undergraduate students. Second study has been conducted on 63 East Asian American and 103 European American undergraduate students. Third study has been conducted on 55 European American and 35 East Asian American undergraduates. Forth study has been conducted on 50 European American and 40 East Asian American Students of mean age = 19.18. They had used the Value of Expression Questionnaire as the scale for measuring the extent to which the participant value self-expression in their behavior and they have asked some open-ended questions. From the result it is understood that Culture and the effect of self-expression on choice has significant relation.

2.1.5. Amy G. Halberstadt conducted a study on Family Socialization of Emotional Expression and Nonverbal Communication Styles and Skills in the year 1984. This study was conducted among 64 female and 69 male undergraduate students. Halberstadt developed and used The Family Expressiveness Questionnaire for the study having four subscales. In conclusion, the result received as the style of expression and skill in communication are influenced by the emotional expressiveness of the family environment.

2.1.6. Douglas J. Pawlarczyk (1980) examined the relationship between expressed anxiety and assertiveness, by administering the State-Trait Anxiety Inventory (STAI) - State and Trait Scales, the Fear Survey Schedule II (FSS-III), the Rathus Assertiveness Schedule (RAS), the College Self-expression Scale (CSES) and eight role-plays, during a personality assessment course at Eastern Illinois University, with 24 students (15 females and 9 males) participating. Out of the 8 role-plays, 4 were designed to evoke positive assertion, whereas the remaining 4 were designed to elicit negative assertion. The research was quantitative in nature. The findings of this investigation

generally validate the argument that assertiveness is inversely linked to state anxiety because it differs from state-anxious situations. This inverse relationship occurs regardless of whether the behaviour is measured by role-play response ratings or examined through self-report.

2.1.6. Jorgensen, Gerald T (1975) examined the 47-item scale taps assertiveness in a variety of situations, and constitutes a self-report measure. The study investigated the effectiveness of group assertive training with non-assertive, noncollege-age women. Twelve women, ages 22 to 53, participated in the assertive training program. The Adult Self-Expression Scale was administered both before and after training. Fifteen males and five females comprised the comparison group. Participants in the assertive training program improved significantly in their reported assertive behaviour from pretesting to post-testing. Also, assertive training participants were significantly lower in reported assertive behaviour than comparison group members before training, but participants were no different than comparison group members on completion of training. Finally, the present study seems to indicate that the basic training program can be adapted to meet the needs of noncollege students and/or degree and noncollege-age women.

Chapter: III
METHOD OF INVESTIGATION

The research methodology is a systematic, theoretical analysis of the procedures applied to a field of study (Kothari, 2004).

This chapter deals with the statement of the problem, variables used in the study, research design, sampling method, description of the sample, tools and procedures used for data collection and the statistical analysis used for the interpretation of the result.

3.0 STATEMENT OF THE PROBLEM

Does family emotional involvement and criticism have an influence on self-expression in young adults and whether there is any significant difference in self-expression of young adults with respect to their gender, birth order and locality of their residence?

3.1 VARIABLES OF THE STUDY

3.1.1 Independent variable:

1. Family emotional involvement and criticism

3.1.2 Dependent variable:

1. Self-expression; a measure of assertiveness

Gender, birth order and family structure are taken as demographic variables for the study.

3.2 RESEARCH DESIGN

The present study is an ex-post facto survey design. Evans (2012) defined ex-post facto research design as “A non-experimental quantitative research where the researcher identifies variables and may look for relationships among them but does not manipulate the independent variables, which has already occurred in the natural course of events”. Using this research design, the operation of the variables of study was examined without actually manipulating them to assess the influence of family emotional involvement and criticism on self-expression of young adults.

3.3 SAMPLE

A sample can be referred to as a group of people taken from a larger population using a pre-defined selection method, which is an efficient method of conducting research. The people who take part are referred to as participants. Sampling is the process of selecting a representative group from the population under study.

A sample of 168 subjects were selected for the study, comprising 44 males and 124 females, belonging to the age group of 18 to 26. The data was collected by the method of convenience sampling. Convenience sampling, also known availability sampling or opportunity sampling, is a non-probability sampling technique in which the subjects are selected for inclusion in the sample because they are the easiest to access for the researcher which can be due to availability at a given time, geographical proximity or willingness to participate in the research study. A sample of college students were selected. The data was collected through google form the district of Thrissur, India.

Inclusion criteria

- College students of both genders.
- Age group of 18 to 26
- Subjects who were willing to participate

3.3.2 Exclusion criteria

- Individuals below the age of 18 and above the age of 26
- Individuals with intellectual disabilities
- Subjects who were not willing to participate

3.4 TOOLS

1. Family Emotional Involvement and Criticism Scale (FEICS) developed by Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel and T. L. Campbell (1992).

2. The College Self-Expression Scale (CSES): A Measure of Assertiveness developed by John P. Galassi, James S. DeLo, Merna D. Galassi and Sheila Bastien (1974).

3.3.1 DESCRIPTION OF TOOLS

3.5.1 Family Emotional Involvement and Criticism Scale (FEICS)

This 14-item self-administering instrument measures two aspects of expressed emotion (EE) in a family: Emotional Involvement (EI) and Perceived Criticism (PC). The FEICS is useful while monitoring families' health care utilization, including families with long-term care needs and mental health needs of children and grandchildren. the PC subscale is a good predictor of other mental health conditions, including depression and physical functioning. the FEICS is also useful while working with an enmeshed family or with child-parent conflicts.

3.5.1.1 Reliability

The reliability of the PC and EI subscales is high with Cronbach's alpha of 0.82 and 0.74, respectively for the sample of patients at a family medical clinic.

3.5.1.2 Validity

The PC has very good concurrent validity and criterion-related validity. Scores on the PC correlated with two other measures of family functioning, mental health, medical diagnosis, psychiatric status and physical functioning. The separate subscale structure was supported with confirmatory factor analysis. Scores on the EI correlated with social support, cohesion and adaptability in a family which supports criterion validity.

3.5.1.3 Scoring

The scale consists of 14 items with scores ranging from 1-5 on a Likert scale. The responses are 1= almost never, 2= once in a while, 3= sometimes, 4= often, and 5= almost always. Items 2 and 8 are reverse scored. The EI subscale is composed of the odd items, whereas the PC subscale is composed of the even items. The total scores on of each subscale can be obtained by taking the sum of the item scores divided by 7. Subscale scores ranges from 1 to 7 with higher scores

reflecting more emotional involvement and perceived criticism.

3.5.2 The College Self-Expression Scale: A Measure of Assertiveness

The College Self-Expression Scale (CSES) is a 50 item, self-report measure which attempts to measure three dimensions of assertiveness: positive, negative and self-denial. The scale also indicates a subject level of assertiveness vis-a-vis a variety of role occupants; strangers, authority figures, business relations, family and relatives, like and opposite sex peers. Items for the scale, in part, were derived from the work by Lazarus (1971) and Wolpe (1969). The scale can be utilized by therapists to determine quickly the type of assertive responses which a client fails to produce, as well as the interpersonal situations in which appropriate assertiveness is not shown.

3.5.2.1 Reliability

The test-retest coefficients were 0.89 and 0.90, respectively. Males achieved slightly higher scores than females, in all of the samples.

3.5.2.2 Validity

The validity of the tool was determined by factor analysis. The scale has high construct validity and sufficient concurrent validity. The College Self-Expression Scale correlates positively and significantly with the following Adjective Check List Scales: Number checked, Defensiveness, Favorable, Self-Confidence, Achievement, Dominance, Interception, Heterosexuality, Exhibition, Autonomy and Change, all of which are scales that suggest characteristics that typify assertiveness. On the other hand significant negative correlations were obtained with the Unfavorable, Succorance, Abasement, Deference and Counseling Readiness Scales, which are consistent with no assertiveness.

3.5.2.3 Scoring

The scale comprises 50 items and utilizes a five-point Likert format (0-4), with 21 positively worded items and 29 negatively worded items. the responses are 0= almost always or always, 1= usually, 2= sometimes, 3= seldom, 4= never or rarely. A total score for the scale is obtained by summing all positively worded items and reverse scoring and summing all negatively worded items. Low scores are indicative of a generalized nonassertive response pattern.

3.6 PROCEDURE FOR COLLECTION DATA

The scales of Family emotional involvement and criticism and college self-expression were given to college students both male and female. Total of 168 samples were collected, 44 males and 124 females. The questionnaire was sent google form through WhatsApp. The participants were asked to read the given statements and choose an appropriate option with respect to their responses. The present study was conducted on college students falling under the age group of 18 to 26. The participants were given general instructions and assured that all the shared information would be kept confidential. Any queries that arose were clarified.

3.7 CONSOLIDATION OF DATA

The data was scored and consolidated in excel sheet for further statistical analysis.

3.8 STATISTICAL ANALYSIS

The three tests used for statistical analysis were Pearson's Correlation test, t test and ANOVA. The statistical analysis was done using SPSS. Pearson's Correlation test is used to test whether two variables are linearly related in some population. The t-test is used to determine if there is a significant difference between the means of two groups and how they are related. ANOVA, which is an abbreviation for Analysis Of Variance is used analyze the difference between the means of more than two groups. In the present study, Pearson's Correlation test was used to test the correlation between the variables Family Emotional Involvement and Criticism, and Self-Expression: A Measure of Assertiveness. The t-test was used to determine the significant difference between the means of samples of males and females in one group and nuclear and joint family type in the other. ANOVA was used to analyze the difference between the means of samples of first child, middle child and last child groups.

CHAPTER IV
RESULT AND DISCUSSION

This chapter deals with the results and discussion of the present study. The results are given in the following tables.

RESULT

Table 4.1

Correlation between the variables in the study

VARIABLES	FEI	ASE
FEI	1	.100
ASE	.100	1

Table 4.1 shows the correlation between the variables of the present study. there is no significant relation between the variables. it implies that family emotional involvement does not influence adult self-expression.

Table 4.2

Indicates the standard deviation, mean deviation, t test and significance according to gender types for variables present in the study.

VARIABLES	GENDER	N	MEAN	SD	t	Sig
ASE	Male	44	109.2273	19.23038	-1.328	.102
	Female	124	113.1371	15.82595	-1.211	

Table 4.2 shows the standard deviation, mean deviation, significance and t value for the variable adult self expression categorised by gender. The absence of significance indicates that there is no statistically significant difference between genders for this variable.

Table 4.3

Indicates the standard deviation, mean deviation, t test and significance according to locality for the variables present in the study.

VARIABLES	LOCALITY	N	MEAN	SD	t	Sig
ASE	Rural	107	111.5327	16.78404	-.591	.588
	Urban	61	113.1311	16.95334	-.590	

Table 4.3 implies standard deviation, mean deviation, significance and t value for the variable adult self expression categorised by locality as rural and urban. The absence of significance indicates that there is no statistically significant difference between the rural and urban population for this variable.

Table 4.4

Indicates sum of squares, degrees of freedom, mean squares, F value and significance based on birth order.

VARIABLES		SUM OF SQUARES	Df	MEAN SQUARE	F	Sig
ASE	Between Groups	1010.530	2	505.265	1.805	.168
	Within Groups	46194.321	165	279.966		
	Total	47204.851	167			

Table 4.4 shows that the ANOVA results indicate that there is no significant difference between groups for the variables under consideration. This conclusion is drawn from p-value associated with F-test, which is higher than usual threshold point for statistical significance.

DISCUSSION

Numerous empirical studies have revealed the moderating mechanisms of family functioning and among those, continued parental involvement in the lives of young adults, invariably show a great interest in both researchers and public eye. Understanding the enduring impact of family involvement in adulthood is crucial for unlocking the complexities of self-expression. Delving into this topic unveils the profound influence familial relationships have on shaping one's identity, communication styles, interpersonal relationships, magnitude of assertiveness and ability to express oneself authentically.

The current study aimed to investigate the influence of family emotional involvement and criticism on self-expression in young adults. The results revealed no significant correlation between family emotional involvement and adult self-expression, which is consistent with hypothesis 1. This finding challenges the initial purpose of the study and highlights the complexity of family dynamics and individual expression in the early years of youth. Absence of correlation indicates other variables play a more prominent role in shaping an adults' expressiveness. Peer relation, societal influences, cultural norms, socio-economic status, educational status, influence of media, role models, genetics and personality traits are some feasible factors that support the finding.

Over the transition to adulthood, involves a reshuffling of one's social relationships, as relationships with peers and romantic partners become more prominent (Lindell and Campione-Barr, 2017), and relationships with family members become voluntary to maintain (Aquilino, 2006) represent an important source to the finding. Reduced level of warmth within the family seem to be associated with emotional autonomy from parents. A study by Morawska and Sultan (2015) state that parents with higher education levels and income have an impact on their children and tend to follow their parents' behaviours later in life. This results to self image of adult being formulated to some extent through parent child interaction.

An additional factor to justify the finding could be the advent of digital technology and social media. Young adults have unprecedented access to a wide array of social and cultural influences beyond the confines of their immediate family. This expanded social landscape may diminish the relative significance of family emotional development in shaping self-expression among contemporary young adults. A study in Pakistan across 175 young adults (20-26 years) reported that 85% of participants agreed that social media sites made family relationships non-existent (R. Ali, 2016). This substantiates the absence of correlation between family emotional involvement and adult self-expression. In addition, Neuroticism, Extraversion and Openness personality traits and attitudes positively determine an assertive behaviour in an individual adult. Predispositions or hereditary factors can influence the absence or presence of personality traits, thereby having an indirect link to assertiveness. Young adults today grapple rapidly with changing world characterized by global interconnectedness and unprecedented challenges. In this context, individual self-expression may be shaped more by external pressures and societal forces than by family involvement. However, the result from current study is concurrent with the study of Dagneu and Asrat (2017) where they stated there is a negligible relationship between parental involvement and assertiveness.

When comparing both males and females in terms of adult self-expression, the results of the current study affirms that there is no significant difference, validating the second hypothesis. Men are more likely than women to exhibit assertiveness in public, according to similar studies by Hersen et al. (1973), Ory and Helfrich (1976), Adejumo (1981), and Eskin (2003). Nevertheless, a study by Chandler et al. (1978) refuted those findings, arguing that women are more assertive in private interpersonal settings and actively contributing to coping with everyday life, within families and the community. However, men have significantly greater tendency than women to be shy in dating situations (David L. Mathison, Raymond K. Tucker, 1982). Pertaining to college students, a recent study suggests that male students are more self-confident than female students, but equal in assertiveness (Svetlana Rusnac, Diana Rociupchin, 2023). The increasing feminist beliefs and behaviours as well as the surfacing new social roles in this modern civilization may direct to lack of gender differentiation causing consistent results with the current study.

The results of the present study further manifested no significant differences in terms of adult self-expression in accordance to birth order. This challenges previous research that posited clear

associations between birth order and personality traits. According to the theoretical paradigm for personality developed by Adler (1870-1937), the firstborn are leaders, the middle are mediators, the youngest infants. Unlike the middleborns, firstborns and lastborns are expressed as optimistic and have strong identification among family members though assistance. However, contrary to conventional beliefs regarding distinct self-expression patterns among individuals based on their birth order within the family, the results reveal no significant difference. This finding goes in line with the results of a modern survey of individuals in the United States by Powell, & Steelman (1999), which examined the link between birth order and social views to family variations and no statistically significant differences were detected.

Furthermore, on comparison of individuals living in urban and rural areas, in relation to assertiveness measure of self-expression, no significant differences were established. This finding is validated and consistent with the results of a recent study wherein it was found that students from Rural areas are more self-confident, but equal in assertiveness with Urban ones, (Svetlana Rusnac, Diana Rociupchin, 2023). On the contrary, many studies have shown that assertiveness and Self-esteem have significant association with residence that is with urban and rural, (Shrestha, 2019). Compared to rural people, urban people aren't hesitant about defending their perspectives, they are open to both compliments and constructive criticism, honest about their feelings, opinions and even rights. Rural people who are aggressive as a result of feeling threatened or disrespected, may act out and lose important relationships. This may be due to their culture, misguided perceptions about esteem and lack of moral education. Stereotypically, as compared to urban people, rural people may lack confidence, often feel incompetent, unloved or inadequate. Whereas, from the present study, it is found that both urban and rural people have equal levels of assertiveness, may be due to advanced techniques, and increased availability of education to rural people, enabling them to be confident enough to express their opinions.

Overall the current study has proved to challenge the pre-existing notions about the influence of familial bonds on self-expression and assertiveness in young adults. This study may provide scope for further research with regards to multi-dimensional factors underlying family dynamics and its effects.

CHAPTER V
SUMMARY AND CONCLUSION

5.0 Summary

The research project was conducted to find out the relationship between family emotional involvement and criticism of adult self-expression.

The sample for the present study consists of young adult college students aged 18 to 26. The study aimed to discern whether gender, birth order, and locality differences influenced the relationship between these variables. The sampling of data was done using the convenience sampling method and the statistical analysis was performed using Karl Pearson's Correlation, t-test, and ANOVA. The findings indicated no significant differences in The Effect Of Family Emotional Involvement And Criticism On Adult Self-Expression across gender types, birth order, and locality.

