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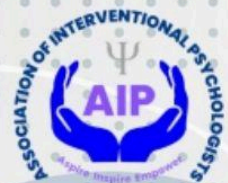
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Emotional Health Among Women In Kerala: Examining The Roles Of Employment Status And Family Structure

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ABSTRACT

Aim: This study examined differences in emotional health—specifically depression, anxiety, and stress—between working and non-working women in Kerala. **Method:** A cross-sectional comparative design was employed with 120 women (60 working, 60 non-working) aged 25–55 years. Participants completed the Depression Anxiety Stress Scale (DASS-21) along with a socio-demographic questionnaire. Independent samples t-tests and one-way ANOVA were conducted. **Results:** No statistically significant differences were observed between working and non-working women in depression, anxiety, or stress ($p > .05$). However, a significant difference in depression was found based on number of children ($F = 6.097$, $p = .003$), with women having single child reporting higher depression than those with three or more children. **Conclusion:** Employment status alone may not be a key determinant of emotional health. Family-related variables appear more relevant, underscoring the need for a multidimensional understanding of women's mental health.

Key Words – *Depression, Anxiety, Stress, Working women, Kerala*

Emotional health determines an individual's well-being and quality of life. Anxiety and depression are two common mental health conditions that have a detrimental effect a person's emotional health. Though distinct, they often co-occur and share many symptoms.

Anxiety is a state of mind characterised by excessive worry, fear, and nervousness. It is often accompanied by a range of physical symptoms such as palpitations, sweating, dry mouth and trembling. People who experience anxiety on a day-to-day basis often have difficulty concentrating,



have poor sleep hygiene, and have difficulty performing daily chores. Depression is a mood disorder classified in DSM-5 that affects the thoughts, feelings, and behaviours of an individual (American Psychiatric Association, 2013). According to Beck, it is characterised by persistent feelings of hopelessness, helplessness and worthlessness. Like anxiety, people with depression may also have difficulty sleeping, compromised appetite, and difficulty focusing on tasks (Beck, 1972). They may also lose interest in activities they once enjoyed. Depression can be mild or severe and can be treated with therapy, medication, or a combination of both.

Together, anxiety and depression are components of emotional health, which play a crucial role in the experience of stress. Elevated levels of stress and prolonged exposure to such situations can have an exponential impact on the psychological health of a person. According to the World Health Organization, disorders such as depression and anxiety share similarities with other associated conditions that may cause serious illness (Magalhaes et al., 2010). Emotional health is essential for maintaining a positive outlook, building healthy relationships, and managing stress effectively. It is essential to seek help if one is experiencing symptoms of anxiety or depression, as they can be effectively treated with the right support and treatment.

In today's world, managing emotional health has become challenging, particularly for women who undertake multiple roles and responsibilities in their personal and professional lives. On one hand, she is climbing the ladder of

success; on the other hand, she is mutely suffering from role conflicts. Women's legal and social status within the family is not equal to that of men. Still, being a homemaker is not considered an impressive position in the community; it is just another responsibility. The separation between home and work had brought consequences for women. The reality is that a woman's role is expected to be in such a way that, willingly or unwillingly, she chooses to remain inside the walls of restrictions. The do's and don'ts around her force her to shut her dreams in a petite pot. From the time of the birth of a baby girl, her role as a woman is expected, and she is nurtured in such a way that she is audacious and timid at the same time.

The state of Kerala, located on the southwestern coast of India, has been a pioneer in women's empowerment and gender equality. Kerala has the highest female literacy rate and the highest life expectancy for women in India (Pal, 2026). However, despite the state's efforts to promote gender equality, women in Kerala still face various challenges related to their emotional health and well-being, particularly regarding work-related stress.

In Kerala, an indivisible role in the economic inflation is played by women. However, challenges faced by working women in managing their emotional health and stress are often overlooked. Working women face a unique set of challenges that can impact their mental health. Many women are employed in demanding jobs that require high levels of productivity. They experience discrimination and harassment in the workplace, which can contribute to feelings of stress and anxiety. In addition, working women often must

balance their careers with family responsibilities, which can add to their stress levels. Non-working women also undergo a set of challenges, such as social isolation and financial dependence, which can contribute to feelings of anxiety and depression.

Proper research about the emotional sufferings they tolerate and also their needs should be put forward. Because when working women were new to Indian society, most of the researchers of the past were preoccupied with concerns of societal status and perceptions towards non-working women and about husbands' home role participation (Pandey, 2001; Rajadhyaksha & Smita, 2004). However, the present study attempts to shed light upon the Kerala women's stand in 3 psychological variables, namely, depression, anxiety, and stress. The present study intends to be one of the few remarkable studies addressing the various hassles interfering with the positive mental health of the representative female population of Kerala.

METHOD

The population of the present study includes working and non-working women in Trivandrum District, Kerala. The sample consists of 120 working and non-working women, each randomly selected, from various geographical regions of Kerala, between the ages of 25 and 55. Using a descriptive research design and simple random sampling method, data were collected. After

cognitive debriefing and obtaining the written consent, the tests were administered.

Since the main variables of the study are Depression, Anxiety and Stress, DASS-21 was used for acquiring data along with a personal data sheet and a semi-structured interview. The Depression Anxiety Stress Scale (DASS) is used for the isolation and identification of various aspects of emotional disturbance. It gives a measure of depression, anxiety and stress levels, thus giving more insight into the psychological as well as cognitive patterns of the individual. The original scale consists of 42 items, but a short version (21 items) was administered in the present study. The short version consists of 7 items per subscale (Lovibond & Lovibond, 1993). (i) The Depression scale (items 3, 5, 10, 13, 16, 17, 21) has sub-scales assessing dysphoria, despair, lack of values in life, self-deprecation, anhedonia, and inertia. (ii) The Anxiety scale (items 2, 4, 7, 9, 15, 19, 20) will assess autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious effect. (iii) The subscales of Stress (1, 6, 8, 11, 12, 14, 18) highlight the inability to remain calm, difficulty staying focused, easy irritability and impatience.

According to Cronbach's Alpha, the reliability scores are 0.91 for the Depression scale, 0.84 for the Anxiety scale and 0.90 for the Stress scale. Post data collection, the data were entered and coded subsequently. Data was subjected to analysis through SPSS Version 21 (Statistical Packages for Social Sciences).

RESULTS

Table 1 presents the socio-demographic profile of the participants ($N = 120$)

Variable	Category	n%
Age (in years)	25- 35	40 (33.3)
	36-45	40 (33.3)
	46- 55	40 (33.3)
Place of Residence	Rural	60 (50.0)
	Urban	60 (50.0)
Educational Qualification	< Metriculation	27 (22.5)
	Undergraduation	58 (48.3)
	Postgraduation and above	35 (29.2)
Employment Status	Working	60 (50.0)
	Non working	60 (50.0)
Number of Children	One	37 (30.8)
	Two	52 (43.3)
	$\geq$ Three	31 (25.8)

The sample ($N = 120$) was evenly distributed across employment status, with 60 working and 60 non-working women, ensuring balanced group comparison. Age distribution was uniform across three categories (25–35, 36–45, 46–55 years), each comprising 33.3% of the sample. Similarly, residence was equally split between rural and urban participants (50% each), enhancing representativeness across living contexts.