5.1 Tenability And Hypothesis

HYPOTHESIS	TENABILITY
There is no significant impact of family emotional involvement and criticism on adult self-expression.	Accepted
There is no significant difference between adult self-expression in men and women.	Accepted
There is no significant difference in adult self-expression among different locality.	Accepted
There is no significant difference in adult self-expression in accordance with birth order.	Accepted

5.2 Conclusion

From the results of the study it can be concluded that Family Emotional Involvement and Criticism do not exert a significant differential effect on Adult Self-Expression. Furthermore, no significant differences have been observed with reference to gender types, birth order and locality. This suggests that factors beyond these demographic variables may play a more influential role in shaping individual self-expression tendencies and the extent of assertive behavior. This paves the way for further scope in research, to understand the impact of family dynamics on the development and expression of individuals.

5.3 Implications of the studies

Studies are the growing pillars for the next generation. This study implies that one's capacity to precise themselves as a grown-up isn't altogether affected by either enthusiastic inclusion or feedback from their family amid their childhood. This may be cruel that variables exterior of family flow play a more noteworthy part in forming grown-up self-expression, such as peer intelligence, individual encounters, or societal impacts.

Grown-up self-expression isn't essentially impacted by either the level of enthusiastic association or feedback experienced inside the family environment. People might create their self-expression autonomous of these familial variables.

Other variables exterior of family elements may have a more significant affect on grown-up self-expression. These may incorporate societal standards, peer impacts, individual encounters, or person identity characteristics. Grown-ups may have created flexibility or adapting instruments that allow them to precise themselves notwithstanding of the passionate elements or feedback inside their family. This may show a capacity to attest one's character despite challenging familial circumstances. The discoveries recommend that there are different pathways through which grown-ups create their self-expression. Whereas family elements are persuasive for numerous, they may not be all inclusive determinants for everybody. This underscores the complexity of person advancement. It highlights the importance of other connections exterior the family, such as companionships, sentimental associations, or mentorships, in forming grown-up self-expression. These connections may give elective sources of bolster and approval. For people who battle with self-expression due to family flow, restorative mediations may ought to centre on variables past familial passionate inclusion and feedback. Specialists might explore other sources of bolster and roads for cultivating self-expression. Whereas the nonattendance of a relationship between these factors may demonstrate flexibility in a few cases, it may too propose a need of enthusiastic association inside the family. This might lead to interpersonal clashes or challenges in communication that affect other viewpoints of familial connections.

The nonappearance of a relationship between family flow and grown-up self-expression may vary across diverse social settings. Social values and standards with respect to family elements and self-expression may impact the degree to which these factors are related.

Generally, the need of relationship between family passionate association, feedback, and grown-up self-expression recommends a nuanced understanding of person improvement, highlighting the multifaceted nature of impacts on individual expression and personality arrangement.

5.4 Limitations of the study

The major limitation of the study was that it was conducted within a fixed population of young adults within a particular area, so it might effect the result of study, and it can be positive or negative effects.

The sample size of young adults aged 19 to 21 from college students might not be representative of the broader population. Additionally, if the sample is drawn from a specific college or region, it may not reflect diversity in terms of socio-economic status, cultural backgrounds, etc.

- Participants might not provide accurate or truthful responses on sensitive topics like family emotional involvement and criticism.
- Cultural differences in perceptions of family dynamics and self-expression.
- Limited to a particular population.
- The study is a cross-sectional study which limits the ability to infer causality or assess changes over time.

5.5 Future of Recommendations

- There is a clear need for longitudinal studies to track the long-term impact of family emotional involvement and criticism on adult self-expression.
- Additionally, exploring the role of individual coping strategies and conducting comparative studies across diverse cultural backgrounds would provide a more comprehensive understanding of these dynamics.
- Considering cultural and contextual factors is essential for a comprehensive understanding of the relationship between family dynamics and self-expression. Cultural values, norms regarding emotional expression, and family structures can significantly influence how emotional involvement and criticism manifest and their impact on self-expression.

- Designing interventions aimed at enhancing healthy emotional involvement and constructive feedback within families can be a valuable area for further study. Evaluating the effectiveness of such interventions on promoting positive self-expression and psychological well-being among adults can provide practical insights for family therapy and support programs.
- Further research should aim to deepen our understanding of how family emotional dynamics, including both involvement and criticism, shape adult self-expression. Exploring nuances, interaction effects, longitudinal trends, cultural influences, and intervention strategies can contribute significantly to this area of study and inform practices aimed at fostering healthy family environments and individual development.

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APPENDICES

Family Emotional Involvement and Criticism Scale

Below are questions about your family. Please answer them as they relate to your experience with your family now.

1. I am upset if anyone else in my family is upset.
2. My family approves of most everything I do.
3. My family knows what I am feeling most of the time.
4. My family finds fault with my friends.
5. Family members give me money when I need it.
6. My family complains about the way I handle money.
7. My family knows what I am thinking before I tell them.
8. My family approves of my friends.
9. I often know what my family members are thinking before they tell me.
10. My family complains about what do for fun.
11. If I am upset, people in my family get upset too.
12. My family is always trying to get me to change.
13. If I have no way of getting somewhere my family will take me.
14. I have to be careful what I do or my family will put me down.

College Self-Expression Scale

The following inventory is designed to provide information about the way in which you express yourself. Please answer the questions by checking the appropriate box from 0-4 (Almost Always or Always, 0; Usually, 1; Sometimes, 2; Seldom, 3; Never or Rarely, 4) on the computer answer sheet. Your answer should reflect how you generally express yourself in the situation.

1. Do you ignore it when someone pushes in front of you in line?
2. When you decide that you no longer wish to date someone, do you have marked difficulty telling the person of your decision?
3. Would you exchange a purchase you discover to be faulty? (R)
4. If you decided to change your major to a field that your parents will not approve of, would you have difficulty telling them?
5. Are you inclined to be over-apologetic?
6. If you were studying and if your roommate was making too much noise, would you ask him to stop? (R)
7. Is it difficult for you to compliment and praise others? 8. If you are angry at your parents, can you tell them? (R)
9. Do you insist that your roommate does his fair share of the cleaning? (R)
10. If you find yourself becoming fond of someone you are dating, would you have difficulty expressing these feelings to that person?
11. If a friend who has borrowed \$5.00 from you seems to have forgotten about it, would you remind this person? (R)
12. Are you overly careful to avoid hurting other people's feelings?
13. If you have a close friend whom your parents dislike and constantly criticize, would you inform your parents that you disagree with them and tell them of your friend's assets? (R)
14. Do you find it difficult to ask a friend to do a favor for you?

15. If food which is not to your satisfaction is served in a restaurant, would you complain about it to the waiter? (R)
16. If your roommate without your permission eats food that he knows you have been saving, can you express your displeasure to him? (R)
17. If a salesman has gone to considerable trouble to show you some merchandise which is not quite suitable, do you have difficulty in saying no?
18. Do you keep your opinions to yourself?
19. If friends visit when you want to study, do you ask them to return at a more convenient time? (R)
20. Are you able to express love and affection to people for whom you care? (R)
21. If you were in a small seminar and the professor made a statement that you considered untrue, would you question it? (R)
22. If a person of the opposite sex whom you have been wanting to meet smiles or directs attention to you at a party, would you take the initiative in beginning a conversation? (R)
23. If someone you respect expresses opinions with which you strongly disagree, would you venture to state your own point of view? (R)
24. Do you go out of your way to avoid trouble with other people?
25. If a friend is wearing a new outfit that you like, do you tell that person so? (R)
26. If after leaving a store you realize that you have been "short-changed," do you go back and request the correct amount? (R)
27. If a friend makes what you consider to be an unreasonable request, are you able to refuse? (R)
28. If a close and respected relative were annoying you, would you hide your feelings rather than express your annoyance'?
29. If your parents want you to come home for a weekend but you have made important plans, would you tell them of your preference? (R)
30. Do you express anger or annoyance toward the opposite sex when it is justified? (R)
31. If a friend does an errand for you, do you tell that person how much you appreciate it? (R)
32. When a person is blatantly unfair, do you fail to say something about it to him?
33. Do you avoid social contacts for fear of doing or saying the wrong thing?

34. If a friend betrays your confidence, would you hesitate to express annoyance to that person?
35. When a clerk in a store waits on someone who has come in after you, do you call his attention to the matter? (R)
36. If you are particularly happy about someone's good fortune, can you express this to that person? (R)
37. Would you be hesitant about asking a good friend to lend you a few dollars?
38. If a person teases you to the point that it is no longer fun, do you have difficulty expressing your displeasure?
39. If you arrive late for a meeting, would you rather stand than go to a front seat which could only be secured with a fair degree of conspicuousness?
40. If your date calls on Saturday night 15 minutes before you are supposed to meet and says that she (he) has to study for ml important exam and cannot make it, would you express your annoyance? (R)
41. If someone keeps kicking the back of your chair in a movie, would you ask him to stop? (R)
42. If someone interrupts you in the middle of an important conversation, do you request that the person wait until you have finished? (R)
43. Do you freely volunteer information or opinions in class discussions? (R)
44. Are you reluctant to speak to an attractive acquaintance of the opposite sex?
45. If you lived in an apartment and the landlord failed to make certain necessary repairs after promising to do so, would you insist on it? (R)
46. If your parents want you home by a certain time which you feel is much too early and unreasonable, do you attempt to discuss or negotiate this with them? (R)
47. Do you find it difficult to stand up for your rights? (R)
48. If a friend unjustifiably criticizes you, do you express your resentment there and then? (R)
49. Do you express your feelings to others? (R)
50. Do you avoid asking questions in class for fear of feeling self-conscious?

MALADAPTIVE DAYDREAMING AND DISSOCIATION

Dissertation

Submitted in partial fulfilment of the requirement for the degree of

BACHELORS OF SCIENCE IN PSYCHOLOGY

SUBMITTED BY,

ANAMIKA P MENON

REGISTER NUMBER : CCAVSPY076



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This is to certify that this dissertation entitled, **“MALADAPTIVE DAYDREAMING AND DISSOCIATION”**

is a bonafide record of research work carried out by the sixth semester of B.Sc. Psychology during the academic year 2021-2024

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DECLARATION

I hereby declare that the dissertation work entitled “**MALDAPTIVE DAYDREAMING AND DISSOCIATION**” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Ranjini P.R, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This has not formed the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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Asst Prof Ranjini P.R,

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ACKNOWLEDGEMENT

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. RANJINI P.R , Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude I thank Mrs. Christeena Tony , Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work. I also thank those persons who helped me to fill up the Google form questionnaire and share it with others.

It is a great pleasure for me to thank all respondents for their sincere and serious co-operation. And I would also like to extend my gratitude to other people who helped me during the time of data collection.

Thank you for all your contribution and support.

ANAMIKA P MENON

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ABSTRACT

The present study explores the relation between Maladaptive daydreaming and dissociation in Students and Working population. This is a quantitative study and is administered to 100 participants (49 students and 51 working population). Convenient sampling technique was used to draw the samples from the population. Instruments such as Maladaptive Daydreaming Scale-16 (By Eli Somer, Jayne Bigelsen, Jonathan Lehrfeld and Daniela Jopp, 2016) and Dissociation Experience Scale (Bernstein E. M., Putnam F. W., 1986) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive relationship between Maladaptive Daydreaming and Dissociation and There was no significant difference between students and working population on the effects of Maladaptive Daydreaming and Dissociation.

EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the
requirements for the award of the degree of Bachelor of Science in
Psychology

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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

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This is to certify that the dissertation entitled, “**EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS**” is a bona-fide record of research work carried out by Ms. **ANGELIN TREESA PETER**, Register no: **CCAVSPY078**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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DECLARATION

I, Angelin Treesa Peter, hereby declare that this work entitled " EFFECT OF COMPANION ANIMAL

BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Christina Tony, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

I take this opportunity to express my gratitude to every person to whom I am grateful to for their valuable guidance and help. First, I would like to the God Almighty, for showering his blessings to make this dissertation a success.

I express my gratitude towards my guide Mrs. Christina Tony, who is also the head of the department of psychology for her valuable support and motivation. I whole heartedly thank her for her guidance in every stage of work.

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Ms. Angelin Treesa Peter

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ABSTRACT

The present study explores the effect of companion animal bonding on aggression and psychological distress among young adults. This is a quantitative study and is administered on 120 participants (age range 18-26). Convenient sampling technique was used to draw the samples from the population. Instruments such as companion animal bonding scale (Poresky, R. H., Hendrix, C., Mosier, J. E., and Samuelson, M. L., 1987), aggression questionnaire (Buss, A. H. and Perry, M., 1992) and psychological distress scale (Dr. Kessler, R.C, 1992) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive correlation between companion animal bonding and aggression and no significant correlation was found between companion animal bonding and psychological distress. The result also showed no significant relation between psychological distress among owners and non-owners of companion animals.

INTRODUCTION

**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF
VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**

Project Submitted in Partial Fulfillment of the requirements for the Degree in

PSYCHOLOGY

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This is to certify that the project entitled, “**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF THE VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**” is a bona-fide record of research work carried out by Ms.**ANIKA M KANNAN**, Register no: **CCAVSPY058**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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Declaration

I, Anika M Kannan hereby declare that this work entitled "Role Of Perceived Social Support On The Self Esteem Of Victims Of Cyberbullying Among Young Adults Of Kerala" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Aiswarya Rajan P, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Ms.Anika M Kannan

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Aiswarya Rajan P**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

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Anika M Kannan

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Abstract

Cyber bullying, a pervasive issue in the digital age, has significant implications for individual's psychosocial well-being. This study aims to find the relationship between Roles of perceived social support on the self esteem of victims of cyber bullying among the younger adults. The scales used were cyber bullying, self esteem and perceived social support. The survey model was used with 132 adults in which 58 were male and 74 were females from the age group of 22-39. The project was conducted in the Google form. The result indicates that there is a positive correlation between perceived social support and self esteem and there is no significant correlation between self esteem and cyber bullying nor cyber bullying and perceived social support. By exploring these relationships, the research contributes valuable insights to the field and provides a foundation for future investigations. Overall, this study serves as a stepping stone for further research in this area, offering a nuanced understanding of the interplay between cyber bullying, self-esteem, and perceived social support among young adults.

**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF
MALE AND FEMALE YOUNG ADULTS**

Dissertation

Project submitted in partial fulfilment of the requirements for the degree in

**BACHELOR OF SCIENCE IN
PSYCHOLOGY**

By

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2021-2024

BONAFIDE CERTIFICATE

This is to certify that the dissertation entitled, “**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” is a bonafide record work carried out by **Ms. ANJU K.T.**, Register no: **CCAVSPY059**, during the sixth semester of BSc Psychology of the academic year 2021-2024.

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DECLARATION

I hereby declare that the dissertation work entitled “**EFFECTS OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” submitted to the University of Calicut, in partial fulfilment of the requirement of the award of the Degree of Bachelor of Science in Psychology is the record work done by me under the supervision of Ms. Renya C.V., Department of Psychology, Christ College (Autonomous), Irinjalakuda. This has not formed the basis for any award of any degree/diploma (associate ship) fellowship or other similar title to any candidate of any university.

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ACKNOWLEDGEMENT

“Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration.”

First and foremost, I thank the **God almighty** for his special blessings on me from the beginning to the completion of the study.

I owe my thanks to the principle of Christ College (Autonomous), Irinjalakuda **Fr. Dr. Jolly Andrews CMI**, for providing the conducive infrastructure to conduct the study.

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With extreme joy and gratitude I thank Ms. **Christina Tony**, Head of the Department of Psychology and other **Faculty Members** of Christ College whose valuable support and constructive suggestions added to the success of the study.

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Ms. ANJU K.T.

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ABSTRACT

The present study explores the relation between parental bonding and self-expression among male and female young adults. This is a quantitative study and is administered to 60 participants (30 men and 30 women). Convenient sampling technique was used to draw the samples from population. Instruments such as parental bonding instrument (Parker, G., Tupling, H., and Brown, L.B) and college self-expression scale (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien) were used for the collection of data. Karl Pearson correlation and independent- test were used for the analysis of data. The result showed that there is no significant relationship between parental bonding and self-expression and there was a significant difference in per parental bonding and no significant difference in self-expression among men and women.

CHAPTER I

INTRODUCTION

**SELF ESTEEM AND ATTITUDE TOWARDS SINGLE- HOOD: A
COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG
ADULTS**

Project

Submitted in partial fulfilment of the requirement of the degree in

PSYCHOLOGY

By

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2024

DEPARTMENT OF PSYCHOLOGY
CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA



CERTIFICATE

This is to certify that this dissertation entitled, “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS” is a Bonafide record of research work carried out by Miss. Anna Mariya Siju, Register no: CCAVSPY104, during the sixth semester of B.Sc. Psychology during the academic year 2021-2024

Head of the Department

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DECLARATION

I hereby declare that the project work entitled “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS “ submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelors of Psychology is the record work done by me under the supervision of Mrs. Akhila P J Department of Psychology, Christ College Autonomous Irinjalakuda. This has not formed the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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Mrs. Akhila P J

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ACKNOWLEDGEMENT

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. Akhila P J, Assistant professor, Department of Psychology, CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude, I thank Mrs. Christina Tony, Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work. I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially my sister Miss. Aneeta Rose and my dear loving friends for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

Anna Mariya Siju

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Abstract

This quantitative study investigates the correlation between self-esteem and attitudes towards singlehood among young adult males and females. A sample of 120 participants (60 males and 60 females) was drawn using random sampling techniques. Data collection utilized the Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg in 1965, and the Attitude towards Singlehood Scale (ATSS) developed by Chee-seng Tan, Siew-May Cheng, and Sanju George in 2021. Statistical analyses, including correlations and t-tests, were conducted. The findings indicate no significant relationship between self-esteem and attitudes towards singlehood. However, a noteworthy gender difference emerged in attitudes towards singlehood among young adults. Specifically, male and female participants exhibited significantly divergent attitudes towards singlehood.