In terms of education, nearly half of the participants were undergraduates (48.3%), followed by postgraduates (29.2%) and those with matriculation-level education or below (22.5%). Regarding family composition, most women had two children (43.3%), followed by one child (30.8%) and three or more children (25.8%).

Overall, the sample demonstrated adequate variability across key socio-demographic variables while maintaining comparability between working and non-working groups, thereby supporting the validity of subsequent analyses.

Distribution of Emotional Health Levels

Stress Levels

A similar pattern emerged across both groups, with the majority of participants reporting normal (41.7%) or mild stress levels (approximately 28–30%). Moderate stress was reported by 25% of participants in each group, while only a small proportion fell into the severe category (5% among working women and 3.3% among non-working women). This uniform distribution suggests that stress levels are relatively comparable across

employment status, with no meaningful divergence in severity patterns (Table 2).

As presented in Table 3, the distribution of anxiety levels showed greater variability compared to stress (Table 3). Working women demonstrated a higher proportion of severe (40.0%) and extremely severe anxiety (21.7%), whereas non-working women were more

concentrated in the normal (41.7%) and mild (30.0%) categories. Moderate anxiety levels were similar across both groups.

Although these descriptive differences appear substantial, they must be interpreted cautiously. Without statistical confirmation, such variations may reflect distributional tendencies rather than true group difference.

Anxiety Levels

Table 2 shows the distribution of stress levels among working and non-working women

Stress Level	Working n (%)	Non-working n (%)
Normal	25 (41.7)	25 (41.7)
Mild	17 (28.3)	18 (30.0)
Moderate	15 (25.0)	15 (25.0)
Severe	3 (5.0)	2 (3.3)

Table 3 shows the distribution of anxiety levels among working and non-working women

Anxiety Level	Working n (%)	Non-working n (%)
Normal	1 (1.7)	25 (41.7)
Mild	5 (8.3)	18 (30.0)
Moderate	17 (28.3)	15 (25.0)
Severe	24 (40.0)	2 (3.3)
Extremely Severe	13 (21.7)	13 (21.7)

Depression Levels

Table 4 outlines the distribution of depression severity. Moderate depression was the most common category in both working (46.7%) and non-working women (51.7%). Mild and severe depression were also similarly distributed across groups. Notably, a slightly higher proportion of non-working women fell into the mild

category, while working women showed a marginally higher percentage in the normal category.

Overall, the pattern indicates that depressive symptoms are prevalent at moderate levels across both groups, with minimal variation attributable to employment status.

Table 4 outlines the distribution of depression severity

Depression Level	Working n (%)	Non-working n (%)
Normal	11 (18.3)	6 (10.0)
Mild	11 (18.3)	14 (23.3)
Moderate	28 (46.7)	31 (51.7)
Severe	10 (16.7)	9 (15.0)

Group Comparisons in Emotional Health

To examine whether these observed differences were statistically meaningful, independent samples t-tests were conducted (see Table 5). None of these differences reached statistical significance ($p > .05$).

Furthermore, effect size analysis revealed negligible magnitudes (Cohen's d ranging from 0.01 to 0.13), confirming that the differences are not only statistically non-significant but also lack practical relevance.

These findings strongly suggest that employment status does not meaningfully influence emotional health outcomes in this sample.

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Table 5 Comparison of emotional health between working and non-working women

Variable	Group	Mean	SD	t	p	Cohen's d
Stress	Working	15.57	5.79	-0.685	.495	0.13
	Non-working	16.23	4.83			
Anxiety	Working	15.70	4.94	0.193	.847	0.04
	Non-working	15.53	4.50			
Depression	Working	15.33	5.89	0.033	.974	0.01
	Non-working	15.30	5.22			

Influence of Number of Children

A one-way ANOVA was conducted to explore the effect of the number of children on emotional health (see Table 6).

The analysis revealed a statistically significant effect of the number of children on depression ($F = 6.097$, $p = .003$), indicating that depressive symptoms

varied meaningfully across groups, whereas no significant differences were observed for stress and anxiety ($p > .05$), suggesting that these domains were not influenced by the number of children. To further investigate this effect, post hoc comparisons were performed (Table 7). The analysis revealed that women with one child reported significantly higher levels of depression compared to those

with three or more children, while no significant differences were observed between women with one and two children or between those with two and three or more children. This suggests a non-linear relationship between the number of children and depression, where having only one child may be associated with increased vulnerability to depressive symptoms.

Table 6 ANOVA for emotional health based on the number of children

Variable	F	p
Stress	2.009	.139
Anxiety	1.635	.199
Depression	6.097	.003*

* $p < .05$

Table 7 Post hoc comparison ('Depression' by number of children)

Group Comparison	Mean Difference	Significance
One vs $\geq$ Three	Higher in one child group	Significant
One vs Two	--	Not significant
Two vs $\geq$ Three	--	Not significant

Predictors of Depression: Regression Analysis

To identify independent predictors of depression, a multiple linear regression analysis was conducted (Table 8).

The overall model was statistically significant: $F(5,114) \approx 3.21$, $p < .01$, accounting for approximately 12–15% of the variance ($R^2 \approx .12$).

The regression analysis indicated that the number of children emerged as a significant predictor of depression ($\beta = -0.29$, $p = .003$), suggesting that a higher

number of children is associated with lower levels of depressive symptoms. In contrast, employment status ($\beta = .01$, $p = .879$), age ($p = .273$), education ($p = .161$), and place of residence ($p = .669$) were not found to be significant predictors, indicating that these variables did not contribute meaningfully to variations in depression scores within the sample. This model reinforces earlier findings by demonstrating that family structure—rather than employment status—is a meaningful predictor of depressive symptoms.

Table 8 Multiple Linear Regression Predicting Depression

Predictor	B	SE B	β	t	p
(Constant)	11.24	2.31	—	4.86	.000
Employment status	0.12	0.78	.01	0.15	.879
Age	-0.21	0.19	-.09	-1.10	.273
Education	-0.48	0.34	-.12	-1.41	.161
Number of children	-1.92	0.62	-.29	-3.09	.003*
Residence	0.31	0.72	.04	0.43	.669

*p < .05

DISCUSSION

The present study aimed to examine differences in emotional health—specifically depression, anxiety, and stress—between working and non-working women in Kerala. Contrary to widely held assumptions, the findings revealed no statistically significant differences between the two groups across all three domains. This suggests that employment status, when considered in isolation, may not be a decisive determinant of women's emotional well-being.

This finding is particularly noteworthy in light of the dominant narrative that working women experience higher psychological distress due to role overload, work–family conflict, and time-related pressures. Although descriptive trends in the present study indicated that working women reported relatively higher levels of severe anxiety, these differences did not reach statistical significance. This distinction underscores the importance of differentiating between apparent distributional variations and statistically meaningful differences, a

methodological nuance that is often overlooked in similar research.