Key words: self esteem , attitude towards single hood and young adults

INTRODUCTION

THE INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON THE SEXUAL ATTITUDE AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the requirements for
the award of the degree of Bachelor of Science in
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2021-2024

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2021-2024

BONA-FIDE CERTIFICATE

This is to certify the project work entitled, **“INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON SEXUAL ATTITUDE AMONG YOUNGER ADULTS”** is a bona-fide record of research work carried out by **Ms. ASHIN K SHIBU** Register no: **CCAVSPY061**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

Mrs. CHRISTINA TONY

Mrs. NIMY P G

HEAD OF THE DEPARTMENT

GUIDE

Submitted for the examination held on

INTERNAL EXAMINER

EXTERNAL EXAMINER

DECLARATION

I Ashin K Shibu hereby declare that this work entitled **“INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON SEXUAL ATTITUDE AMONG YOUNGER ADULTS”** submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the of BSc. Psychology is the record work done by me under the supervision of Mrs. Nimy PG, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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ACKNOWLEDGEMENTS

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-Mr. ASHIN K SHIBU

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ABSTRACT

Young adults have distinct sexual attitudes and religious beliefs. While some may prioritize abstinence or more conventional, conservative beliefs, others may engage in exploratory and consensual partnerships and hold liberal ideas. Studies have revealed that the sexual views of younger adults might be influenced by their religious beliefs. Thus, this study examines how younger adults sexual attitudes are influenced by their religious beliefs. The scales used were Religious belief system scale and Sexual attitude scale. The survey model was used with 152 adults in which 74 were male and 78 were females from the age group of 19-40. The project was conducted in the Google form The result indicates that there is a positive correlation between the Religious belief system and Sexual attitudes .Findings contribute to a deeper comprehension of the complex interplay between religion and sexual behaviour, shedding light on potential factors shaping societal norms and individual behaviours regarding sexuality. The end result shows highly positive correlation which indicate that religious belief system influence individuals sexual attitude. A person with healthy religious belief system shows more positive sexual attitude that is Religious belief systems plays a significant role in shaping individuals' attitudes and behaviors regarding sexuality.

Key Words: younger adults, religious belief system, sexual attitude

THE INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON THE SEXUAL ATTITUDE AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the requirements for
the award of the degree of Bachelor of Science in
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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2021-2024

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

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Mrs. CHRISTINA TONY

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Mrs. NIMY P G

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Date:

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Ms. ASHIN K SHIBU

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Key Words: younger adults, religious belief system, sexual attitude

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

ASWATHY SADHASIVAN

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**DEPARTMENT OF PSYCHOLOGY
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2024

BONA-FIDE CERTIFICATE

This is to certify that the project entitled, “THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS” is a bona-fide record of research work carried out by Ms. **ASWATHY SADHASIVAN**, Register no: **CCAVSPY091**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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Declaration

I, Aswathy Sadhasivan hereby declare that this work entitled "THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Parvanendhu K. V, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Parvanendhu K.V**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

Very grateful to each and everyone who helped me collect the necessary data. Specially expressing gratitude to all my participants who took effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

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Aswathy Sadhasivan

(Investigator)

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ABSTRACT

The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult selfexpression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Selfexpression.

CHAPTER I

INTRODUCTION

1.0 Emerging adulthood

**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF
VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

BHAVANA P S

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Supervised by

Asst.Prof.AISWARYA RAJAN P

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**DEPARTMENT OF PSYCHOLOGY
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DEPARTMENT OF PSYCHOLOGY

2024

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Declaration

I, Bhavana P S hereby declare that this work entitled "Role Of Perceived Social Support On The Self Esteem Of Victims Of Cyberbullying Among Young Adults Of Kerala" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Aiswarya Rajan P, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Bhavana P S

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Abstract

Cyber bullying, a pervasive issue in the digital age, has significant implications for individual's psychosocial well-being. This study aims to find the relationship between Roles of perceived social support on the self esteem of victims of cyber bullying among the younger adults. The scales used were cyber bullying, self esteem and perceived social support. The survey model was used with 132 adults in which 58 were male and 74 were females from the age group of 22-39. The project was conducted in the Google form. The result indicates that there is a positive correlation between perceived social support and self esteem and there is no significant correlation between self esteem and cyber bullying nor cyber bullying and perceived social support. By exploring these relationships, the research contributes valuable insights to the field and provides a foundation for future investigations. Overall, this study serves as a stepping stone for further research in this area, offering a nuanced understanding of the interplay between cyber bullying, self-esteem, and perceived social support among young adults.

EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the
requirements for the award of the degree of Bachelor of Science in
Psychology

Submitted by,

ADWAITH SREERAJ C.

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(AUTONOMOUS), IRINJALAKUDA 2024

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

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This is to certify that the dissertation entitled, “**EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS**” is a bona-fide record of research work carried out by Mr. **ADWAITH SREERAJ C.**, Register no: **CCAVSPY087**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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EXTERNAL EXAMINER

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I, Adwaith Sreeraj C., hereby declare that this work entitled " EFFECT OF COMPANION ANIMAL

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Place : Irinjalakuda

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I thank my parents and all my family members who helped me to complete this work.

I would like to take this opportunity to thank my group members Ms. Angelin Treesa Peter, Ms. P.M. Raniya, Ms. Hajira R. Ali, Mr. Anna Clelia Jaison and all my dear loving friends for their great support.

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Mr. Adwaith Sreeraj C.

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ABSTRACT

The present study explores the effect of companion animal bonding on aggression and psychological distress among young adults. This is a quantitative study and is administered on 120 participants (age range 18-26). Convenient sampling technique was used to draw the samples from the population. Instruments such as companion animal bonding scale (Poresky, R. H., Hendrix, C., Mosier, J. E., and Samuelson, M. L., 1987), aggression questionnaire (Buss, A. H. and Perry, M., 1992) and psychological distress scale (Dr. Kessler, R.C, 1992) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive correlation between companion animal bonding and aggression and no significant correlation was found between companion animal bonding and psychological distress. The result also showed no significant relation between psychological distress among owners and non-owners of companion animals.

INTRODUCTION

STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS

Dissertation submitted to Christ College (Autonomous) in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology

Submitted by

DILNA V A

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Ms. N P M Hasmina Fathima
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Place:

Date:

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Ms. DILNA V A

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I express my special gratitude to Mr. CHRISTINA TONY, who is the Head of the Department of Psychology for her valuable support and motivation.

I extend my deepest gratitude to supervisor Ms. NPM HASMINA FATHIMA, Assistant Professor of the psychology department, whose invaluable guidance and unwavering support have been instrumental throughout the research process. Her expertise, mentorship, and constructive feedback have enriched this project and shaped its trajectory in profound ways.

Furthermore, I would like to express my appreciation for Ms. NPM HASMINA FATHIMA's generosity with her time and resources, as well as her willingness to share her expertise and insights. Her guidance has been a beacon of inspiration, guiding me through the complexities of academic inquiry and instilling in me a deeper appreciation for the pursuit of knowledge.

We greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

We are also thankful to all the participants who took part in our study. Thanks to all our friends and family members whose endurance, concern, and invariable support helped us in accomplishing this task.

- DILNA V A

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STUDY ABSTRACT

INTRODUCTION

The study aimed to understand the significant relationship between Procrastination and Motivation among young adults. Motivation Questionnaire The Student Opinion Scale (SOS) and Procrastination Assessment Scale-Students (PASS) were used to administer the study.

METHODOLOGY

The study was to understand the strength of the correlation between motivation and procrastination among young adults. Standardized questionnaires were chosen and distributed among 60 participants. Quantitative analysis and Pearson Correlation were constructed to find out the significant relationship between procrastination and motivation. T-tests were administered to find out the impact of these variables in men and women.

RESULT AND DISCUSSION

Motivation and Procrastination are not correlated and don't have a significant correlation in young adults. There are no significant gender differences among young adults.

CONCLUSION

Concludes that there is no significant relationship between procrastination and motivation using the t-test.

CHAPTER 1
INTRODUCTION

**THE IMPACT OF SELF-EFFICACY ON PERCEIVED STRESS AMONG
WORKING PARENTS: A CORRELATION STUDY**

Project Submitted in Partial Fulfillment of the requirements for the Degree in

PSYCHOLOGY

By

ESTEENA MARIYA MARTIN

CCAVSPY063

Supervised by

Asst.Prof. SREYA. V.S

Assistant Professor

Department of Psychology

Christ College Irinjalakuda



DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE IRINJALAKUDA

2024

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2024

BONA-FIDE CERTIFICATE

This is to certify that the project entitled, “THE IMPACT OF SELF-EFFICACY ON PERCEIVED STRESS AMONG WORKING PARENTS: A CORRELATION STUDY” is a bona-fide record of research work carried out by Ms. ESTEENA MARIYA MARTIN, Register no: CCAVSPY063 ,during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

Ms. Christina Tony

HEAD OF THE DEPARTMENT

Ms. Sreya .V.S

GUIDE

Submitted for the examination held on

INTERNAL EXAMINER

EXTERNAL EXAMINER

Declaration

I, Esteena hereby declare that this work entitled "The Impact of Self-Efficacy on Perceived Stress Among Working Parents: A Correlation Study" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof.Sreya.V.S, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

Place: Irinjalakuda

Date:

Signature of the candidate

Ms. Esteena Mariya Martin - CCAVSPY063

Acknowledgement

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The present study explores the relation between perceived stress and self-efficacy among working parents. This is a quantitative study and is administered to 100 participants (50 men and 50 women). Convenient sampling technique was used to draw the samples from population. Instruments such as perceived stress scale (SheldonCohen, TomLamarck, and Robin Mermelsteil) and self-efficacy scale (Mark Sherer, JamesE.Maddux, Blaise Mercandante, Steven Pertiche Dunn, Beth Jacobs, and Ronald W. Rogers) were used for the collection of data. Karl Pearson correlation and independent- test were used for the analysis of data. The result showed a significant positive relationship between perceived stress and self-efficacy and there was a significant difference in per stress and no significant difference in self-efficacy among men and women.

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By

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2024

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Ms. Christina Tony

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**SELF ESTEEM AND ATTITUDE TOWARDS SINGLE- HOOD: A
COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG
ADULTS**

Project

Submitted in partial fulfilment of the requirement of the degree in

PSYCHOLOGY

By

AMRUTHA K S

Register no. CCAVSPY090



DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA

2024

DEPARTMENT OF PSYCHOLOGY
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CERTIFICATE

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Head of the Department

Principal

Guide

Mrs. Christina Tony

Fr. Dr. Jolly Andrews

Mrs. Akhila P J

Submitted for the examination held on

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DECLARATION

I hereby declare that the project work entitled “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS “ submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelors of Psychology is the record work done by me under the supervision of Mrs. Akhila P J Department of Psychology, Christ College Autonomous Irinjalakuda. This has not formed the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

Place: Irinjalakuda

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Miss. Amrutha K S

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Amrutha K S

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Abstract

This quantitative study investigates the correlation between self-esteem and attitudes towards singlehood among young adult males and females. A sample of 120 participants (60 males and 60 females) was drawn using random sampling techniques. Data collection utilized the Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg in 1965, and the Attitude towards Singlehood Scale (ATSS) developed by Chee-seng Tan, Siew-May Cheng, and Sanju George in 2021. Statistical analyses, including correlations and t-tests, were conducted. The findings indicate no significant relationship between self-esteem and attitudes towards singlehood. However, a noteworthy gender difference emerged in attitudes towards singlehood among young adults. Specifically, male and female participants exhibited significantly divergent attitudes towards singlehood.

Key words: self esteem , attitude towards single hood and young adults

INTRODUCTION

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

GODCY MARIA SHAIJU

CCAVSPY064

Supervised by

Asst. Prof. PARVANENDHU K.V

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**DEPARTMENT OF PSYCHOLOGY
CHRIST COLLEGE IRINJALAKUDA**

2024

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Ms. Christina Tony
HEAD OF THE DEPARTMENT

Ms. PARVANENTHU K.V
GUIDE

Submitted for the examination held on.....

INTERNAL EXAMINER

EXTERNAL EXAMINER

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Place: Irinjalakuda

Date

Signature of the candidate

Ms. Godcy Maria Shaiju

CCAVSPY064

Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Parvanendhu K.V**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

Very grateful to each and everyone who helped me collect the necessary data. Specially expressing gratitude to all my participants who took effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

Finally, I must thank all my family, friends for their relentless support and motivation, and obviously to the *almighty* who resides in me, with me, and for me forever.

Godcy Maria Shaiju

(Investigator)

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ABSTRACT

The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult self-expression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Self-expression.

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By

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DEPARTMENT OF PSYCHOLOGY

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INTRODUCTION

AUTHORITATIVE PARENTING AND SELF-ESTEEM AMONG YOUNG ADULTS

Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements for the award of the degree of Bachelor of Science in Psychology

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2021-2024

BONAFIDE CERTIFICATE

This is to certify that the dissertation entitled “AUTHORITATIVE PARENTING AND SELF-ESTEEM AMONG YOUNG ADULTS” is a bonafide record of research work carried out by Mr. HAIZEL JOY K, Register no. CCAVSPY066, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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HEAD OF THE DEPARTMENT

Ms. HASMINA FATHIMA
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Submitted for the examination held on

INTERNAL EXAMINER

EXTERNAL EXAMINER

DECLARATION

I hereby declare that the dissertation work entitled “AUTHORITATIVE PARENTING AND SELF-ESTEEM AMONG YOUNG ADULTS” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the degree of Bachelor Science of Psychology, is the record work done by me under the supervision of Ms. NPM Hasmina Fathima, Assistant professor of psychology department, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/ diploma (Associate ship) fellowship or other similar title to any candidate of any university or institution.

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Date :

Signature of Candidate

Mr. Haizel Joy K

ACKNOWLEDGEMENT

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering His blessings to make this dissertation a success.

I express my special gratitude to my guide Ms. Christina Toney, who is also the Head of the Department of Psychology for her valuable support and motivation. Words are insufficient to thank her, who from beginning has directed and enlightened me in my study. Her input in every stage of the work and suggestions were handled with meticulous care, patience, motivation, guidance and encouragement. I wholeheartedly thank her for all her support.

I greatly thank the support and help extended by the supervisor Ms. NPM Hasmina Fathima, Assistant Professor of psychology department.

I greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

I am also thankful to all the participants who took part in my study. Thanks to all my friends and family members whose endurance, concern and invariable support helped me in accomplishing this task.

Haizel Joy K

(Investigator)

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STUDY ABSTRACT

INTRODUCTION

Aim of study was to understand the significant relationship between Authoritative Parenting and Self-Esteem among young adults. Authoritative Parenting Index and Rosenberg Self-Esteem Scale were used to administer the study.

METHODOLOGY

Study was to understand the strength of correlation between authoritative parenting style and self-esteem among diabetic patients. Standardized questionnaires were chosen and distributed among young adult participants. Quantitative analysis and Pearson Correlation were constructed to find out the significant relationship between authoritative parenting and self-esteem. T test were administered to find out the impact of these variables in men and women

RESULT AND DISCUSSION

Authoritative parenting and self-esteem are highly correlated and had significant correlation in young adults. There is no significant gender differences among the young adults.

CONCLUSION

Concludes that there is significant relationship between authoritative parenting and self-esteem.

CHAPTER I

INTRODUCTION

EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the
requirements for the award of the degree of Bachelor of Science in
Psychology

Submitted by,

HAJIRA R. ALI

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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, “**EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS**” is a bona-fide record of research work carried out by Ms. **HAJIRA R. ALI**, Register no: **CCAVSPY080**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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DECLARATION

I, Hajira R. Ali hereby declare that this work entitled " EFFECT OF COMPANION ANIMAL

BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Christina Tony, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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ACKNOWLEDGEMENT

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

I take this opportunity to express my gratitude to every person to whom I am grateful to for their valuable guidance and help. First, I would like to the God Almighty, for showering his blessings to make this dissertation a success.

I express my gratitude towards my guide Mrs. Christina Tony, who is also the head of the department of psychology for her valuable support and motivation. I whole heartedly thank her for her guidance in every stage of work.

I thank my parents and all my family members who helped me to complete this work.

I would like to take this opportunity to thank my group members Ms. Angelin Treesa Peter, Ms. P.M. Raniya, Ms. Anna Clelia Jaison, Mr. Adwaith Sreeraj and all my dear loving friends for their great support.

I also thank all the respondents who helped me by filling the google form questionnaire and sharing it with others especially my friend Ms. Anamika P Menon and Ms. Swapna Sudha.

Ms. Hajira R. Ali

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ABSTRACT

The present study explores the effect of companion animal bonding on aggression and psychological distress among young adults. This is a quantitative study and is administered on 120 participants (age range 18-26). Convenient sampling technique was used to draw the samples from the population. Instruments such as companion animal bonding scale (Poresky, R. H., Hendrix, C., Mosier, J. E., and Samuelson, M. L., 1987), aggression questionnaire (Buss, A. H. and Perry, M., 1992) and psychological distress scale (Dr. Kessler, R.C, 1992) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive correlation between companion animal bonding and aggression and no significant correlation was found between companion animal bonding and psychological distress. The result also showed no significant relation between psychological distress among owners and non-owners of companion animals.

INTRODUCTION

**THE IMPACT OF SELF-EFFICACY ON PERCEIVED STRESS AMONG
WORKING PARENTS: A CORRELATION STUDY**

Project Submitted in Partial Fulfillment of the requirements for the Degree in

PSYCHOLOGY

By

IRINE THOMAS

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I, Irine Thomas hereby declare that this work entitled "The Impact of Self-Efficacy on Perceived Stress Among Working Parents: A Correlation Study" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof.Sreya.V.S, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. Sreya V S, Assistant professor, Department of Psychology, Christ College (Autonomous) Irinjalakuda for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude, I thank Mrs. Christina Tony, Head of the Department of Psychology and other faculty members of Christ College whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work.

I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially my dear loving friends. Thankyou everyone for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

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Abstract

The present study explores the relation between perceived stress and self-efficacy among working parents. This is a quantitative study and is administered to 100 participants (50 men and 50 women). Convenient sampling technique was used to draw the samples from population. Instruments such as perceived stress scale (SheldonCohen, TomLamarck, and Robin Mermelsteil) and self-efficacy scale (Mark Sherer, JamesE.Maddux, Blaise Mercandante, Steven Pertiche Dunn, Beth Jacobs, and Ronald W. Rogers) were used for the collection of data. Karl Pearson correlation and independent- test were used for the analysis of data. The result showed a significant positive relationship between perceived stress and self-efficacy and there was a significant difference in per stress and no significant difference in self-efficacy among men and women.

THE INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON THE SEXUAL ATTITUDE AMONG YOUNG ADULTS

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ACKNOWLEDGEMENTS

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the **God Almighty**, for showering His blessings to make this dissertation a success.

I express my special gratitude to my guide **Mrs. Nimy PG**, Department of psychology for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support.

I greatly thank the support and help extended by the **Faculty Members** of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

I am also thankful to all **the participants** who took part in my study. Thanks to all **my friends and family members** whose endurance, concern and invariable support helped me in accomplishing this task.

-Ms. JUHI C V

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ABSTRACT

Young adults have distinct sexual attitudes and religious beliefs. While some may prioritize abstinence or more conventional, conservative beliefs, others may engage in exploratory and consensual partnerships and hold liberal ideas. Studies have revealed that the sexual views of younger adults might be influenced by their religious beliefs. Thus, this study examines how younger adults sexual attitudes are influenced by their religious beliefs. The scales used were Religious belief system scale and Sexual attitude scale. The survey model was used with 152 adults in which 74 were male and 78 were females from the age group of 19-40. The project was conducted in the Google form The result indicates that there is a positive correlation between the Religious belief system and Sexual attitudes .Findings contribute to a deeper comprehension of the complex interplay between religion and sexual behaviour, shedding light on potential factors shaping societal norms and individual behaviours regarding sexuality. Major finding of the study was that there is a significant relationship between religious belief system and sexual attitude among young females and males. . The end result shows highly positive correlation which indicate that religious belief system influence individuals sexual attitude. A person with healthy religious belief system shows more positive sexual attitude that is Religious belief systems plays a significant role in shaping individuals' attitudes and behaviors regarding sexuality.

Key Words: younger adults, religious belief system ,sexual attitude.

MALADAPTIVE DAYDREAMING AND DISSOCIATION

Dissertation

Submitted in partial fulfilment of the requirement for the degree of

BACHELORS OF SCIENCE IN PSYCHOLOGY

SUBMITTED BY,

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CERTIFICATE

This is to certify that this dissertation entitled, **“MALADAPTIVE DAYDREAMING AND DISSOCIATION”**

is a bonafide record of research work carried out by the sixth semester of B.Sc. Psychology during the academic year 2021-2024

Head of the Department

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DECLARATION

I hereby declare that the dissertation work entitled “**MALDAPTIVE DAYDREAMING AND DISSOCIATION**” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Ranjini P.R, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This has not formed the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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Signature of the candidate

CERTIFICATE

This is to certify that the work embodied in this dissertation – “**MALADAPTIVE DAYDREAMING AND DISSOCIATION**” submitted by Karthika Suresh in partial fulfilment of Bachelor of Science Degree in BSc Psychology, Christ College (Autonomous) Irinjalakuda is an original work. The work has been conducted by abiding to the rules and regulations of the University of Calicut. It has not been published, in part or full, to this or any other university or Institution for the completion of any Degree or Diploma course. The participants of the study were treated ethically according to APA guidelines.

Asst Prof Ranjini P.R,

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ACKNOWLEDGEMENT

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. RANJINI P.R , Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude I thank Mrs. Christeena Tony , Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work. I also thank those persons who helped me to fill up the Google form questionnaire and share it with others.

It is a great pleasure for me to thank all respondents for their sincere and serious co-operation. And I would also like to extend my gratitude to other people who helped me during the time of data collection.

Thank you for all your contribution and support.

KARTHIKA SURESH

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ABSTRACT

The present study explores the relation between Maladaptive daydreaming and dissociation in Students and Working population. This is a quantitative study and is administered to 100 participants (49 students and 51 working population). Convenient sampling technique was used to draw the samples from the population. Instruments such as Maladaptive Daydreaming Scale-16 (By Eli Somer, Jayne Bigelsen, Jonathan Lehrfeld and Daniela Jopp, 2016) and Dissociation Experience Scale (Bernstein E. M., Putnam F. W., 1986) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive relationship between Maladaptive Daydreaming and Dissociation and There was no significant difference between students and working population on the effects of Maladaptive Daydreaming and Dissociation.

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

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This is to certify that the project entitled, “THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS” is a bona-fide record of research work carried out by Ms. **MEGHA.K.N**, Register no: **CCAVSPY098**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

Ms. Christina Tony

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Declaration

I, Megha.k.N hereby declare that this work entitled "THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Parvanendhu K. V, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Parvanendhu K.V**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

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Megha.K.N

(Investigator)

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ABSTRACT

The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult self-expression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Self-expression.

THE INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON THE SEXUAL ATTITUDE AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the requirements for
the award of the degree of Bachelor of Science in
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2021-2024

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This is to certify the project work entitled, **“INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON SEXUAL ATTITUDE AMONG YOUNGER ADULTS”** is a bona-fide record of research work carried out by **Ms. MISNA MOHAMMED ALI**, Register no: **CCAVSPY099**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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EXTERNAL EXAMINER

DECLARATION

I Misna Mohammed Ali hereby declare that this work entitled **“INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON SEXUAL ATTITUDE AMONG YOUNGER ADULTS”** submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the of BSc. Psychology is the record work done by me under the supervision of Mrs. Nimy PG, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

Place: Irinjalakuda

Date:

Signature of the candidate

Ms. MISNA MOHAMMED ALI

CCAVSPY099

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“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the **God Almighty**, for showering His blessings to make this dissertation a success.

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-Ms.MISNA MOHAMMED ALI

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ABSTRACT

Young adults have distinct sexual attitudes and religious beliefs. While some may prioritize abstinence or more conventional, conservative beliefs, others may engage in exploratory and consensual partnerships and hold liberal ideas. Studies have revealed that the sexual views of younger adults might be influenced by their religious beliefs. Thus, this study examines how younger adults sexual attitudes are influenced by their religious beliefs. The scales used were Religious belief system scale and Sexual attitude scale. The survey model was used with 152 adults in which 74 were male and 78 were females from the age group of 19-40. The project was conducted in the Google form The result indicates that there is a positive correlation between the Religious belief system and Sexual attitudes .Findings contribute to a deeper comprehension of the complex interplay between religion and sexual behaviour, shedding light on potential factors shaping societal norms and individual behaviours regarding sexuality. The end result shows highly positive correlation which indicate that religious belief system influence individuals sexual attitude. A person with healthy religious belief system shows more positive sexual attitude that is Religious belief systems plays a significant role in shaping individuals' attitudes and behaviors regarding sexuality.

Key Words: younger adults, religious belief system, sexual attitude

CHAPTER I
INTRODUCTION

Younger Adults

"Younger adults" generally refers to individuals who have progressed beyond adolescence but have not yet reached middle age. This demographic group typically encompasses individuals aged approximately 18 to 35 or 40, depending on the context. During this stage of life, individuals often experience significant transitions in education, career, relationships, and personal development. Younger adults are commonly characterized by their exploration of independence, identity formation, and the pursuit of goals and aspirations.

Religious Beliefs

Religion is the entire collection of beliefs, values, and practices that a group holds to be the true and sacred. More than eight in ten people in the world today are members of a religion. A group's religious beliefs explain where the people fit in relation to the universe and how they should behave while here on Earth. Religious belief is a crucial part of that larger concept, and it is distinct from religious practice. While the statistics are ever-changing, it is estimated that more than 84% of people in the world are religious. Estimates for how many religions there are in the world vary enormously, but some sources put the number at around 4,300 and climbing. Each of these religions has its own adherents, its own beliefs, and its own history. There are clearly many choices when it comes to religion. There are several important aspects that most or even all religions have in common. One of these is belief: being religious means believing the tenets of the religion. Another is tradition: taking part in religious traditions and being part of a cultural heritage is a major part of how religions function to bring people together. Observance is another important part of religion: many religions have their own rules about how individuals should live their lives, all of which must be followed by those who participate in those religions. Finally, ritual: all religions have rituals that accompany them. Participation in these rituals is part of what it means to be.

The Need Religious Beliefs

Every human civilization that we know about has had religious beliefs of some sort. Most of this evidence comes in the form of burial inscriptions or other artifacts found by archaeologists. Religious beliefs serve a social function in human groups, providing a shared identity of where people came from and where they are likely going after death. In an often chaotic world, full of seemingly inexplicable violence and unforeseen disasters, religious beliefs can fill the gap and

provide meaning and comfort. People want to feel like they can change the course of nature by engaging in ritual sacrifices or dances.

Religious Beliefs In Younger Adults

Religious beliefs significantly influence the worldview and identity formation of young adults. The religious beliefs of young adults are significantly shaped by their upbringing and family environment. Often, individuals adopt their religious affiliations from their parents and local community, with the family providing an initial frame work for comprehending spirituality and morality, thus establishing the basis for religious identity. Nevertheless, as young adults explore the world outside their familial surroundings, they are exposed to diverse perspectives that can either challenge or strengthen their current beliefs. The educational setting significantly influences the development of religious beliefs in young adults. Higher education institutions frequently introduce students to a wide range of worldviews and belief systems. Engaging with peers from diverse cultural and religious backgrounds offers opportunities for meaningful dialogue and introspection. For some young adults, their faith may be reinforced through intellectual discourse and exposure to philosophical conversations, while others may experience a phase of inquiry and reassessment. The religious beliefs of young adults are significantly influenced by social and cultural factors. Media, particularly social media platforms, plays a crucial role in shaping perceptions and propagating diverse ideologies. Cultural norms and societal attitudes towards religion play a key role in determining how young adults engage with and observe their faith. Moreover, globalization and enhanced connectivity introduce individuals to a wide array of religious traditions, creating an environment where religious pluralism is increasingly prominent. During young adulthood, the process of identity formation often includes the questioning and redefinition of personal beliefs. Some individuals may find solace and significance in familiar rituals and practices by embracing the religious traditions of their upbringing, while others may engage in spiritual exploration, experimenting with various belief systems or embracing a more secular worldview. This quest for identity represents a natural phase in the developmental journey, as young adults strive for authenticity and harmony with their personal values. Various factors can challenge the religious beliefs of young adults. The rapid and secular aspects of contemporary life may cause some individuals to prioritize material pursuits over spiritual matters. Skepticism and critical thinking, encouraged in academic environments, may lead young adults to closely examine

religious teachings and doubt their credibility. Moreover, exposure to diverse cultures and belief systems can foster a sense of relativism, prompting individuals to question the exclusivity of their own faith. Young adults often experience tension when navigating the intersection of religious beliefs and societal expectations. They face the challenge of conforming to societal norms while remaining faithful to their religious beliefs. This dilemma can give rise to internal conflict and external scrutiny, particularly concerning religious tolerance, acceptance of diversity, and the division between religious and secular spheres. Religious beliefs frequently serve as a pillar of stability and direction for young adults, despite the difficulties they may encounter. During moments of personal turmoil or existential reflection, individuals may seek comfort and guidance in their faith. Religious communities foster a sense of belonging and provide support, establishing a social framework that complements an individual's spiritual quest. This communal dimension of religion can profoundly impact young adults by helping them forge connections and find purpose. The investigation of religious beliefs in young adults demonstrates a complex and varied landscape. Shaped by family, education, culture, and personal experiences, these beliefs develop as individuals negotiate the intricacies of identity formation. The difficulties encountered by young adults as they reconcile their faith with the expectations of a diverse and rapidly evolving world emphasize the significance of comprehending and honouring the diverse spiritual paths pursued during this formative phase of life.

Sexual Attitudes

Sexual attitudes are complex and multifaceted, reflecting the diverse perspectives within societies. These attitudes encompass a wide range of beliefs, values, and behaviours related to human sexuality. Understanding sexual attitudes is crucial for fostering healthy relationships, promoting inclusivity, and addressing societal challenges. Sexual attitudes have deep historical roots, shaped by cultural, religious, and societal norms. Throughout history, different cultures have held distinct beliefs regarding sexuality, often influencing interpersonal relationships and societal structures. Cultural factors significantly impact sexual attitudes, dictating acceptable norms and behaviours within a given society. These influences can be observed in how societies approach issues such as premarital sex, contraception, and diverse sexual orientations. Understanding cultural nuances is crucial for fostering acceptance and breaking down stereotypes related to sexuality. Religious beliefs play a pivotal role in shaping sexual attitudes, influencing moral codes and societal

expectations. Different religions have varying views on issues like contraception, premarital sex, and homosexuality. Examining the intersection of religious teachings with modern perspectives highlights the ongoing dialogue between tradition and societal evolution. Sexual attitudes are intricately connected to gender roles and expectations. Societal norms often dictate how men and women are expected to express their sexuality, contributing to disparities and reinforcing stereotypes. Analysing these dynamics sheds light on the challenges faced by individuals who deviate from traditional gender norms. Promoting comprehensive sex education is vital for shaping healthy sexual attitudes among individuals. Education equips individuals with the knowledge to make informed choices, understand consent, and embrace diversity.

Sexual Attitude In Younger Adults

Sexual attitudes in younger adults reflect evolving societal norms and changing cultural landscapes. As individuals transition from adolescence into young adulthood, their attitudes toward sex and sexuality are shaped by a complex interplay of factors including family influences, peer relationships, educational experiences, media exposure, and cultural and religious backgrounds. The sexual attitudes of younger adults are influenced by a variety of interconnected factors. Family dynamics and values play a crucial role in shaping individuals' perceptions of sex and relationships. Parental attitudes toward sexuality, communication styles within the family, and cultural or religious beliefs can all contribute to the development of an individual's sexual attitudes. Moreover, peer relationships and social networks also exert significant influence, as young adults navigate the complexities of dating, relationships, and social expectations. Educational experiences, including formal sex education programs and access to accurate information about sexual health, also play a critical role in shaping attitudes toward sex and relationships. In addition to these interpersonal influences, media exposure and cultural narratives contribute to the formation of sexual attitudes in younger adults. The portrayal of sex and relationships in popular media, including television, film, and social media, can profoundly impact how young adults perceive and understand sexual behaviour. Furthermore, cultural and religious backgrounds can significantly influence attitudes toward sexuality, with varying beliefs and values shaping individuals' perspectives on sex, intimacy, and moral conduct.

Need And Significance

The examination of religious beliefs and sexual behaviours among young adults in the field of psychology explores the complex interaction between spirituality and human behaviour. This offers valuable insights into the psychological processes that influence individuals' attitudes, decisions, and overall wellness. This interdisciplinary investigation is crucial as it enhances our comprehension of the intricate connections between religious beliefs, sexual growth, and mental well-being in the younger demographic.

The central focus of this study lies in acknowledging the significant role of religious beliefs as a strong influence on individual identity development. Psychologically, the process of forming one's identity is intricate, involving diverse elements such as religious and sexual identities. Investigating the interaction and mutual influence of these identities during the formative years of young adulthood offers valuable insights into the psychological foundations of self-discovery and self-acceptance.