The absence of significant group differences aligns with a growing body of literature suggesting that the relationship between employment and mental health is complex, context-dependent, and mediated by multiple psychosocial variables. For instance, research has shown that employment can function both as a protective factor, by enhancing financial independence, self-efficacy, and social engagement, and as a risk factor, through increased stress, role strain, and burnout (Kaur et al., 2012). The dual nature of employment may therefore neutralise its overall impact, resulting in comparable levels of emotional distress between working and non-working women.

A plausible interpretation of the present findings is that both groups experience psychological strain arising from different but functionally equivalent stressors. Working women may face occupational demands, performance pressures, and competing role expectations, whereas non-working women may encounter challenges related to reduced social interaction, financial dependence, and limited autonomy.

Despite their differing origins, these stressors may exert similar cumulative psychological burdens, thereby explaining the lack of significant differences across groups.

Importantly, the findings also resonate with research conducted in the Indian context, where socio-cultural expectations often place substantial responsibility on women irrespective of their employment status. Studies have suggested that even employed women continue to bear a disproportionate share of household and caregiving responsibilities, leading to a “double burden” (Seedat & Rondon, 2021; Sukumaran et al., 2024). Conversely, non-working women may experience undervaluation of their roles and restricted opportunities for self-development. Such structural and cultural dynamics may contribute to equivalent stress outcomes across both groups.

A key contribution of the present study is the identification of the number of children as a significant factor influencing depression. Women with one child reported significantly higher levels of depression compared to those with three or more children. This finding diverges from earlier studies that associate larger family size with increased stress and psychological burden, suggesting that the relationship between family structure and mental health is non-linear and contextually embedded (Nomaguchi & Milkie, 2003).

One possible explanation lies in the psychosocial dynamics of parenting. Mothers with a single child may experience heightened parental expectations, increased performance

pressure, and greater emotional investment, which may amplify stress and vulnerability to depressive symptoms. The absence of sibling interaction may also place greater responsibility on the mother to fulfil the child’s social and emotional needs, potentially contributing to psychological strain.

Another important factor may be social support mechanisms. In collectivistic cultural contexts such as India, larger families often function as informal support systems, providing emotional reassurance, shared caregiving responsibilities, and practical assistance. Such support may act as a buffer against stress and depression. In contrast, mothers with fewer children may have relatively limited intra-family support, thereby increasing their susceptibility to emotional distress. However, these interpretations should be approached cautiously, as the present study did not directly assess variables such as perceived social support, parenting stress, or marital satisfaction.

The findings were further strengthened by the regression analysis, which demonstrated that the number of children independently predicted depression, whereas employment status did not. The overall model explained a modest but meaningful proportion of variance ($R^2 \approx .12$), indicating that while socio-demographic factors contribute to emotional health, a substantial proportion of variance remains unexplained. This highlights the importance of incorporating psychological, relational, and contextual variables in future research.

From a theoretical perspective, the findings can be effectively understood through the lens of Role Theory and Conservation of Resources (COR) Theory.

Role Theory posits that occupying multiple roles can lead to role strain and psychological distress (Anglin et al., 2022). However, the absence of significant differences between working and non-working women suggests that role-related stress may not be exclusive to employment roles, but rather distributed across different domains of life. Non-working women, for instance, may experience strain associated with caregiving and domestic responsibilities, which are often undervalued yet demanding.

COR theory provides further explanatory depth by emphasizing that stress arises from resource loss, threat of resource loss, or inadequate resource gain (Hobfoll, 1989). Within this framework, working women may experience depletion of time and energy resources due to occupational demands, while non-working women may face constraints related to financial dependence and reduced social capital. Despite these differences, both groups may experience comparable levels of overall resource depletion, leading to similar emotional health outcomes. This convergence of stress pathways offers a compelling explanation for the non-significant findings observed in the study.

Another important implication of the study is the emphasis on effect size interpretation. Even in the absence of statistically significant differences, examining effect sizes provides insight into the practical significance of findings. In the present study, the negligible effect sizes across all comparisons reinforce the conclusion that differences between working and non-working women are

minimal in real-world terms, thereby strengthening the validity of the results.

From a clinical and policy perspective, the findings underscore the need to move beyond simplistic dichotomies such as “working vs non-working” when addressing women’s mental health. Emotional well-being is shaped by a multidimensional interplay of factors, including family structure, social support, economic stability, cultural expectations, and individual coping styles. Interventions that focus solely on employment status are therefore unlikely to be effective.

Instead, mental health programs should adopt a holistic and context-sensitive approach, incorporating:

- Strengthening social support networks
- Promoting adaptive coping strategies
- Addressing family-related stressors
- Enhancing autonomy and self-efficacy
- Providing accessible community-based mental health services

In conclusion, the present study contributes to the growing body of literature challenging the assumption that employment status is a primary determinant of women’s emotional health. By highlighting the role of family structure and emphasising the importance of contextual factors, the findings advocate for a more nuanced and comprehensive understanding of women’s psychological well-being.

Limitations

The study has certain limitations. The sample size was relatively small and drawn using convenience sampling,



limiting generalizability. The cross-sectional design prevents causal inferences. Additionally, important variables such as marital satisfaction, income, and social support were not assessed.

CONCLUSION

This study demonstrates that employment status alone may not be a significant determinant of emotional health

among women. Instead, family-related factors, particularly the number of children, appear to play a more meaningful role in shaping depressive symptoms. The findings highlight the need for holistic mental health interventions that address the broader psychosocial context of women's lives. Future research should incorporate larger samples and additional variables to better understand the complex determinants of emotional well-being.



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Effect Of Parental And Peer Influence On Spirituality And Psychological Well-Being Among Urban Youth In Mangalore

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ABSTRACT

The present study examines the influence of parental involvement and peer dynamics on spirituality and psychological well-being among youth aged 18 - 25 years. In contemporary urban contexts, increasing spiritual disengagement among young people has emerged as a growing concern regarding its implications for holistic development. While previous research has explored religiosity and psychological outcomes independently, limited attention has been given to the combined role of parental and peer influences in shaping spirituality, particularly in non-Western contexts such as India. A quantitative, cross-sectional multivariate design was employed using a one-way multivariate analysis of variance (MANOVA). A sample of 151 youth (M age = 21.85 years, SD = 1.96), including 77 male and 74 female participants, was selected using a stratified convenience sampling method. Standardized instruments, including the Parent and Peer Influence Scale, Spirituality Measurement Scale, and Ryff's Psychological Well-Being Scale, were used to assess key variables. The findings revealed a statistically significant multivariate effect of parental and peer influence on spirituality and psychological well-being. Specifically, higher levels of social influence were associated with significantly greater spirituality. However, no significant differences were observed in psychological well-being across influence groups. These findings suggest that interpersonal relationships, particularly peer associations, play a crucial role in shaping spiritual engagement among youth, though their direct impact on psychological well-being may be limited. The study highlights the importance of integrating family and peer-based interventions in promoting spiritual development among youth. Implications are discussed for counseling, education, and faith-based mentorship programs aimed at fostering holistic well-being.

Key Words – *parental involvement, peer influence, spirituality, psychological well-being, youth, emerging adulthood*

Spirituality constitutes a central dimension of human development, particularly during adolescence and emerging adulthood, where individuals actively engage in identity formation, value internalization, and meaning-making processes. It encompasses the search for purpose, moral orientation, and connection to transcendent or existential frameworks that guide behavior and psychological functioning (Koenig, 2012; Benson et al., 2003). During this developmental stage, spirituality not only supports emotional regulation and resilience but also contributes to the construction of a coherent self-concept (King & Roeser, 2009; Koenig, 2012).