Understanding the influence of religious beliefs on sexual behaviours is essential for mental health professionals who work with younger adults. Many people grapple with internal conflicts, guilt, or anxiety stemming from perceived conflicts between their religious convictions and their sexual decisions. Psychologists can significantly contribute by offering support, counselling, and coping mechanisms to assist individuals in addressing these issues, thereby promoting mental well-being and facilitating a more cohesive self-identity.

Furthermore, the exploration of religious beliefs and sexual behaviours within the field of psychology enhances our comprehension of the wider socio-cultural milieu. Cultural and religious conventions mould individuals' perspectives on sexuality, impacting not just personal decisions but also societal anticipations and appraisals. Psychologists have the opportunity to scrutinize the ways in which these external forces affect the mental well-being of young adults, thereby guiding the development of interventions that foster resilience and adaptive coping strategies in the presence of societal and religious pressures.

The study of religious beliefs and sexual behaviours provides insight into the developmental facets of sexuality in young adults. This exploration enables researchers to examine how religious teachings might influence the development of sexual attitudes, preferences, and relationship

dynamics during this pivotal life stage. This understanding is crucial for crafting and executing comprehensive sexual education programs that take into account the psychological aspects of sexuality within various religious settings.

Moreover, the exploration of religious beliefs and sexual behaviours from a psychological standpoint adds valuable insights to the current conversation on diversity and inclusivity in the realm of psychology. By delving into the perspectives of individuals from different religious affiliations, psychologists can actively confront prejudices and preconceptions, fostering a more comprehensive appreciation of the various ways in which individuals reconcile their religious and sexual orientations. This inclusivity is crucial in establishing therapeutic settings that honour and validate the diverse lived experiences of young adults.

In a wider social context, studying the intersection of psychology also holds significance for fostering tolerance and inclusivity. Psychologists can play a role in crafting strategies to minimize prejudice and foster empathy among those with varying religious beliefs and sexual orientations. Consequently, this helps cultivate communities that embrace diversity and respect individual freedom.

In conclusion, the study of religious beliefs and sexual behaviours in younger adults within the field of psychology is a rich and nuanced exploration that enhances our understanding of human development, identity formation, and mental health. By unravelling the psychological intricacies of how individuals navigate the intersection of religion and sexuality, psychologists can contribute to the development of more effective interventions, foster inclusivity, and promote the well-being of the younger generation as they navigate the complexities of their evolving identities. This psychological perspective enriches our comprehension of the human experience, fostering a more compassionate and informed approach to the challenges faced by young adults in the intricate interplay between religious beliefs and sexual behaviours.

Problem

Problem of the study is to find out the influence of religious belief system on the sexual attitude among younger adults

Definition Of Key Terms

- **Younger Adults:** Younger adults are people who are no longer teenagers but have not yet reached middle age. They're usually between the ages of 18 and 40, going through various transitions.
- **Religious Belief System:** A religious belief system is a set of beliefs, practices, and values that guide individuals or communities in understanding and interpreting spiritual concepts, rituals, and moral principles.
- **Sexual Attitude:** Sexual attitude refers to an individual's beliefs, feelings, and behaviours regarding sexuality and sexual expression. It encompasses attitudes towards sexual desires, preferences, relationships, and norms within a cultural context.

Objectives

- To assess the religious beliefs system and sexual attitude among younger adults.
- To find out the difference in religious belief system and sexual attitude among younger adults.
- To find out the relationship between religious belief system and sexual attitude among younger adults.

Hypothesis

H1: There will be significant difference in religious belief system among young males and females.

H2: There will significant difference in sexual attitude among young males and females.

H3: There will be significant relationship between religious belief system and sexual attitude among young females and males

CHAPTER II
REVIEW OF LITERATURE

Cline, V.B. & Richards, J.M. (1965) conducted a factor-analytic study of religious belief and behaviour. A sample of 154 adult male and female Ss was studied regarding religious beliefs and behaviour using 3 procedures: a TAT-type projective device, an intensive depth interview, and a 67-item questionnaire. 58 variables were derived from these procedures which were (for the sexes separately) intercorrelated and factored. 12 factors emerged for the females and 14 for the males. Some evidence suggested that these factors were stable across religious denominations. The average intercorrelation of the "overall religious commitment" measure from each of the above 3 devices was .66 suggesting a fairly good cross-method validity. Major sex differences emerged between the males and females. One of the most striking findings was the close to 0-order relationship between the major religiosity factors (as measured by high church attendance, frequency of prayer, contribution of monies, etc.) and such variables as "having love and compassion for one's fellow man," "being a Good Samaritan," "possessing humility," etc.

Hendrick, S.S. & Hendrick, C. (1987) conducted a study on Love and sex attitudes and religious beliefs. The present research explored an uncharted area—the relationship between conceptions of love and religious belief—but also included the relationship between sex attitudes and religious belief for comparative purposes. In Study 1, college students (n = 807) completed a questionnaire on attitudes about love and sex, which contained 42 rating items assessing the six love styles of Eros, Ludus, Storge, Pragma, Mania, and Agape, and 58 items assessing the sexual attitude dimensions of Permissiveness, Sexual Practices, Communion, and Instrumentality. Strength of religious belief was consistently related to both love and sex attitudes. Study 2 (n = 567) yielded results largely consistent with those obtained in the first study. Past research relating religion to sexuality was generally confirmed. Religious belief and love attitudes are suggested as an area for fruitful new research by those involved in the study and treatment of intimate relationships.

Furstenberg, G.L.F. (1991) conducted a study on the title *Is Teenage Sexual Behavior Rational?* The objective of this study was the applicability of a decision making framework to the teenage contraceptive and sexual behavior. Multiple regression is used for the study. The participants were Philadelphia teenage girls ages 14-18. From this analysis it appears that the most important variables that influence sexual activity are opinions about the best age to first have sex and beliefs about the sexual behavior of peers. For birth control use, attitude toward contraception is what counts the most.

Fisher T.D. & Hall, R.G. (1998) conducted a study on a scale for the comparison of the sexual attitudes of adolescents and their parents. Developed a 14-item Attitudes Toward Sexuality Scale (ATSS) to compare the sexual attitudes of early, middle, and late adolescents and their parents. One hundred forty-one adolescents between the ages of 12 and 20 and their parents completed a questionnaire consisting of the ATSS and demographic information. The Cronbach alpha reliability coefficient for the adolescents was .75, and for the parents it was .84. A principal components analysis revealed four major dimensions of the scale: a large General factor, Legality/Morality, Alternative Modes of Sexual Expression, and Individual Rights. The correlation pattern between the ATSS and subscales of the Sex Knowledge and Attitudes Test, as well as with certain demographic variables, supports the construct validity of the ATSS. This is, therefore, a scale which may be used for research in which the sexual attitudes of adults and adolescents of various ages are to be measured and compared.

Mckelvey, R.S., Webb, J.A., Baldassar, L.V., Robinson, S.M. & Riley, G. (1999) conducted a study on the title sex knowledge and sexual attitudes among medical and nursing students. The study design was a questionnaire-based survey of medical and nursing students in Western Australia. Participants were first-through fifth-year medical students at the University of Western Australia and first-through third-year undergraduate nursing students at Edith Cowan University. Outcome measures were students' attitudes toward controversial aspects of human sexuality expressed on a five-point Likert scale and a modified version of the Kinsey Institute/Roper Organization National Sex Knowledge Test. Negative attitudes toward controversial aspects of human sexuality and lower sex knowledge scores among medical and nursing students can be predicted on the basis of background and sociodemographic variables. Education aimed at increasing sex knowledge and modifying negative attitudes may increase students' ability to function more effectively as sexual history takers and sex counsellors.

Gall, A.L., Mullet, E. & Shafiqhi, S.R. (2002) conducted a study on the title Age, Religious belief and attitude among young adults to older adults. Age effects on sexual attitudes were examined using the Hendrick and Hendrick Sexual Attitude Scale. The religious beliefs variable, which covaries substantially both with age and sexual attitudes, was controlled. Conclusion of this study was older adults and believers were shown to be less permissive than young people and nonbelievers, and

this result held regardless of the participants' educational level. As regards to instrumentality, however, the pattern of differences was extremely complex.

Simon,S.,&Paxton,S.J.(2004) conducted study on the title Sexual risk attitudes and behaviours among young adult Indonesians. This research explored the beliefs of 18-24-year-old Indonesians of Javanese and Chinese background regarding perceptions of sexual behaviour and condom use. Sex before marriage was believed to be becoming more usual and acceptable among young adults, although parental and religious disapproval were recognized. 'Safe sex' was mainly associated with pregnancy prevention. The risk of contracting a sexually transmissible infection (STI) was regarded as low and condoms were believed not to be used often for disease prevention. The risk of contracting a sexually transmissible infection (STI) was regarded as low and condoms were believed not to be used often for disease prevention.

Wells,B.E. & Twenge,J.M.(2005) conducted a study on Changes in young people's sexual behavior and attitudes, 1943–1999: A cross-temporal meta-analysis. A cross-temporal meta-analysis of 530 studies (N = 269,649) showed that young people's sexual attitudes and behavior changed substantially between 1943 and 1999, with the largest shifts occurring among girls and young women. Both young men and women became more sexually active over time, as measured by age at first intercourse (decreasing from 19 to 15 years among young women) and percentage sexually active (increasing from 13% to 47% among young women). Attitudes toward premarital intercourse became more lenient, with approval increasing from 12% to 73% among young women and from 40% to 79% among young men. Feelings of sexual guilt decreased. The correlation between attitudes and behaviors was stronger among young women. These data support theories positing that culture has a larger effect on women's sexuality.

Milevsky,I.M.,Szuchman,L.& Milevsky,A.(2008)The aim of the current study was to assess factors contributing to the generational transmission of religious beliefs in a sample of college students. Participants were 92 students from a small Catholic university in the southeastern United States. Students were surveyed in school regarding family relationships, communication, and religious values. Overall, results indicated that children's and parents' religious beliefs were significantly correlated. Furthermore, children were fairly accurate reporters of their parents' religious beliefs. Some gender differences were found in the strength of the correlations between parents' and children's beliefs. Additionally, explicit communication, implicit communication, and

perception of parents' beliefs predicted children's beliefs. The current study holds clinical and developmental significance by examining the manner in which religiosity is expressed within the familial milieu of emerging adults.

Levy, G. & Razin, R. (2011) conducted a study on the title *Religious Beliefs, Religious Participation and Cooperation*. The paper analyzes the relation between religious beliefs, religious participation and social cooperation. Here they consider a society in which individuals are paired to play a Prisoner's Dilemma (PD) game for the study. The participants were Christian individuals age between 18-60. We have proposed a simple model of religious organizations which relies on the ability of such organizations to alter the beliefs of individuals about the relation between their social actions and shocks to their utility. The model ties together the three most observed aspects of religious organizations: beliefs, social behaviour, and rituals.

Ahrold, T.K., Farmer, M., Trapnell, P.D & Meston, C.M. (2011) conducted a study on *The relationship among sexual attitudes, sexual fantasy, and religiosity*. The present study investigated the role of religion in an ethnically diverse young adult sample (N = 1413, 69% women) using religious group as well as several religiosity domains: spirituality, intrinsic religiosity, paranormal beliefs, and fundamentalism. Differences between religious groups in conservative sexual attitudes were statistically significant but small; as predicted, spirituality mediated these effects. In contrast to the weak effects of religious group, spirituality, intrinsic religiosity, and fundamentalism were strong predictors of women's conservative sexual attitudes; for men, intrinsic religiosity predicted sexual attitude conservatism but spirituality predicted attitudinal liberalism. For women, both religious group and religiosity domains were significant predictors of frequency of sexual fantasies while, for men, only religiosity domains were significant predictors. These results indicate that individual differences in religiosity domains were better predictors of sexual attitudes and fantasy than religious group and that these associations are moderated by gender.

Allen, K.R. & Brooks, J.E. (2012) conducted study on the title *At the intersection of sexuality, spirituality, and gender: Young adults' perceptions of religious beliefs in the context of sexuality education*. College provides a developmental context for examining students' deeply rooted beliefs about sexuality and religion. We conducted an analysis of 95 written narratives from undergraduate students regarding their perspective on how their study of sexuality has challenged, informed, or strengthened their own childhood and current spiritual and/or religious beliefs. Although most

students were raised with traditional religious training (e.g., Catholic, conservative Christian), young women, unlike young men, were far more likely to define themselves by their childhood faith and practices. Young women also revealed the extent to which they felt responsible for maintaining the proscription of chastity before marriage. were found in terms of how participants felt that sexuality education had influenced their religious or spiritual views.

Mukherjee,A.,Gopalakrishnan,R.,Thangadurai,P.&Jacob,K.S.(2019)conducted a study on the title Knowledge and attitudes toward sexual health and common sexual practices among college students-A survey from Vellore, Tamil Nadu, India among college students. A total of 952 students from seven randomly selected colleges in Vellore district of Tamil Nadu participated in the survey. The survey questionnaire contained 51 questions on knowledge and attitude toward sexual health and common sexual practices and incorporated items from standardized questionnaires and additional questions suggested by a multidisciplinary group who work in the field. Sexual knowledge is inadequate and sexual misconceptions were widely prevalent in the population studied. School based comprehensive sex education programs, which have been demonstrated to be effective in improving sexual health, could be used to deal with these lacunae in sexual health knowledge and attitudes.

Jahanfar,S. & Pashaei,Z.(2022) conducted a study on Sexual attitudes and associated factors of risky sexual behaviors among university students. This study aimed to evaluate the sexual attitude and associated factors of risky sexual behaviors among girls and boys and the difference in sexual norms by gender among university students.A university-based study with a cross-sectional survey was conducted for 9 months in 2019. A total of 800 university students were studied by a random sampling technique using a self-administered structured questionnaire derived from the World Health Organization illustrative questionnaire to assess sexual attitudes among adolescents and young adults.Most of the respondents were female and single. Girls were more religious, more frequently visited the cinemas and were more likely to discuss sex matters with family members than boys. There was no significant difference in the total score of sexual attitudes in girls and boys, and both genders had negative attitudes toward risky sexual behavior . Those who go to parties, bars, or movies are more likely to have risky sexual behavior. Being a religious person is an essential predictor of having less risky behavior.

Dwamenah,A.(2023) conducted a study on the title Christian Students' Sexual Behaviour and Their Religious Beliefs in Ghana, West Africa among christian high school student. The study adopted a desktop methodology. Desk research refers to secondary data or that which can be collected without fieldwork. Desk research is basically involved in collecting data from existing resources hence it is often considered a low-cost technique as compared to field research, as the main cost is involved in executive's time, telephone charges and directories. Thus, the study relied on already published studies, reports and statistics. This secondary data was easily accessed through the online journals and library. Conclusion of this study was to establish the influence of religiosity among Christian high school students in West Africa

CHAPTER III

METHOD

Research method is a term used to describe how one has gone about conducting a certain scientific study. Each research method is a standardized and acceptable practice. Method and data collection are the tools to obtain the raw materials of hypothesis testing. The guide principle of method selection is that it must be detailed enough for other researchers to read it and be able to replicate the study (American Psychological Association 1994).

The research method followed for the present investigation is discussed in detail in this chapter. Basically it comprises the selection of sample, method of data collection, statistical tool, statistical analysis, exclusion and inclusion criteria etc.

Aim

Aim of the study is to find out the influence of religious belief system on the sexual attitude among younger adults

Sample

A sample is the group of people who take part in the investigation. The people who take part are referred to as "participants". Sampling is the process of selecting a representative group from the population under study.

A sample of 152 subjects have been selected for the study, 74 males and 78 females. The data is collected by the method of simple random sampling. Simple random sampling is also known as probability sampling, is a method of choosing a sample of observations from a population to make assumptions about the population. A sample of younger adults were selected. The sample was collected through google form.

Inclusion criteria

- Younger adults (between 18 -40) using smartphone.
- Literate adults

Exclusion criteria

- Adults of age below 18 and above 40.
- Illiterate and Non Co-operative Younger Adults
- Younger adults with serious physical and mental condition.

Tools

Religious belief system scale and Sexual attitude scale these following tools are used for the study.

Sociodemographic sheet

The basic demographic details of the participant was collected for the study which included items as name, gender and age of the participant status.

Religious belief system scale

Religious belief system scale was developed by Shivani Dangi, Y K Nanle in 2016. The scale consist of 48 items, 24 positively worded and 24 negatively worded, that respondents rate on five point likert scale ranging from strongly disagree to strongly agree ((5=Strongly disagree, 4=Disagree, 3=Neutral, 2=Agree, 1=Strongly agree) for positive statements and reverse scoring for negative statements (1=Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree). Internal consistency analyses were conducted using Cronbach's alpha coefficient to obtain reliability estimates. All the factors (Belief, Attitude and Values shows strong internal consistency estimates ($\alpha = .92$ for Belief, $\alpha = .86$ for Attitude, $\alpha = .82$ for Values). Test-retest reliability was conducted by correlating scores obtained at the two administrations for each factor with a time gap of two weeks. Scores were calculated using means due to differences in the number of items for each scale. Test-retest reliability was strong for the factors and ($r = .71$ for Belief, $r = .84$ for Attitudes, $r = .85$ for Values; all p 's $< .001$). The participant was instructed to read the following statements regarding sexual attitude through google form and asked to select either of five options from strongly agree to strongly disagree as how they generally feel for each statement. The data was collected only after they agree to participate in the study The data was recorded in an excel sheet and scored. The total score was obtained by adding respective items and an overall score were used for analysis.