Emerging adulthood (18–25 years) represents a critical developmental period characterized by identity exploration, increasing autonomy, and evolving social relationships (Arnett, 2004). Contemporary societal changes, including rapid urbanization, digital connectivity, and exposure to diverse belief systems, have influenced the ways in which young people engage with spirituality and religion. Recent studies have reported declining participation in traditional religious practices and changing patterns of spiritual engagement among youth in several cultural contexts (Twenge, 2017; Pearce & Denton, 2011). Reduced spiritual engagement may be reflected in lower involvement in spiritual practices, diminished commitment to spiritual values, and decreased participation in faith-based communities. Such changes have been associated with challenges related to meaning-making, identity development, and psychosocial adjustment during emerging adulthood (King & Roeser, 2009; Koenig, 2012).

Within this context, the role of primary socialization agents particularly parents and peers becomes critically significant. According to developmental and ecological frameworks, youth development is shaped by continuous interactions within familial and social environments (Bronfenbrenner, 1979). Parents traditionally serve as the primary transmitters of values, beliefs, and moral frameworks, while peers increasingly influence behavioral patterns, identity formation, and social belonging during adolescence and early adulthood (Gunnée & Moore, 2002; Brown & Larson, 2009).

Parental involvement extends beyond academic supervision to include emotional support, moral guidance, and the transmission of values. Research has consistently demonstrated that warm, supportive, and communicative parent–child relationships are associated with positive developmental outcomes, including greater psychological adjustment, emotional competence, and value internalization among youth (Darling & Steinberg, 1993; Kim-Spoon et al., 2012). Conversely, parenting characterized by low responsiveness, inconsistency, or emotional disengagement has been linked to increased emotional difficulties and poorer psychosocial adjustment (Steinberg, 2001; Leung & Shek, 2019). Despite these findings, relatively few studies have examined how parental involvement relates simultaneously to both spirituality and psychological well-being. Despite this, existing research has largely emphasized academic and behavioral outcomes, with limited focus on the role of parental involvement in shaping both spirituality

and psychological well-being simultaneously.

Parallel to parental influence, peer dynamics exert a powerful impact during emerging adulthood. Peer groups function as critical contexts for social learning, emotional support, and identity negotiation. Positive peer associations may reinforce prosocial values, ethical behavior, and adaptive coping, whereas peer groups characterized by risk-taking behaviors or conflicting value orientations may influence attitudes, beliefs, and behavioral choices during emerging adulthood (Brown & Larson, 2009; Leung et al., 2014). In increasingly globalized and digitally connected environments, peer influence often competes with or even overrides familial influence, particularly in shaping attitudes toward spirituality and lifestyle choices.

Furthermore, psychological well-being conceptualized through frameworks such as Ryff's multidimensional model includes self-acceptance, autonomy, purpose in life, and positive relationships (Ryff, 1989). Research indicates that spirituality serves as a significant predictor of well-being by providing meaning, coping mechanisms, and existential stability (Ryan & Deci, 2001). Research has identified several mechanisms through which parental and peer relationships influence spirituality and psychological well-being, including socialization processes, emotional support, value transmission, role modeling, and the development of social identity (King & Furrow, 2004; Desrosiers et al., 2011). Nevertheless, relatively few studies have examined the combined influence of parental and peer factors on both

spirituality and psychological well-being among emerging adults in India, where cultural, religious, and family systems may shape developmental experiences in unique ways.

Research has identified several mechanisms through which parental and peer relationships influence spirituality and psychological well-being, including socialization processes, emotional support, value transmission, role modeling, and identity formation (King & Furrow, 2004; Desrosiers et al., 2011). Nevertheless, limited empirical research has simultaneously examined how parental and peer influences relate to both spirituality and psychological well-being among Indian emerging adults. Therefore, further investigation is needed to better understand these relationships within the Indian socio-cultural context.

Despite substantial literature examining parental involvement, peer influence, spirituality, and psychological well-being independently, relatively few studies have explored how parental and peer influences jointly relate to spiritual engagement and psychological well-being among emerging adults. This gap is particularly evident in the Indian context, where spirituality continues to play an important role in personal and cultural identity.

Therefore, the present study seeks to address this gap by examining the influence of parental involvement and peer dynamics on spirituality and psychological well-being among youth aged 18 - 25 years. By adopting a multivariate analytical approach, the study aims to provide a comprehensive understanding of how interpersonal influences shape both

spiritual engagement and psychological functioning in emerging adulthood.

Furthermore, limited empirical studies in the Indian context have simultaneously examined the combined influence of parental and peer factors on both spirituality and psychological well-being, highlighting a critical research gap.

Research Questions

1. To what extent do parental and peer influences affect spirituality and psychological well-being among youth?
2. Do higher levels of parental and peer involvement predict greater spirituality?
3. Does parental and peer influence significantly impact psychological well-being?
4. Is there a significant multivariate effect of parental and peer influence on spirituality and psychological well-being?

Objectives

1. To examine the impact of parental involvement and peer dynamics on spirituality
2. To assess their influence on psychological well-being
3. To analyze the combined effect of these social factors on youth development

Hypotheses

Null Hypotheses

H01: There will be no statistically significant difference in spirituality scores between participants exposed to different levels of parental and peer influence.

H02: There will be no statistically significant difference in psychological well-being scores between participants exposed to different levels of parental and peer influence.

H03: There will be no statistically significant multivariate effect of parental and peer influence on the combined dependent variables of spirituality and psychological well-being.

Research Hypotheses

H1: Participants reporting stronger parental and peer influence will demonstrate significantly higher spirituality scores than those reporting lower levels of influence.

H2: Participants reporting stronger parental and peer influence will demonstrate significantly higher psychological well-being scores than those reporting lower levels of influence.

H3: Parental and peer influence will have a statistically significant multivariate effect on the combined dependent variables of spirituality and psychological well-being.

METHOD

Research Design

The present study employed a quantitative, cross-sectional, multivariate research design to examine the influence of parental involvement and peer dynamics on spirituality and psychological well-being among youth aged 18 - 25 years. A cross-sectional approach was considered appropriate as it enables the assessment of relationships among variables at a single point in time without experimental manipulation (Creswell & Creswell, 2018).

To analyze the combined effect of independent variables on multiple dependent variables, a one-way multivariate analysis of variance (MANOVA) was utilized. This statistical technique allows for the simultaneous examination of differences across groups while controlling for Type I error and accounting for intercorrelations between dependent variables (Tabachnick & Fidell, 2019).

This method was considered appropriate due to practical constraints in accessing a fully randomized sample while still ensuring representation across key demographic groups.

Participants

The sample consisted of 151 youth aged between 18 and 26 years ($M = 21.85$, $SD = 1.96$), representing the developmental period of emerging adulthood. Of the participants, 77 (51.0%) were male and 74 (49.0%) were female.

Regarding religious affiliation, 94 participants (62.3%) identified as Hindu, 40 (26.5%) as Christian, 16 (10.6%) as Muslim, and 1 participant (0.7%) did not report a religious affiliation. In terms of educational and occupational status, 63 participants (41.7%) were undergraduate students, 58 (38.4%) were postgraduate students, 22 (14.6%) were employed, 7 (4.6%) were both studying and working, and 1 participant (0.7%) was not employed. All participants reported belonging to nuclear family households.

Demographic Characteristics

As shown in Table 1, the sample consisted of 151 emerging adults with a nearly equal gender distribution. The majority of participants identified as Hindu (62.3%), followed by Christian (26.5%) and Muslim (10.6%). Most participants were undergraduate or postgraduate students, and all participants reported belonging to nuclear family households.

Table 1 : Demographic Characteristics of Participants ($N = 151$)

Variables	Categories	n	%
Gender	Male	77	51.0
	Female	74	49.0
Religion	Hindu	94	62.3
	Christian	40	26.5
	Muslim	16	10.6
	Not reported	1	0.7
Educational/Occupational Status	Undergraduate	63	41.7
	Postgraduate	58	38.4
	Working	22	14.6
	Studying and Working	7	4.6
	Not Working	1	0.7
Family Structure	Nuclear Family	151	100.0

Note. Mean age of participants = 21.85 years ($SD = 1.96$; range = 18–26 years)

Sampling Technique

The study employed a stratified convenience sampling method. Initially, participants were grouped into strata based on key demographic variables such as gender, education, and religious background to ensure representativeness. Within each stratum, participants were selected using convenience sampling from educational institutions, youth groups, and community settings. This approach allowed for practical data collection while maintaining a degree of diversity across important demographic categories. Although non-probability in nature, this method is commonly used in social science research where access to a fully randomized sample is limited.

Variables

For the purpose of MANOVA, participants were classified into influence groups based on their overall scores on the Parent and Peer Influence Scale. Individuals with relatively higher scores were categorized into the Higher Influence Group, whereas those with relatively lower scores were categorized into the Lower Influence Group. This categorization was employed to facilitate group-based multivariate comparisons. However, it is acknowledged that converting continuous scores into categorical groups may reduce statistical variability and statistical power, and this should be considered when interpreting the findings.

Independent Variables

1. Parental Involvement

Refers to the extent of parental engagement in emotional, moral, and spiritual domains of the youth's life, including communication, support, and value transmission.

2. Peer Influence

Refers to the degree of influence exerted by peer groups on an individual's behavior, beliefs, and social interactions, including peer support and conformity.

Dependent Variables

1. Spirituality

Defined as the level of engagement in spiritual beliefs, practices, and meaning-making processes.

2. Psychological Well-Being

Defined as a state of positive psychological functioning, including life satisfaction, emotional stability, and sense of purpose (Ryff, 1989).

Measures

1. Parent and Peer Influence Scale (PPSQ–Revised)

This scale assesses perceived influence from parents and peers across emotional, behavioral, and value-based domains.

Format: Likert scale (1 = strongly disagree to 5 = strongly agree)

Subscales: Parental support, parental control, peer support, peer pressure

Reliability: Cronbach's alpha ranging from .80 to .90

Higher scores indicate stronger perceived influence.

2. Spirituality Measurement Scale (SMS)

This instrument measures levels of spiritual engagement, including faith, connectedness, and moral orientation.

Format: Likert scale

Reliability: Cronbach's alpha $\geq$.80

Higher scores reflect stronger spirituality.

3. Ryff's Psychological Well-Being Scale (42-item version)

This widely used scale measures six dimensions of well-being:

- Self-acceptance
- Autonomy
- Environmental mastery
- Personal growth
- Purpose in life
- Positive relations

Scale range: 1 (strongly disagree) to 6 (strongly agree)

Reliability: Cronbach's alpha ranges from .70 to .90. Higher scores indicate greater psychological well-being.

Procedure

Data were collected from participants in educational institutions, youth organizations, and community settings. Participants were provided with a brief explanation of the study and informed consent was obtained prior to participation. The instruments were compiled into a structured questionnaire that included:

- a) Demographic details
- b) Parent and peer influence scale
- c) Spirituality scale
- d) Psychological well-being scale

The average time for completion was approximately 15 - 20 minutes.

Ethical Considerations

The study adhered to standard ethical guidelines in psychological research:

- Participation was voluntary
- Informed consent was obtained
- Confidentiality and anonymity were ensured
- Participants had the right to withdraw at any time

Data Analysis

Data was analyzed using IBM SPSS software. The following statistical techniques were employed:

Descriptive statistics: Means and standard deviations.

One-way MANOVA: To examine the effect of parental and peer influence on spirituality and psychological well-being. A significance level of $p < .05$ was used for hypothesis testing. Prior to analysis, assumptions of MANOVA including normality, linearity, and homogeneity of variance-covariance matrices were assessed and found to be adequately met.

RESULT

Preliminary Analysis

Preliminary analyses were conducted to examine the assumptions underlying multivariate analysis of variance (MANOVA), including normality, linearity, and homogeneity of variance-covariance matrices.

No significant violations were observed, indicating that the data were suitable for MANOVA.

Descriptive Statistics

Descriptive analyses indicated variations in spirituality scores across levels of parental and peer influence. Participants in the high-influence group reported higher levels of spirituality compared to those in the low-influence group.

However, psychological well-being scores appeared relatively consistent across both groups, suggesting minimal variation based on influence levels (Table 2).

Table 2 Descriptive Statistics of the Study Variables ($N = 151$)

Variable	Mean (M)	Standard Deviation (SD)
Spirituality (SM)	139.30	27.22
Psychological Well-Being (PW)	192.10	14.37

Note. M = Mean; SD = Standard Deviation.

Multivariate Analysis

A one-way multivariate analysis of variance (MANOVA) was conducted to examine the effect of parental and peer

influence on the combined dependent variables of spirituality and psychological well-being.

Table 3 Tests of Between-Subjects Effects for Spirituality and Psychological Well-Being

Dependent Variable	Type III Sum of Squares	df	Mean Square	p	Partial η^2
Spirituality (SM)	4309.222	1	4309.222	.015*	.039
Psychological Wellbeing (PW)	138.131	1	138.131	.415	.004

Note. $p < .05$. Partial η^2 = Partial Eta Squared.

The multivariate test using Wilks' Lambda indicated a statistically significant effect of parental and peer influence on the combined dependent variables,

The multivariate analysis revealed a statistically significant effect of parental and peer influence on the combined dependent variables, Wilks' $\Lambda = .956$, $F(2, 148) = 3.37$, $p = .037$. The effect size was small, accounting for approximately 4.4% of the variance in spirituality and psychological well-being. The effect size (partial $\eta^2 = .044$) indicates a small but meaningful effect according to conventional benchmarks (Cohen, 1988).

This result suggests that parental and peer influence collectively account for approximately 4.4% of the variance in spirituality and psychological well-being,

indicating a small but meaningful multivariate effect.

Univariate Analyses

Follow-up univariate analyses were conducted to examine the effect of parental and peer influence on each dependent variable separately.