Sexual attitude scale

Sexual attitude scale was developed by Waller W. Hudson, Gerald J. Murphy, and Paula S. Nurius in 1999. Purpose of sexual attitude scale is to measure attitudes about human sexuality. The Sexual Attitude Scale is a 25item instrument designed to measure liberal versus conservative attitudes towards human sexual expression on five point frequency scale (1=Strongly

disagree,2=Disagree,3=Neither agree nor disagree,4=Agree,5=Strongly agree). The Sexual Attitude Scale has excellent internal consistency, with an alpha in excess of .90. Data on stability are not available. The Sexual Attitude is reported to have very good content, construct and factorial validity, with validity coefficients generally of .60 or greater. The participant was instructed to read the following statements regarding sexual attitude through google form and asked to select either of five options from strongly agree to strongly disagree as how they generally feel for each statement. The data was collected only after they agree to participate in the study. The data was recorded in an excel sheet and scored. The minimum and maximum score for each response was 1 and 5 respectively. The total score was obtained by adding respective items and an overall score were used for analysis.

Procedure

The data was collected through Google forms from the participants. The Google Forms had a brief explanation regarding the study for the participants to be informed about the objectives and ethical concerns regarding the data collection. The questionnaires along with instructions, consent and demographic sheet were formed using the Google forms and the link was shared with the participants. The Google forms were shared through WhatsApp, to be filled according to the guidelines given. Any doubt was clarified on spot by being with them virtually. The demographic sheet included items that asked for the name, gender, age, occupation and socioeconomic status. The scales used were Religious belief system scale and Sexual attitude scale. The collected information including the demographics were coded appropriately and the data was later analyzed statistically to test the hypotheses of the study. The statistical techniques used for testing the hypotheses of the study included Pearson correlation analysis and Independent sample t-test. The Pearson correlation is named after Karl Pearson. It is a parametric measure that measures linear correlation between two variables. It is the ratio between the covariance of two variables and the product of their standard deviations. Independent sample t-test is a parametric test that compares the means of two independent groups in order to determine whether there is statistical evidence that the associated population means are significantly different.

Scoring And Consolidation Of Data

After the data collection the data's were scored manually and consolidated into excel sheet for further statistical analysis

Statistical Analysis

The collected data were analysed using the following statistical tests. The statistical analysis was done using the statistical package for social science (SPSS) version 25

T test

The T test is one of the many tests used for the purpose of hypothesis testing in statistics. It is used for comparison of the difference between the means of two groups. It is suitable to test whether the mean of the two sets of scores are significantly different or not. The T-test based on t-distribution and is considered as an appropriate test for finding the significance of difference between the means of two samples in case of small sample when population variance is not known. If the value exceeds a cut-off point depending in degree of freedom the difference in the mean is considered significant when t value is below the cut off, the difference is said to be not significant

Pearson Correlation

Of all the measures of correlation the Pearson 'r', named after Prof. Karl Pearson, is one of the most common methods of assessing the association between two variables under study. Correlation is a measure of relationship between two variables. The correlation coefficient gives a mathematical value for measuring the strength of the linear relationship between two variables. It can take values from -1 to

1. The larger the value of the co-efficient, the stronger is the linear relationship between variables. An absolute value of 1 or -1 indicates a perfect linear relationship and a value of 0 indicates the absence of linear relationship. The sign of the correlation indicates the direction of relationship. If both variables tend to increase or decrease together, the coefficient is positive. If one variable tends to increase as the other decreases, the coefficient is negative.

CHAPTER IV

RESULT AND DISCUSSION

The following chapter describes the result obtained and discussion of the results.

Hypothesis 1: There will be significant difference in religious belief system among young males and females.

Table 4.1: The table shows the mean, Standard Deviation, t-value & level of significance in religious belief system among young adults.

	Gender	N	Mean	Standard Deviation	t-value	Significance
Religious belief system	Male	74	150.4054	23.58541	1.745	0.08
	Female	78	157.4359	25.94079		

The above table shows the Mean, Standard Deviation, t-value & level of significance in religious belief system among young adults. The mean of young Males is 150.4050, SD is 23.58541 and mean of young females is 157.4359, SD is 25.94079, t-value is 1.745 and significance is 0.08. Thus, we reject our hypothesis.

The observation show that there is no significant difference in religious belief systems between young males and females, as both genders tend to have similar religious beliefs. However, it is worth noting that while the mean value of religious belief may be slightly higher in females, this difference is not statistically significant. It is important to consider that females may exhibit a greater level of conservatism when it comes to religious concepts and are more likely to actively practice their beliefs. In today's world, gender differences in religious belief systems are not prominently pronounced. Factors such as family environment and upbringing also play a significant role in shaping an individual's beliefs and religious practices.. The variations in religious beliefs system between young males and females are not drastic.

Allen, K.R. & Brooks, J.E. (2012) conducted a study on the title "At the intersection of sexuality, spirituality, and gender: Young adults' perceptions of religious beliefs in the context of sexuality education." College provides a developmental context for examining students' deeply rooted beliefs about sexuality and religion. We conducted an analysis of 95 written narratives from undergraduate students regarding their perspective on how their study of sexuality has challenged, informed, or strengthened their own childhood and current spiritual and/or religious beliefs. Although most students were raised with traditional religious training (e.g., Catholic, conservative Christian), young women, unlike young men, were far more likely to define themselves by their childhood faith and practices. Young women also revealed the extent to which they felt responsible for maintaining the proscription of chastity before marriage. We found in terms of how participants felt that sexuality education had influenced their religious or spiritual views.

Hypothesis 2: There will be significant difference in sexual attitude among young males and females.

Table 4.2: The table shows the mean, Standard Deviation, t-value & level of significance in religious belief system among young adults.

	Gender	N	Mean	Standard Deviation	t-value	Significance
Sexual attitude	Male	74	71.5000	10.05635	1.883	0.169
	Female	78	68.8333	13.38968		

The above table shows the Mean, Standard Deviation, t-value & level of significance in sexual attitude among young adults. The mean of young Males 71.5000 is, SD 10.05635 is and mean of young females is 68.8333, SD is 13.38968, t-value is 1.883 and significance is 0.169. Thus, we reject our hypothesis.

From the observation we can see that there is no significant difference in sexual attitudes between young males and females, While statistical analyses may show that the mean value of sexual attitudes is slightly higher in females, this difference is not considered statistically significant. It implies that, on average, there may be a slight tendency for females to hold more conservative views on sexuality. Females often approach the concepts of sexuality more conservatively, which can manifest in various ways. They may prioritize emotional connection, intimacy, and trust in their sexual relationships. Additionally, females may lean towards more traditional or cautious sexual practices, valuing committed relationships and seeking to establish a strong foundation before engaging in sexual activities.

Jahanfar,S. & Pashaei,Z.(2022) conducted a study on Sexual attitudes and associated factors of risky sexual behaviors among university students. This study aimed to evaluate the sexual attitude and associated factors of risky sexual behaviors among girls and boys and the difference in sexual norms by gender among university students.A university-based study with a cross-sectional survey was conducted for 9 months in 2019. A total of 800 university students were studied by a random sampling technique using a self-administered structured questionnaire derived from the World Health Organization illustrative questionnaire to assess sexual attitudes among adolescents and young adults.Most of the respondents were female and single. Girls were more religious, more frequently visited the cinemas and were more likely to discuss sex matters with family members than boys. There was no significant difference in the total score of sexual attitudes in girls and boys, and both genders had negative attitudes toward risky sexual behavior . Those who go to parties, bars, or movies are more likely to have risky sexual behavior. Being a religious person is an essential predictor of having less risky behavior ..

Hypothesis 3: There will be significant relationship between religious belief system and sexual attitude among young females and males

Table 4.3: The table shows the mean and standard deviation of religious belief system and sexual attitude

	Mean	Standard Deviation	N
Religious belief system	154.0132	24.99006	152
Sexual attitude	70.1316	11.92065	152

Table 4.4: The table shows the Pearson Correlation and Significance of Religious belief system and Sexual attitude

Religious belief system	Pearson correlation	1	0.341
	Significance (2-tailed)		0.000
	N	152	152
Sexual attitude	Pearson correlation	.341	1
	Significance(2-tailed)	.000	
	N	152	152

Table 4.4 shows the correlation between Religious belief system and Sexual attitude. It depicted that Religious belief system and Sexual attitude have a strong positive correlation 0.341 with significance .000. Thus we accept the hypothesis.

The observation shows highly positive correlation which indicate that religious belief system influence individuals sexual attitude. A person with healthy religious belief system shows more positive sexual attitude that is Religious belief systems plays a significant role in shaping

individuals' attitudes and behaviors regarding sexuality. Different religious traditions have distinct teachings, values, and moral frameworks that guide their followers' perspectives on sexual matters. These teachings can range from promoting abstinence before marriage to defining specific boundaries within marital relationships. For some individuals, adherence to religious beliefs may lead to more conservative sexual attitudes. They may view sex as a sacred act reserved for marriage and prioritize abstinence or chastity. These individuals may emphasize the importance of maintaining sexual purity and may approach sexual relationships with caution and modesty. On the other hand, religious belief systems can also have diverse interpretations and attitudes towards sexuality. Some religious communities and individuals may adopt more progressive or inclusive perspectives on sexual orientation, gender identity, and consensual sexual relationships. They may emphasize the values of love, compassion, and respect in sexual expression, promoting healthy and consensual relationships within the boundaries of their religious beliefs.

Ahrold, T.K., Farmer, M., Trapnell, P.D & Meston, C.M. (2011) conducted a study on The relationship among sexual attitudes, sexual fantasy, and religiosity. Recent research on the impact of religiosity on sexuality has highlighted the role of the individual, and suggests that the effects of religious group and sexual attitudes and fantasy may be mediated through individual differences in spirituality. The present study investigated the role of religion in an ethnically diverse young adult sample (N = 1413, 69% women) using religious group as well as several religiosity domains: spirituality, intrinsic religiosity, paranormal beliefs, and fundamentalism. Differences between religious groups in conservative sexual attitudes were statistically significant but small; as predicted, spirituality mediated these effects. In contrast to the weak effects of religious group, spirituality, intrinsic religiosity, and fundamentalism were strong predictors of women's conservative sexual attitudes; for men, intrinsic religiosity predicted sexual attitude conservatism but spirituality predicted attitudinal liberalism. For women, both religious group and religiosity domains were significant predictors of frequency of sexual fantasies while, for men, only religiosity domains were significant predictors. These results indicate that individual differences in religiosity domains were better predictors of sexual attitudes and fantasy than religious group and that these associations are moderated by

CHAPTER V

SUMMARY AND CONCLUSION

The present study was conducted to find out the influence of Religious belief system on Sexual attitude among younger adults. A sample of 152 younger adults, 74 males and 78 females were selected for the study. The tools used were Religious belief system scale and sexual attitude scale. The data collected were analyzed using appropriate statistical techniques such as t-test and Pearson correlation coefficient.

Problem

Problem of the study is to find out the influence of religious belief system on the sexual attitude among younger adults

Objectives

- To assess the religious beliefs system and sexual attitude among younger adults.
- To find out the difference in religious belief system and sexual attitude among younger adults.
- To find out the relationship between religious belief system and sexual attitude among younger adults

Hypothesis

H1: There will be significant difference in religious belief system among young males and females.

H2: There will significant difference in sexual attitude among young males and females.

H3: There will be significant relationship between religious belief system and sexual attitude among young females and males

Sample

A sample of 152 subjects have been selected for the study, 74 males and 78 females. The data is collected by the method of simple random sampling. Simple random sampling is also known as probability sampling. A sample of younger adults were selected. The sample was collected through google form

Tools

Religious belief system scale and Sexual attitude scale these following tools are used for the study.

Sociodemographic sheet

The basic demographic details of the participant was collected for the study which included items as name, gender and age of the participant status.

Religious belief system scale

Religious belief system scale was developed by Shivani Dangi, Y K Nanle in 2016. The scale consists of 48 items, 24 positively worded and 24 negatively worded, that respondents rate on five point likert scale ranging from strongly disagree to strongly agree ((5=Strongly disagree, 4=Disagree, 3=Neutral, 2=Agree, 1=Strongly agree) for positive statements and reverse scoring for negative statements (1=Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree). Internal consistency analyses were conducted using Cronbach's alpha coefficient to obtain reliability estimates. All the factors (Belief, Attitude and Values shows strong internal consistency estimates ($\alpha = .92$ for Belief, $\alpha = .86$ for Attitude, $\alpha = .82$ for Values). Test-retest reliability was conducted by correlating scores obtained at the two administrations for each factor with a time gap of two weeks. Scores were calculated using means due to differences in the number of items for each scale. Test-retest reliability was strong for the factors and ($r = .71$ for Belief, $r = .84$ for Attitudes, $r = .85$ for Values; all p 's $< .001$). The participant was instructed to read the following statements regarding sexual attitude through google form and asked to select either of five options from strongly agree to strongly disagree as how they generally feel for each statement. The data was collected only after they agree to participate in the study. The data was recorded in an excel sheet and scored. The total score was obtained by adding respective items and an overall score were used for analysis.

Sexual attitude scale

Sexual attitude scale was developed by Waller W. Hudson, Gerald J. Murphy, and Paula S. Nurius in 1999. Purpose of sexual attitude scale is to measure attitudes about human sexuality. The Sexual Attitude Scale is a 25 item instrument designed to measure liberal versus conservative attitudes towards human sexual expression on five point frequency scale (1=Strongly disagree, 2=Disagree, 3=Neither agree nor disagree, 4=Agree, 5=Strongly agree). The Sexual Attitude Scale has excellent internal consistency, with an alpha in excess of .90. Data on stability are not available. The Sexual Attitude is reported to have very good content, construct and factorial validity, with validity coefficients generally of .60 or greater. The participant was instructed to read the following statements regarding sexual attitude through google form and asked to select either of five options from strongly agree to strongly disagree as how they generally feel for each statement. The data was collected only after they agree to participate in the study. The

data was recorded in an excel sheet and scored. The minimum and maximum score for each response was 1 and 5 respectively. The total score was obtained by adding respective items and an overall score were used for analysis.

Procedure

The data was collected through Google forms from the participants. The Google Forms had a brief explanation regarding the study for the participants to be informed about the objectives and ethical concerns regarding the data collection. The questionnaires along with instructions, consent and demographic sheet were formed using the Google forms and the link was shared with the participants. The Google forms were shared through WhatsApp, to be filled according to the guidelines given. Any doubt was clarified on spot by being with them virtually. The demographic sheet included items that asked for the name, gender, age, occupation and socioeconomic status. The scales used were Religious belief system scale and Sexual attitude scale. The collected information including the demographics were coded appropriately and the data was later analyzed statistically to test the hypotheses of the study. The statistical techniques used for testing the hypotheses of the study included Pearson correlation analysis and Independent sample t-test. The Pearson correlation is named after Karl Pearson. It is a parametric measure that measures linear correlation between two variables. It is the ratio between the covariance of two variables and the product of their standard deviations. Independent sample ttest is a parametric test that compares the means of two independent groups in order to determine whether there is statistical evidence that the associated population means are significantly different.

Statistical Analysis

The collected data were analysed using the following statistical tests. The statistical analysis was done using the statistical package for social science (SPSS) version 25.

T test

The T test is one of the many tests used for the purpose of hypothesis testing in statistics. It is used for comparison of the difference between the means of two groups. It is suitable to test whether the mean of the two sets of scores are significantly different or not. The T-test based on t-distribution and is considered as an appropriate test for finding the significance of difference between the

means of two samples in case of small sample when population variance is not known. If the value exceeds a cut-off point depending in degree of freedom the difference in the mean is considered significant when t value is below the cut off, the difference is said to be not significant.

Pearson Correlation

Of all the measures of correlation the Pearson 'r' , named after Prof.Karl Pearson, is one of the most common methods of assessing the association between two variables under study. Correlation is a measure of relationship between two variables. The correlation coefficient gives a mathematical value for measuring the strength of the linear relationship between two variables. It can take values from -1 to 1. The larger the value of the coefficient, the stronger is the linear relationship between variables. An absolute value of 1 or -1 indicates a perfect linear relationship and a value of 0 indicates the absence of linear relationship. The sign of the correlation indicates the direction of relationship. If both variables tend to increase or decrease together, the coefficient is positive. If one variable tends to increase as the other decreases, the coefficient is negative.