Spirituality

A statistically significant difference was observed in spirituality scores between groups. A statistically significant difference was observed in spirituality scores, $F(1, 149) = 6.01$, $p = .015$. The effect was small, accounting for approximately 3.9% of the variance in spirituality scores. Participants with higher levels of parental and peer influence reported significantly greater spirituality

compared to those with lower levels of influence. This finding indicates that social influences play a meaningful role in shaping spiritual engagement among youth.

Psychological Well-Being

In contrast, no statistically significant difference was found for psychological well-being. No statistically significant difference was found in psychological well-being, $F(1, 149) = 0.67$, $p = .415$. The effect size was negligible, accounting for only 0.4% of the variance in psychological well-being scores. This suggests that parental and peer influence do not significantly differentiate levels of psychological well-being within this sample.

Summary of Findings

Overall, the results indicate that parental and peer influence significantly affect spirituality but do not have a direct significant impact on psychological well-being. While social relationships contribute to spiritual development, their influence on broader psychological functioning appears to be limited or indirect.

DISCUSSION

The present study aimed to examine the influence of parental involvement and peer dynamics on spirituality and psychological well-being among youth aged 18 - 25 years. The findings revealed a significant multivariate effect of social influence on the combined outcomes, with a distinct pattern emerging across the two dependent variables. Specifically, parental and peer influence significantly predicted spirituality but did

not demonstrate a significant effect on psychological well-being. These findings offer important theoretical and contextual insights into youth development, particularly within contemporary sociocultural environments.

These findings reinforce the importance of relational and ecological frameworks in understanding spiritual development among youth.

These findings reinforce the importance of immediate interpersonal relationships in shaping spiritual development among youth. In particular, parental and peer relationships represent key microsystem influences that contribute to the formation of values, beliefs, and spiritual engagement during emerging adulthood.

Social Influence and Spirituality

The results indicate that higher levels of parental and peer influence are significantly associated with greater spirituality among youth. This finding aligns with developmental theories that emphasize the role of socialization agents in shaping value systems and identity formation. From an ecological systems perspective (Bronfenbrenner, 1979), both family and peer contexts serve as proximal environments that influence internal belief structures, including spirituality.

The significant role of social influence in predicting spirituality can be interpreted through the lens of relational spirituality, which posits that spiritual development is embedded within interpersonal relationships (Mahoney et al., 2001). Parental involvement particularly through modeling, communication, and shared practices

facilitates the internalization of spiritual values. Similarly, peer groups provide a social context in which beliefs are either reinforced or challenged.

Interestingly, the findings also suggest that peer influence may play an increasingly prominent role during emerging adulthood. This supports previous research indicating a developmental shift from parental to peer-centered influence during this stage (Brown & Larson, 2009). In contemporary contexts, where youth are highly connected through digital and social networks, peer norms may significantly shape attitudes toward spirituality, either promoting engagement or contributing to spiritual disengagement.

Absence of Significant Effects on Psychological Well-Being

Contrary to expectations, parental and peer influence did not significantly predict psychological well-being. This finding diverges from a substantial body of literature that highlights the positive role of supportive relationships in enhancing well-being (Leung & Shek, 2019; Prime et al., 2020). Several explanations may account for this discrepancy. First, psychological well-being is a multidimensional construct influenced by a wide range of factors beyond interpersonal relationships, including personality traits, life circumstances, socioeconomic conditions, and individual coping mechanisms (Ryff, 1989). While parental and peer influences contribute to social support, they may not be sufficient to directly determine well-being outcomes in isolation.

Second, the findings may reflect the indirect nature of influence, where

parental and peer factors impact well-being through mediating variables such as spirituality. Theoretically, spirituality can function as a pathway linking social relationships to psychological outcomes by providing meaning, emotional regulation, and coping resources (Ryan & Deci, 2001). However, the present study did not explicitly test mediation effects, which may explain the absence of direct associations.

Third, the cultural context of the sample may play a role. In collectivistic societies such as India, interpersonal relationships, family obligations, and community connectedness are often emphasized, which may influence how individuals experience and evaluate psychological well-being (Sinha & Tripathi, 1994). As such, the effects of parental and peer influence may be embedded within a broader network of social and cultural influences.

Differential Impact across Developmental Domains

The contrasting findings for spirituality and psychological well-being suggest that these constructs may be influenced through different developmental processes. In the present study, parental and peer influence were significantly associated with spirituality but not with psychological well-being. One possible explanation is that spirituality is closely connected to socialization processes through which values, beliefs, and practices are transmitted within family and peer contexts (Desrosiers et al., 2011). Consequently, interpersonal relationships may have a more direct influence on spiritual engagement.



In contrast, psychological well-being is a broader multidimensional construct that may be shaped by a variety of factors, including personality characteristics, life experiences, socioeconomic conditions, coping resources, and social support systems (Ryff, 1989; Ryan & Deci, 2001). The absence of a significant relationship in the present study suggests that parental and peer influence alone may not be sufficient to explain variations in psychological well-being among emerging adults. Future research should examine additional factors and potential mediating mechanisms that may account for these relationships.

Implications for Spiritual Engagement

The findings suggest that parental and peer relationships are associated with differences in spiritual engagement among youth. Participants reporting stronger social influence demonstrated higher levels of spirituality, indicating that interpersonal relationships may play an important role in the transmission and reinforcement of spiritual values and practices. However, given the cross-sectional nature of the study, causal conclusions cannot be drawn. Future research should examine the mechanisms through which family and peer relationships contribute to spiritual development over time.

Integration with Existing Literature

The results partially align with previous studies that emphasize the role of family and peer systems in youth development. Consistent with Desrosiers et al. (2011), the findings highlight the importance of relational contexts in shaping spirituality. However, the lack of significant findings for psychological

well-being contrasts with studies suggesting strong links between social support and well-being.

This divergence underscores the need for more nuanced and integrative models that account for mediating and moderating variables. It also highlights the importance of distinguishing between different dimensions of development rather than assuming uniform effects across outcomes.

Contribution to the Field

The present study makes several important contributions:

- (a) It advances the literature by integrating parental and peer influences within a single analytical framework.
- (b) It highlights spirituality as a distinct and measurable developmental outcome.
- (c) It contributes to the growing literature on spirituality and youth development by examining how parental and peer influences relate to spiritual engagement and psychological well-being within an Indian context.
- (d) It provides insights from a non-Western context (India), addressing a major gap in existing research

Conclusion of Discussion

In summary, the study demonstrates that parental and peer influences play a significant role in shaping spirituality among youth, but their impact on psychological well-being is less direct and potentially mediated by other factors. These findings emphasize the need for a holistic understanding of youth development that incorporates both social and spiritual dimensions.



CONCLUSION, IMPLICATIONS & LIMITATIONS

Conclusion

The present study examined the role of parental involvement and peer dynamics in shaping spirituality and psychological well-being among youth aged 18 - 25 years. The findings indicate that social influences significantly contribute to spirituality, with higher levels of parental and peer engagement associated with greater spiritual involvement. However, these influences did not demonstrate a significant direct effect on psychological well-being.

These results highlight that spirituality, as a value-oriented and relational construct, is more sensitive to interpersonal influences than broader psychological functioning. The findings underscore the importance of relational environments in shaping spiritual engagement among youth and highlight the potential contribution of family and peer relationships to spiritual development during emerging adulthood.

Overall, the study contributes to a more nuanced understanding of youth development by distinguishing between spiritual and psychological domains and emphasizing the need for integrative approaches that consider both family and peer systems.

Implications

Theoretical Implications

The study extends existing literature by integrating parental and peer influences within a single framework, thereby supporting ecological and relational models of development. It also

reinforces the conceptualization of spirituality as a distinct developmental domain, highlighting its relevance within psychological research.

Practical Implications

The findings suggest that parental and peer influence are associated with spirituality among emerging adults. Therefore, interventions aimed at fostering spiritual engagement may benefit from involving family and peer networks. Programs that encourage constructive communication, value sharing, and supportive interpersonal relationships may contribute to the development of spirituality. However, because parental and peer influence were not significantly associated with psychological well-being, the present findings do not support the assumption that strengthening social influence alone will necessarily improve well-being outcomes.

Limitations and Future Directions

Despite its contributions, the study has certain limitations. The use of a cross-sectional design restricts causal interpretations, and the reliance on self-report measures may introduce response biases. Additionally, the use of stratified convenience sampling limits the generalizability of the findings and the use of non-probability sampling may limit external validity.

An additional limitation concerns the categorization of parent and peer influence scores into comparison groups for MANOVA. Although this approach facilitated group-based analyses, converting continuous variables into categorical groups may have reduced statistical power and obscured individual



differences among participants. Future studies may benefit from employing analytical approaches that retain the continuous nature of these variables. Future research should consider longitudinal designs to examine developmental changes over time and

explore potential mediating variables, such as spirituality, in the relationship between social influence and psychological well-being. Further studies in diverse cultural and socio-economic contexts are also recommended to enhance the robustness and applicability of findings.



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Influence Of Parenting Styles And Grit Level Among Adolescents

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ABSTRACT

Grit is defined as the determination to accomplish an ambitious, long-term goal despite the inevitable obstacles. It is also described as, working strenuously towards challenges, maintaining effort and interest over years despite failure, adversity and plateaus in progress. The present study focuses on the influence of parenting style and grit level among adolescents. The Parenting is carried out by members of a species that function to ensure the reproduction, survival, nurturance, and socialization of the next birth cohort or generation of that species. Parents are the basic root of an individual's physical, mental, social and all aspects of life. So the parenting style also influences the academic and long term goal of the child. In the present study, 150 adolescents were selected, out of which 75 were boys and 75 were girls from different schools in Malappuram district of Kerala state, between the age of 12 to 18 years. The instruments used are scale of parenting style, 12-item grit level scale and personal data sheet. The collected data were analyzed using SPSS version 16.0. the techniques employed include mean, standard deviation and student t-test. The result showed that there is an influence in parenting style and grit level in adolescents. And also the result showed that there are highly significant differences in grit level among girls than boys.

Key Words – Parenting style, Grit and Adolescents

Developmental psychology is the branch of psychology which concerned with the changes in cognitive, motivational, psychological, physical and social functioning that occur throughout the human life span. Adolescence is both a way of life and a span of time in the physical and psychological development of an individual and it represents a period of growth and changes nearly all aspects of

the child's physical, mental, social and emotional life (Hurlock, E.B, 1981).

Adolescence is derived from the Latin word 'adolescere', which means "To grow into maturity". It is the transition period from childhood to adulthood during which the individual learns the skills needed to flourish as an adult. It can be a time of self-doubt, loneliness, fear of

failure and conflict with people all around (Darley et al., 1988).

During adolescence period the importance of parenting and family environment is very essential to develop and grow the physical and psychological aspects of the individual. Parents' roles in the family environment primarily have been to prepare children for adulthood through rules and discipline. For adolescence, the influence of peers also serves as an important socialization agent. Despite this new sphere of influence, research has clearly demonstrated that parenting styles account for more variance in externalizing behaviors in adolescence than any other single factor. Parenting styles refer to a set of strategy that parents adopt to raise their children. The approach used during the parent-child interactions has a lifelong impact on the child. Parental investment starts very soon after birth of the child. In its widest sense, parenting or child rearing is an activity that begins with pregnancy and can continue, without a break, for the rest of a parent's life.

The term "parenting", rooted in the Latin word "pario" meaning life-giver, captures the focused and differentiated relationship that the young child has with the adults who are most emotionally invested in and consistently available to him or her (Scher and Sharabany, 2001). Parenting is carried out by members of a species that function to ensure the reproduction, survival, nurturance, and socialization of the next birth cohort or generation of that species (Lerner et al., 2002).

Parenting is the set of behaviors that work individually or together to influence child outcomes and beginning

with the assumption of responsibility, wherein the primary object of attention and action is the child and involving giving birth to, and caring for a child's physical, psychological, emotional, moral and intellectual development.

Parenting styles are made up of parent's attitudes about child rearing and they represent how parents interact with their child. Diana Baumrind is credited with the work of establishing parenting styles from her research in the 1960's. the first thing to understand about parenting styles is that there are dimensions that make up the various styles.

Authoritative parenting style consists high on parental responsiveness and parental demandingness, while low on psychological control. Parents who practice this style are very warm when their child approaches. They treat their children with respect when children ask questions and when they talk together. Authoritarian parenting style on the other hand, is essentially the opposite. These parents are low on responsiveness and high on demandingness, with high psychological control. They do not respond warmly and discourage dialogue. They believe children should follow parents' strict orders and not think for themselves. These relationships are not close and not healthy.

Permissive parenting style consists high on responsiveness and low on demandingness. These parents do respond warmly and much communication is present. And also these parents don't ask for personal responsibility and rarely discipline effectively; usually they just give in or bribe. These relationships are close, but not healthy.



Uninvolved parenting style consists low on responsiveness and low on demandingness. Such parents are disconnected and very hands-off, although they take care of their children's basic needs (food, clothing, shelter, health). They don't respond much one way or the other to their children when they reach out, they rarely talk much with them, and they don't set limits or attend to whether the child is learning to self-regulate. These relationships are not close, and not healthy.

Need and Significance

Adolescence is the period of rapid growth and it is a period of transition when the past will affect the present as well as the future. Family is the basic environment which prepares the young children for future responsibilities, and parental attitude is the key which makes environmental conditions favourable or unfavourable for proper development of a young child. Parents are in a rush to provide all the monetary facilities to children in order to achieve high performances in academics, neglecting the fact that the parental guidance is equally important for overall development of a young child. Present day world where competitive struggle starts right from kindergarten, the youth is in quest of attaining desired be-fitting career and pressure is on peak at high school age. Parents or caregivers can build up positive relations with the adolescent, their problems, their development, their mindset and create such better environment which can help the adolescent to perform well scholastically. The influence of parenting styles are also affects the adolescent's academic excellence, efforts and motivations. Therefore, the relationship between parent and child is having very

crucial role in the level of grit. Grit refers the long term goal and consists with the consistency of interests and perseverance of effort. The role of grit level is depends on ambitions of the individual who want to become. So, the role of parents and family environment is also influences one's grit level. So the child with positive parenting creates increases the degree of grit level and it is essential to understand which type of parenting style is mostly attached with the high level of grit level. So the interaction between parent-child programme or parental counselling may creates good results the growth of the child and increase the value between them. The better understanding and support can creates a good family environment and which is very essential and helpful to grow the adolescent's physical, psychological and social aspects of life. And also the child got good sense of self worth and positive regard which related to hope and faith about the world and leads in to better performance and excellence in the academically or scholastically.