Tenability Of Hypothesis

	HYPOTHESIS	TENABILITY
1	There will be significant difference in religious belief system among young males and females	Rejected
2	There will significant difference in sexual attitude among young males and females.	Rejected
3	There will be significant relationship between religious belief system and sexual attitude among young females and males	Accepted

Major Findings

- There is no significant difference in religious belief system among young males and females.
- There is no significant difference in sexual attitude among young males and females.
- There is a significant relationship between religious belief system and sexual attitude among young females and males

Major Conclusion

Study show that there is no significant difference in religious belief systems between young males and females, as both genders tend to have similar religious beliefs. However, it is worth noting that while the mean value of religious belief may be slightly higher in females, this difference is not statistically significant. The variations in religious beliefs system between young males and females are not drastic. We can see that there is no significant difference in sexual attitudes between young males and females, While statistical analyses may show that the mean value of sexual attitudes is slightly higher in females, this difference is not considered statistically significant. The end result shows highly positive correlation which indicate that religious belief system influence individuals sexual attitude. A person with healthy religious belief system shows more positive sexual attitude that is Religious belief systems plays a significant role in shaping individuals' attitudes and behaviors regarding sexuality.

Limitations

The study encountered several limitations that may have impacted the accuracy and generalizability of the findings. Firstly, The truthfulness of the study depends on the honesty of those who filled the questionnaire. Lack of interest or tiredness due to more number of items in the questionnaire might affect the study. It felt difficult to get response from males.

Suggestions

The variables included in the present study were limited. Hence further studies may be conducted incorporating new variables. The study can redesign to include more samples from different area and more working people.

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APPENDICES

Appendix A: Google form

Warm greetings,

Hope everything is well with you. We are the students of Christ College (Autonomous) Irinjalakuda currently pursuing BSc Psychology. As part of our academic curriculum, we are conducting a research study on "The Influence of Religious Belief System on the Sexual Attitudes among Younger Adults" under the supervision of Ms. Nimy P. G.

We kindly request you to fill out this form if you fall under the age group. Since there is no right or wrong answers, please make sure that you select the first response that occurs to you. You are free to withdraw, if the questionnaire makes you feel uncomfortable.

Your Responses will be fully confidential.

Demographic data

Name

Age :19-29/30-40

Gender:Male/Female

Religious belief system

Please read each statement and decide how much you agree or disagree with that statement.

- God is present everywhere and wants us to worship.
- Praying to god before exams helps one to perform well.
- Faith in God hasn't changed my life.
- My religious beliefs are pretty much same today as they were five years ago.
- When something bad happens, I always blame on God.
- It is important to be a good person and practice a religion by heart
- I believe in many religions.
- I do not believe there is any way to find out god.

- I do not believe in existence of god.
- Faith in god makes an individual more meaningful in life.
- I don't believe in miracles.
- Deep faith in god helps us to overcome all the crises in life.
- Without god my life would be meaningless.
- I believe that prayer is like one to one communication with god.
- Students who have faith in god are well mannered and courteous.
- Presence of God in my life is not very important.
- I think it is best if people don't believe in any religion.
- Religion is more of a burden than a support while coping up with difficulties.
- All religions are equally good and no religion is superior to one other.
- Every person has freedom to choose the religion of his/her choice.
- I don't believe in any religion, there are much more important things in my life.
- I considered myself superior to those who do not believe in god.
- I do not practice religion but view myself spiritual.
- I don't like following many rituals of my own religion.
- I respect all the religions but don't want to convert myself to other religions.
- I think my religion is better than others.
- My religion is best and must be followed by all human beings.
- I consider myself a religious person rather than a spiritual one
- Religious practices never help me in resolving my problems.
- I stand up for my religious beliefs when they are questioned by others.
- Being spiritual is better than being religious
- I have my own way of connecting to god, I do not believe in going to religious places like Temple, church etc.
- My attitude towards religious people is negative.
- Because of my religious beliefs I forgive myself for things I have done wrong.
- Because of my religious or spiritual beliefs I forgive those who had hurt me.
- I never follow and obey God's will.
- I often practice my spiritual beliefs by reading books on.

- I don't like to visit various kinds of religious places.
- I never practice my spiritual values through connecting with god.
- I volunteer to help others based on my religious values
- I hate to perform my duties as per my religious faith.
- God punishes those who commits suicide and send them to hell.
- Everyone should obey all the rituals of their religion
- I feel God punishes me for my sins.
- I never confess my sins to god
- I always take care of personal hygiene before praying to god
- In my opinion, person having more than one spouse at a time is a not sin.
- If someone threatens me or tries to harm me without any reason I speak out and hurt them

Sexual attitude

- I think there is too much sexual freedom given to adults these days.
- I think that increased sexual freedom undermines the American family.
- I think that young people have been given too much information about sex.
- Sex education should be restricted to the home.
- Older people do not need to have sex.
- Sex education should be given only when people are ready for marriage.
- Pre-marital sex may be a sign of a decaying social order.
- Extra-marital sex is never excusable.
- I think there is too much sexual freedom given to teenagers these days.
- I think there is not enough sexual restraint among young people.
- I think people indulge in sex too much.
- I think the only proper way to have sex is through intercourse.
- I think sex should be reserved for marriage.

- Sex should be only for the young.
- Too much social approval has been given to homosexuals.
- Sex should be devoted to the business of procreation.
- People should not masturbate.
- Heavy sexual petting should be discouraged.
- People should not discuss their sexual affairs or business with others.
- Severely handicapped (physically and mentally) people should not have sex.
- There should be no laws prohibiting sexual acts between consenting adults.
- What two consenting adults do together sexually is their own business.
- There is too much sex on television.
- Movies today are too sexually explicit.
- Pornography should be totally banned from our bookstores

STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS

Dissertation submitted to Christ College (Autonomous) in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology

Submitted by

NAGALAKSHMI P M

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BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA

2021 - 2024

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2023

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled “STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS ” is a bona- fide record of research work carried out by Ms. NAGALAKSHMI P M Register no. CCAVSPY100 during the sixth semester of BSc Psychology of the academic year 2021-2024.

Ms. Christina Tony
HEAD OF THE DEPARTMENT

Ms. N P M Hasmina Fathima
SUPERVISOR

Submitted for the examination held on

INTERNAL EXAMINATION

EXTERNAL EXAMINATION

DECLARATION

I hereby declare that the dissertation work entitled “STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS” submitted to the University of Calicut, in partial fulfillment of the requirement for the award of the degree of Bachelor Science of Psychology, is the record work done by me under the supervision of Ms. N P M Hasmina Fathima, Assistant professor of the psychology department, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/ diploma (Associate) fellowship or another similar title to any candidate of any university.

Place:

Date:

Signature of Candidate
Ms. NAGALAKSHMI P M

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I take this opportunity to express our gratitude to every person from whom we were fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering blessings to make this dissertation a success.

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We greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

We are also thankful to all the participants who took part in our study. Thanks to all our friends and family members whose endurance, concern, and invariable support helped us in accomplishing this task.

- NAGALAKSHMI P M

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STUDY ABSTRACT

INTRODUCTION

The study aimed to understand the significant relationship between Procrastination and Motivation among young adults. Motivation Questionnaire The Student Opinion Scale (SOS) and Procrastination Assessment Scale-Students (PASS) were used to administer the study.

METHODOLOGY

The study was to understand the strength of the correlation between motivation and procrastination among young adults. Standardized questionnaires were chosen and distributed among 60 participants. Quantitative analysis and Pearson Correlation were constructed to find out the significant relationship between procrastination and motivation. T-tests were administered to find out the impact of these variables in men and women.

RESULT AND DISCUSSION

Motivation and Procrastination are not correlated and don't have a significant correlation in young adults. There are no significant gender differences among young adults.

CONCLUSION

Concludes that there is no significant relationship between procrastination and motivation using the t-test.

CHAPTER 1
INTRODUCTION

INTRODUCTION

Procrastination is an irrational behavior in which an intended action is voluntarily delayed, and results in negative consequences (Steel, 2007). It is a widespread phenomenon in the academic context and can endanger successful studying, as it is associated with time pressure, reduced well-being, and impaired academic performance (e.g., Grunschel et al., 2016; Simpson & Pychyl, 2009). The perception of procrastination is a motivation issue able to be supported by one of the studies that showed low levels of procrastination are the outcome of interest in the subject and in learning which has shown a noteworthy outcome on procrastination (Rosetti, 2011). When students procrastinate, they often choose more attractive alternatives instead of their actual task, such as watching videos on the internet instead of studying (e.g., Thatcher et al., 2008). Especially in higher education, procrastination can occur frequently, as in this context high autonomy is typically granted in that students need to independently organize their learning material, choose learning goals on their own, and plan their learning procedures (see also Dresel et al., 2015). Steele and Gorlick (1978) identified procrastination as the tendency to delay tasks despite potential negative consequences, emphasizing its complex nature rooted in both motivational and emotional factors. According to Steel (2007), procrastination is associated with lower academic performance, increased stress levels, and reduced well-being among students, highlighting its detrimental impact on personal and professional success.

Research suggests that procrastination is influenced by multiple factors, including individual differences in personality traits, cognitive processes, and situational variables. For instance, the trait of impulsivity has been consistently linked to higher levels of procrastination (Ferrari, Johnson, & McCown, 1995). Additionally, the fear of failure and perfectionistic tendencies often exacerbate procrastination tendencies, as individuals may delay tasks to avoid facing potential setbacks or criticism (Sirois & Pychyl, 2013). Moreover, environmental factors such as task characteristics and deadlines play a significant role in shaping procrastination behavior (Ariely & Wertenbroch, 2002). Understanding these multifaceted influences is essential for developing effective interventions to mitigate procrastination's negative consequences.

**THE INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON THE SEXUAL
ATTITUDE AMONG YOUNG ADULTS**

Project submitted to Christ College (Autonomous) in partial fulfilment of the requirements for
the award of the degree of Bachelor of Science in
Psychology

Submitted by,

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REGISTER NO – CCAVSPY081



BSc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2021-2024

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

BONA-FIDE CERTIFICATE

This is to certify the project work entitled, **“INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON SEXUAL ATTITUDE AMONG YOUNGER ADULTS”** is a bona-fide record of research work carried out by **Ms. NANDHANA P K**, Register no: **CCAVSPY081**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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DECLARATION

I Nandhana P K hereby declare that this work entitled **“INFLUENCE OF RELIGIOUS BELIEF SYSTEM ON SEXUAL ATTITUDE AMONG YOUNGER ADULTS”** submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the of BSc. Psychology is the record work done by me under the supervision of Mrs. Nimy PG, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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ACKNOWLEDGEMENTS

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the **God Almighty**, for showering His blessings to make this dissertation a success.

I express my special gratitude to my guide **Mrs. Nimy PG**, Department of psychology for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I wholeheartedly thank her for all her support.

I greatly thank the support and help extended by the **Faculty Members** of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

I am also thankful to all **the participants** who took part in my study. Thanks to all **my friends and family members** whose endurance, concern and invariable support helped me in accomplishing this task.

-Ms. NANDHANA P K

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ABSTRACT

Young adults have distinct sexual attitudes and religious beliefs. While some may prioritize abstinence or more conventional, conservative beliefs, others may engage in exploratory and consensual partnerships and hold liberal ideas. Studies have revealed that the sexual views of younger adults might be influenced by their religious beliefs. Thus, this study examines how younger adults sexual attitudes are influenced by their religious beliefs. The scales used were Religious belief system scale and Sexual attitude scale. The survey model was used with 152 adults in which 74 were male and 78 were females from the age group of 19-40. The project was conducted in the Google form The result indicates that there is a positive correlation between the Religious belief system and Sexual attitudes .Findings contribute to a deeper comprehension of the complex interplay between religion and sexual behaviour, shedding light on potential factors shaping societal norms and individual behaviours regarding sexuality. Major finding of the study was that there is a significant relationship between religious belief system and sexual attitude among young females and males. . The end result shows highly positive correlation which indicate that religious belief system influence individuals sexual attitude. A person with healthy religious belief system shows more positive sexual attitude that is Religious belief systems plays a significant role in shaping individuals' attitudes and behaviors regarding sexuality.

Key Words: younger adults, religious belief system, sexual attitude.

**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF
VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

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**DEPARTMENT OF PSYCHOLOGY
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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2024

BONA-FIDE CERTIFICATE

This is to certify that the project entitled, “**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF THE VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**” is a bona-fide record of research work carried out by Ms. **NEHA JOSE**, Register no: **CCAVSPY069**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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Declaration

I, Neha Jose hereby declare that this work entitled "Role Of Perceived Social Support On The Self Esteem Of Victims Of Cyberbullying Among Young Adults Of Kerala" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Aiswarya Rajan P, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Aiswarya Rajan P**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

Very grateful to each and everyone who helped me collect the necessary data. Specially expressing gratitude to all my participants who took effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

Finally, I must thank all my family, friends for their relentless support and motivation, and obviously to the *almighty* who resides in me, with me, and for me forever.

Neha Jose

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Abstract

Cyber bullying, a pervasive issue in the digital age, has significant implications for individual's psychosocial well-being. This study aims to find the relationship between Roles of perceived social support on the self esteem of victims of cyber bullying among the younger adults. The scales used were cyber bullying, self esteem and perceived social support. The survey model was used with 132 adults in which 58 were male and 74 were females from the age group of 22-39. The project was conducted in the Google form. The result indicates that there is a positive correlation between perceived social support and self esteem and there is no significant correlation between self esteem and cyber bullying nor cyber bullying and perceived social support. By exploring these relationships, the research contributes valuable insights to the field and provides a foundation for future investigations. Overall, this study serves as a stepping stone for further research in this area, offering a nuanced understanding of the interplay between cyber bullying, self-esteem, and perceived social support among young adults.

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

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**DEPARTMENT OF PSYCHOLOGY
CHRIST COLLEGE IRINJALAKUDA**

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BONA-FIDE CERTIFICATE

This is to certify that the project entitled, “THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS” is a bona-fide record of research work carried out by Ms. **NITHYA S.W**, Register no: **CCAVSPY082**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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Declaration

I, Nithya s w hereby declare that this work entitled "THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Parvanendhu K. V, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Parvanendhu K.V**, who took keen interest on my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this aspect I am eternally grateful to you.

Very grateful to each and everyone who helped me collect the necessary data. Specially expressing gratitude to all my participants who took effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

Finally, I must thank all my family, friends for their relentless support and motivation, and obviously to the *almighty* who resides in me, with me, and for me forever.

Nithya S.W

(Investigator)

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ABSTRACT

The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult self-expression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Self-expression.

THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT
AND CRITICISM ON SELF-EXPRESSION IN YOUNG
ADULTS

Dissertation Submitted in Partial Fulfillment of the requirements for the

Degree of Bachelor of Science in

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DEPARTMENT OF PSYCHOLOGY
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2024

BONA-FIDE CERTIFICATE

This is to certify that the project entitled, “**THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS**” is a bona-fide record of research work carried out by Ms. **PARVATHY PRAKASAN**, Register no: **CCAVSPY070**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

Ms. Christina Tony

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INTERNAL EXAMINER

EXTERNAL EXAMINER

DECLARATION

I, Parvathy Prakasan, hereby declare that this work entitled "**THE EFFECT OF FAMILY EMOTIONAL INVOLVEMENT AND CRITICISM ON SELF-EXPRESSION IN YOUNG ADULTS**" is original and carried out by me in the Department of Psychology, Christ College, Irinjalakuda, under the guidance and supervision of Asst. Prof. Parvanendhu K V, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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ACKNOWLEDGEMENT

With the three-month journey of my project work successfully coming to an end, I must acknowledge and express my gratitude to a number of people without whom this work would not have reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

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Finally, I must thank all my family, friends for their relentless support and motivation, and obviously to God *almighty* who resides in me, with me, forever.

Parvathy Prakasan

(Investigator)

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The current study explores, using various methods, the effect of Family Emotional Involvement and Criticism on Self-Expression in young adults. As a result of the analysis of theoretical, scientific and practical bibliographic sources on the research problem, we present our various points of view on the concepts of self-expression and assertiveness, and what influences them. The research sample consisted of 168 participants comprising 44 men and 124 women, aged 18 to 26 years. The participants were the representatives of higher educational institutions from the district of Thrissur, as well as volunteers from the internet. Convenient sampling was used to draw the samples from the population. Instruments such as Family Emotional Involvement and Criticism Scale-FEICS (Cleveland G. Shields, Peter Franks, J. J. Harp, S. H. McDaniel, and T. L. Campbell, 1992) and the College Self-Expression Scale: A Measure of Assertiveness (John P. Galassi, James S. DeLo, Merna D. Galassi and Sheila Bastien, 1994). The statistical analysis was done by using Karl Pearson's correlation test, t test and ANOVA. The results of the study revealed that there is no significant correlation between family emotional involvement and criticism and adult self-expression and assertiveness. Further study showed no significant difference in assertiveness in men and women, as well as birth order.

Key words: Young adulthood, Family Involvement and Criticism, Assertiveness and Self-expression.

EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS

Project submitted to Christ College (Autonomous) in partial fulfilment of the
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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2021-2024

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, “**EFFECT OF COMPANION ANIMAL BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS**” is a bona-fide record of research work carried out by Mr. **P. M. RANIYA**, Register no: **CCAVSPY083**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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EXTERNAL EXAMINER

DECLARATION

I, P. M. Raniya, hereby declare that this work entitled " EFFECT OF COMPANION ANIMAL

BONDING ON AGGRESSION AND PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Christina Tony, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Ms. P. M. Raniya

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ACKNOWLEDGEMENT

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

I take this opportunity to express my gratitude to every person to whom I am grateful to for their valuable guidance and help. First, I would like to the God Almighty, for showering his blessings to make this dissertation a success.

I express my gratitude towards my guide Mrs. Christina Tony, who is also the head of the department of psychology for her valuable support and motivation. I whole heartedly thank her for her guidance in every stage of work.

I thank my parents and all my family members who helped me to complete this work.

I would like to take this opportunity to thank my group members Mr. Adwaith Sreeraj C., Ms. Angelin Treesa Peter, Ms. Anna Clelia Jaison, Ms. Hajira R. Ali and all my dear loving friends for their great support.

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Ms. P.M. Raniya

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ABSTRACT

The present study explores the effect of companion animal bonding on aggression and psychological distress among young adults. This is a quantitative study and is administered on 120 participants (age range 18-26). Convenient sampling technique was used to draw the samples from the population. Instruments such as companion animal bonding scale (Poresky, R. H., Hendrix, C., Mosier, J. E., and Samuelson, M. L., 1987), aggression questionnaire (Buss, A. H. and Perry, M., 1992) and psychological distress scale (Dr. Kessler, R.C, 1992) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed a significant positive correlation between companion animal bonding and aggression and no significant correlation was found between companion animal bonding and psychological distress. The result also showed no significant relation between psychological distress among owners and non-owners of companion animals.

INTRODUCTION

**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF
VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**

*Project Submitted in Partial Fulfillment of the requirements for
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**DEPARTMENT OF PSYCHOLOGY
CHRIST COLLEGE IRINJALAKUDA
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CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2024

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This is to certify that the project entitled, “**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF THE VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**” is a bona-fide record of research work carried out by Mr.**PRANAV PARAKUNNATH**, Register no: **CCAVSPY084**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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Declaration

I, Pranav Parakunnath hereby declare that this work entitled "Role Of Perceived Social Support On The Self Esteem Of Victims Of Cyberbullying Among Young Adults Of Kerala" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Aiswarya Rajan P, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

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Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to a number of people without whom this work would haven't reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

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Pranav Parakunnath

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Abstract

Cyber bullying, a pervasive issue in the digital age, has significant implications for individual's psychosocial well-being. This study aims to find the relationship between Roles of perceived social support on the self esteem of victims of cyber bullying among the younger adults. The scales used were cyber bullying, self esteem and perceived social support. The survey model was used with 132 adults in which 58 were male and 74 were females from the age group of 22-39. The project was conducted in the Google form. The result indicates that there is a positive correlation between perceived social support and self esteem and there is no significant correlation between self esteem and cyber bullying nor cyber bullying and perceived social support. By exploring these relationships, the research contributes valuable insights to the field and provides a foundation for future investigations. Overall, this study serves as a stepping stone for further research in this area, offering a nuanced understanding of the interplay between cyber bullying, self-esteem, and perceived social support among young adults.

**SELF ESTEEM AND ATTITUDE TOWARDS SINGLE- HOOD: A
COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG
ADULTS**

Project

Submitted in partial fulfilment of the requirement of the degree in

PSYCHOLOGY

By

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DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA

2024

DEPARTMENT OF PSYCHOLOGY
CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA



CERTIFICATE

This is to certify that this dissertation entitled, “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS” is a Bonafide record of research work carried out by Miss. Anna Mariya Siju, Register no: CCAVSPY104, during the sixth semester of B.Sc. Psychology during the academic year 2021-2024

Head of the Department

Principal

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Mrs. Christina Tony

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Mrs. Akhila P J

Submitted for the examination held on

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Examiners

- 1.
- 2.

DECLARATION

I hereby declare that the project work entitled “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS “ submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelors of Psychology is the record work done by me under the supervision of Mrs. Akhila P J Department of Psychology, Christ College Autonomous Irinjalakuda. This has not formed the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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ACKNOWLEDGEMENT

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. Akhila P J, Assistant professor, Department of Psychology, CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

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Anna Mariya Siju

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Abstract

This quantitative study investigates the correlation between self-esteem and attitudes towards singlehood among young adult males and females. A sample of 120 participants (60 males and 60 females) was drawn using random sampling techniques. Data collection utilized the Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg in 1965, and the Attitude towards Singlehood Scale (ATSS) developed by Chee-seng Tan, Siew-May Cheng, and Sanju George in 2021. Statistical analyses, including correlations and t-tests, were conducted. The findings indicate no significant relationship between self-esteem and attitudes towards singlehood. However, a noteworthy gender difference emerged in attitudes towards singlehood among young adults. Specifically, male and female participants exhibited significantly divergent attitudes towards singlehood.

Key words: self esteem , attitude towards single hood and young adults

INTRODUCTION

**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF
MALE AND FEMALE YOUNG ADULTS**

Dissertation

Project submitted in partial fulfilment of the requirements for the degree in

**BACHELOR OF SCIENCE IN
PSYCHOLOGY**

By

RAMEESA C R

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CHRIST COLLEGE (AUTONOMOUS), IRIMJALAKUDA

2021-2024

BONAFIDE CERTIFICATE

This is to certify that the dissertation entitled, “**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” is a bonafide record work carried out by **Ms. RAMEESA C R**, Register no: **CCAVSPY101**, during the sixth semester of BSc Psychology of the academic year 2021-2024.

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I hereby declare that the dissertation work entitled “**EFFECTS OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” submitted to the University of Calicut, in partial fulfilment of the requirement of the award of the Degree of Bachelor of Science in Psychology is the record work done by me under the supervision of Ms. Renya C.V., Department of Psychology, Christ College (Autonomous), Irinjalakuda. This has not formed the basis for any award of any degree/diploma (associate ship) fellowship or other similar title to any candidate of any university.

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ABSTRACT

The present study explores the relation between parental bonding and self-expression among male and female young adults. This is a quantitative study and is administered to 60 participants (30 men and 30 women). Convenient sampling technique was used to draw the samples from population. Instruments such as parental bonding instrument (Parker, G., Tupling, H., and Brown, L.B) and college self-expression scale (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien) were used for the collection of data. Karl Pearson correlation and independent- test were used for the analysis of data. The result showed that there is no significant relationship between parental bonding and self-expression and there was a significant difference in per parental bonding and no significant difference in self-expression among men and women.

CHAPTER I

INTRODUCTION

**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF
VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**

Project Submitted in Partial Fulfillment of the requirements for the

Degree in

PSYCHOLOGY

By

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**DEPARTMENT OF PSYCHOLOGY CHRIST COLLEGE
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DEPARTMENT OF PSYCHOLOGY

2024

BONA-FIDE CERTIFICATE

This is to certify that the project entitled, “**ROLE OF PERCEIVED SOCIAL SUPPORT ON THE SELF ESTEEM OF THE VICTIMS OF CYBERBULLYING AMONG YOUNG ADULTS OF KERALA**” is a bona-fide record of research work carried out by Ms.SANA PUTHIYAVEETIL, Register no: **CCAVSPY106**, during the sixth semester of B.Sc. Psychology of the academic year 2021-2024.

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Declaration

I, Sana Puthiyaveettil hereby declare that this work entitled "Role Of Perceived Social Support On The Self Esteem Of Victims Of Cyberbullying Among Young Adults Of Kerala" is original and carried out by me in the Department of Psychology, Christ college Irinjalakuda, under the guidance and supervision of Asst. Prof. Aiswarya Rajan P, Department of Psychology. I further declare that this project or any part of this project has not been submitted for any degree, diploma, recognition or title in this or any other University or Institution.

Place: Irinjalakuda

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Signature of the candidate

Ms.Sana Puthiyaveettil

CCAVSPY106

Acknowledgement

When the three-month journey of my project work successfully comes to an end, I must acknowledge and express my gratitude to several people without whom this work would have reached this level. I would like to express my profound gratitude to the Department of Psychology and Christ College Autonomous, Irinjalakuda for giving me the opportunity to do this project during my final year.

I owe my profound gratitude to my project guide **Miss.Aiswarya Rajan P**, who took a keen interest in my project and guided me all along till the completion of the project. Your useful advice and suggestions were really helpful throughout the project completion. In this regard I am eternally grateful to you.

I am very grateful to each and every one who helped me collect the necessary data. I especially want to express gratitude to all my participants who made an effort and spent their valuable time to fill in the lengthy and tiring Google form for my research. Lastly, I thank all the members of my group for their unwavering support and participation.

Finally, I must thank all my family and friends for their relentless support and motivation, and obviously to the *almighty* who resides in me, with me, and for me forever.

Sana Puthiyaveettil

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Cyber bullying, a pervasive issue in the digital age, has significant implications for an individual's psychosocial well-being. This study aims to find the relationship between Roles of perceived social support on the self-esteem of victims of cyber bullying among the younger adults. The scales used were cyber bullying, self esteem and perceived social support. The survey model was used with 132 adults in which 58 were male and 74 were females from the age group of 2239. The project was conducted in the Google form. The result indicates that there is a positive correlation between perceived social support and self esteem and there is no significant correlation between self esteem and cyber bullying nor cyber bullying and perceived social support. By exploring these relationships, the research contributes valuable insights to the field and provides a foundation for future investigations. Overall, this study serves as a stepping stone for further research in this area, offering a nuanced understanding of the interplay between cyber bullying, self-esteem, and perceived social support among young adults.

STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS

Dissertation submitted to Christ College (Autonomous) in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology

Submitted by

SANDRA BENNY

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BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled “STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS ” is a bona- fide record of research work carried out by Ms. SANDRA BENNY Register no. CCAVSPY102 during the sixth semester of BSc Psychology of the academic year 2021-2024.

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INTERNAL EXAMINATION

EXTERNAL EXAMINATION

DECLARATION

I hereby declare that the dissertation work entitled “STUDY ON MOTIVATION AND PROCRASTINATION AMONG YOUNG ADULTS” submitted to the University of Calicut, in partial fulfillment of the requirement for the award of the degree of Bachelor Science of Psychology, is the record work done by me under the supervision of Ms. N P M Hasmina Fathima, Assistant professor of the psychology department, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/ diploma (Associate) fellowship or another similar title to any candidate of any university.

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Ms. SANDRA BENNY

ACKNOWLEDGEMENTS

I take this opportunity to express our gratitude to every person from whom we were fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering blessings to make this dissertation a success.

I express my special gratitude to Mr. CHRISTINA TONY, who is the Head of the Department of Psychology for her valuable support and motivation.

I extend my deepest gratitude to supervisor Ms. NPM HASMINA FATHIMA, Assistant Professor of the psychology department, whose invaluable guidance and unwavering support have been instrumental throughout the research process. Her expertise, mentorship, and constructive feedback have enriched this project and shaped its trajectory in profound ways.

Furthermore, I would like to express my appreciation for Ms. NPM HASMINA FATHIMA's generosity with her time and resources, as well as her willingness to share her expertise and insights. Her guidance has been a beacon of inspiration, guiding me through the complexities of academic inquiry and instilling in me a deeper appreciation for the pursuit of knowledge.

We greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

We are also thankful to all the participants who took part in our study. Thanks to all our friends and family members whose endurance, concern, and invariable support helped us in accomplishing this task.

- SANDRA BENNY

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STUDY ABSTRACT

INTRODUCTION

The study aimed to understand the significant relationship between Procrastination and Motivation among young adults. Motivation Questionnaire The Student Opinion Scale (SOS) and Procrastination Assessment Scale-Students (PASS) were used to administer the study.

METHODOLOGY

The study was to understand the strength of the correlation between motivation and procrastination among young adults. Standardized questionnaires were chosen and distributed among 60 participants. Quantitative analysis and Pearson Correlation were constructed to find out the significant relationship between procrastination and motivation. T-tests were administered to find out the impact of these variables in men and women.

RESULT AND DISCUSSION

Motivation and Procrastination are not correlated and don't have a significant correlation in young adults. There are no significant gender differences among young adults.

CONCLUSION

Concludes that there is no significant relationship between procrastination and motivation using the t-test.

CHAPTER 1
INTRODUCTION

INTRODUCTION

Procrastination is an irrational behavior in which an intended action is voluntarily delayed, and results in negative consequences (Steel, 2007). It is a widespread phenomenon in the academic context and can endanger successful studying, as it is associated with time pressure, reduced well-being, and impaired academic performance (e.g., Grunschel et al., 2016; Simpson & Pychyl, 2009). The perception of procrastination is a motivation issue able to be supported by one of the studies that showed low levels of procrastination are the outcome of interest in the subject and in learning which has shown a noteworthy outcome on procrastination (Rosetti, 2011). When students procrastinate, they often choose more attractive alternatives instead of their actual task, such as watching videos on the internet instead of studying (e.g., Thatcher et al., 2008). Especially in higher education, procrastination can occur frequently, as in this context high autonomy is typically granted in that students need to independently organize their learning material, choose learning goals on their own, and plan their learning procedures (see also Dresel et al., 2015). Steele and Gorlick (1978) identified procrastination as the tendency to delay tasks despite potential negative consequences, emphasizing its complex nature rooted in both motivational and emotional factors. According to Steel (2007), procrastination is associated with lower academic performance, increased stress levels, and reduced well-being among students, highlighting its detrimental impact on personal and professional success.

Research suggests that procrastination is influenced by multiple factors, including individual differences in personality traits, cognitive processes, and situational variables. For instance, the trait of impulsivity has been consistently linked to higher levels of procrastination (Ferrari, Johnson, & McCown, 1995). Additionally, the fear of failure and perfectionistic tendencies often exacerbate procrastination tendencies, as individuals may delay tasks to avoid facing potential setbacks or criticism (Sirois & Pychyl, 2013). Moreover, environmental factors such as task characteristics and deadlines play a significant role in shaping procrastination behavior (Ariely & Wertenbroch, 2002). Understanding these multifaceted influences is essential for developing effective interventions to mitigate procrastination's negative consequences.

**SELF ESTEEM AND ATTITUDE TOWARDS SINGLE- HOOD: A
COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG
ADULTS**

Project

Submitted in partial fulfilment of the requirement of the degree in

PSYCHOLOGY

By

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DEPARTMENT OF PSYCHOLOGY

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CERTIFICATE

This is to certify that this dissertation entitled, “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS” is a Bonafide record of research work carried out by Miss. Sreemol C S, Register no: CCAVSPY105, during the sixth semester of B.Sc. Psychology during the academic year 2021-2024

Head of the Department

Principal

Guide

Mrs. Christina Tony

Fr. Dr. Jolly Andrews

Mrs. Akhila P J

Submitted for the examination held on

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Examiners

1.

2.

DECLARATION

I hereby declare that the project work entitled “SELF ESTEEM AND ATTITUDE TOWARDS SINGLE-HOOD: A COMPARATIVE STUDY AMONG MALE AND FEMALE YOUNG ADULTS “ submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelors of Psychology is the record work done by me under the supervision of Mrs. Akhila P J Department of Psychology, Christ College Autonomous Irinjalakuda. This has not formed the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

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ACKNOWLEDGEMENT

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Sreemol C S

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This quantitative study investigates the correlation between self-esteem and attitudes towards singlehood among young adult males and females. A sample of 120 participants (60 males and 60 females) was drawn using random sampling techniques. Data collection utilized the Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg in 1965, and the Attitude towards Singlehood Scale (ATSS) developed by Chee-seng Tan, Siew-May Cheng, and Sanju George in 2021. Statistical analyses, including correlations and t-tests, were conducted. The findings indicate no significant relationship between self-esteem and attitudes towards singlehood. However, a noteworthy gender difference emerged in attitudes towards singlehood among young adults. Specifically, male and female participants exhibited significantly divergent attitudes towards singlehood.

Key words: self esteem , attitude towards single hood and young adults

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**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF
MALE AND FEMALE YOUNG ADULTS**

Dissertation

Project submitted in partial fulfilment of the requirements for the degree in

**BACHELOR OF SCIENCE IN
PSYCHOLOGY**

By

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2021-2024

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This is to certify that the dissertation entitled, “**EFFECT OF PARENTAL BONDING ON SELF-EXPRESSION OF MALE AND FEMALE YOUNG ADULTS**” is a bonafide record work carried out by **Mr. STEVE REXNER GEORGE**, Register no: **CCAVSPY071**, during the sixth semester of BSc Psychology of the academic year 2021-2024.

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EXTERNAL EXAMINER

DECLARATION

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Date:

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Reg. No.: CCAVSPY071

ACKNOWLEDGEMENT

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Mr. STEVE REXNER GEORGE

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Table 3	Correlation between variables parental bonding and self-expression.	32

ABSTRACT

The present study explores the relation between parental bonding and self-expression among male and female young adults. This is a quantitative study and is administered to 60 participants (30 men and 30 women). Convenient sampling technique was used to draw the samples from population. Instruments such as parental bonding instrument (Parker, G., Tupling, H., and Brown, L.B) and college self-expression scale (John P. Galassi, James S. Delo, Merna D. Galassi and Sheila Bastien) were used for the collection of data. Karl Pearson correlation and independent- test were used for the analysis of data. The result showed that there is no significant relationship between parental bonding and self-expression and there was a significant difference in per parental bonding and no significant difference in self-expression among men and women.

CHAPTER 1

INTRODUCTION