Objectives

The main objectives of the present study are;

1. To find out there are significant difference in grit level among boys and girls.
2. To find out there are significant difference in perseverance of effort and consistency of interest among boys and girls.
3. To find out there are significant difference in father responsiveness and father control among boys and girls.
4. To find out there are significant difference in mother responsiveness and mother control among boys and girls.



5. To find out there are significant difference in parental responsiveness and parental control among boys and girls.

Hypothesis

- There will be significant difference in grit level among boys and girls.
- There will be significant difference in perseverance of effort and consistency of interest among boys and girls.
- There will be significant difference in father responsiveness and father control among boys and girls.
- There will be significant difference in mother responsiveness and mother control among boys and girls.
- There will be significant difference in parental responsiveness and parental control among boys and girls.

METHOD

The present research is descriptive in nature. Descriptive studies are those studies which are concerned with describing the characteristics of a particular individual, or of a group. Among the different methods that are used in descriptive research, the survey (questionnaire) method was used for present study. The sample was selected using purposive sampling method. Purposive sampling is a sampling technique in which researcher relies on his or her own judgment when choosing members of population to participate in the study. Purposive sampling method may prove to be effective when only limited numbers of people can serve as primary data sources due to the nature of research design and aims and objectives. The data were collected using the tool having well established psychometric properties. The

response was according to the manual and the data were analyzed with the help of appropriate statistical methods using SPSS and the findings are reported in the APA style.

Sample

The study was conducted on one-fifty adolescents. The sample selection method used was non-probability sampling and questionnaire was used for sample collection. The participants were collected from three different schools in Malappuram district of Kerala state. The selected schools are G.V.H.S.S. Kalpakanchery, B.Y.K.R.H.S. Valavannoor and B.Y.K.HIGHER SCEONDARY SCHOOL. Valavannoor

Tools

1. 12-item Grit Scale developed by Duckworth, A.L., & Peterson, C (2007).
2. Scale of Parenting Style developed by Gafoor, A.K., & Abidha, K (2014).
3. Personal Data Sheet.

Data Collection and Procedure

The data for the present study were collected from three schools from Malappuram district of Kerala state include G.V.H.S.S. Kalpakanchery, B.Y.K.R.H.S. Valavannoor and B.Y.K.R.H.S.S. Valavannoor. First, the investigator identified the schools for collect data and took concern from the principal of the selected schools and informed the value and importance of the present study. The investigator assured that the gathering information should be kept in confidential and only for research purpose. With their permission and after established a good rapport and then

investigator distributed the questionnaire and then said to fill their personal details in the data sheet provided. Then told to read instructions clearly and respond for each statement in the tools was provided. After completion of the test, the investigator was asked to handover the questionnaire and socio demographic data sheet.

RESULTS

The statistical analysis was carried out by using SPSS (version 16.0).

Microsoft word and excel sheets were used to generate tables. The obtained data were analyzed using the statistical technique such as mean, standard deviation and t-test.

Testing of Hypothesis 1

There will be significant difference in grit level among boys and girls. t- test was employed to test the significant difference among boys and girls.

Table 1 Descriptive statistics and t-test of grit level among boys and girls

	Sex	N	Mean	Std Deviation	Mean
Total Grit Level	Boys	75	3.0825	.18560	-24.105*
	Girls	75	3.9337	.24305	*

Descriptive statistics for the dependent variable considered as grit level is presented in the table 2. The results of dependent sample t-test indicate that boys and girls have highly significant difference in grit level. In the above table, the t-value is -24.105, and mean is 3.0825 for boys and 3.9337 for girls respectively.

Here, the result shows girls have high grit level than boys. Because, girls give more importance to their studies and

understand it is the time to study or set their own goals to grow and achieve. So, they take high interest in academic activities and ready to take more effort to study well. With clear focus and awareness about their goals, girls are goal oriented, independent and self motivated.

Testing of Hypothesis 2

There will be significant difference in perseverance of effort and consistency of interest among boys and girls.

Table 2 Descriptive statistics and t- test of perseverance of effort and consistency of interest among boys and girls

Variables	Sex	N	Mean	Std Deviation	t-value
Perseverance of effort	Boys	75	21.08	1.450	-17.081**
	Girls	75	25.24	1.532	
Consistency of Interest	Boys	75	16.19	1.768	-21.053**
	Girls	75	22.08	1.658	

Descriptive statistics for the two dimensions of grit is considered as perseverance of effort and consistency of interest is presented the table 3. The result of dimensions of dependent sample t-test indicates that there is highly significant difference in perseverance of effort and consistency of interest among boys and girls. The t-value for perseverance of effort is -17.081 and for consistency of interest is -21.053. The mean for perseverance of effort in boys is 21.08 and in girls are 25.24. The mean for consistency of interest in boys is 16.19 and in girls are 22.08 respectively. The above table shows the boys and girls have high perseverance of effort than consistency of interest.

Because both boys and girls are take an appropriate effort to achieve their goals and work for it. They don't go behind more interests and also maintain an interest in effectively to achieve. The table also shows that the girls have high perseverance of effort and consistency of interest than boys. Because, girls are taking more efforts and interests to overcome their challenges for achieve the goal.

Testing of Hypothesis 3

There will be significant difference in father responsiveness and father control among boys and girls.

Table 3 Descriptive statistics and t-test for the father responsiveness and father control among boys and girls

Variables	Sex	N	Mean	Std Deviation	t-value
Father responsiveness	Boys	75	72.35	5.143	-1.174
	Girls	75	73.23	3.958	
Father control	Boys	75	74.47	5.047	-1.813
	Girls	75	75.69	2.977	

Descriptive statistics for the two dimensions of parenting style is considered as father responsiveness and father control is presented in table 4. The result of dimensions of independent sample t-test indicates that there is a similarity in father responsiveness and father control among boys and girls. The t-value for father responsiveness is -1.174 and for father control is -1.813. The mean of father responsiveness is 72.35 for boys and 73.23 for girls and mean for father control is 74.47 for boys and 75.69 for girls. The table indicates that the father responsiveness and father control is similar

in the case of both boys and girls because fathers are also responsible for their child's caring and controlling behavior to create a good human being. The above table also shows that both boys and girls have high in father control than father responsiveness. Because, father creates a restricted rules in the family and may show the dominancy. From the above table also shows that girls are high in father responsiveness and father control than boys. Because girls are reserved and controlled by their caregivers on the basis of cultural context. And also give more

protection, caring, and managing in to them than boys.

There will be significant difference in mother responsiveness and mother control among boys and girls.

Testing of Hypothesis 4

Table 4 Descriptive statistics and t-test for the mother responsiveness and mother control among boys and girls

Variables	Sex	N	Mean	Std Deviation	t-value
Mother responsiveness	Boys	75	76.59	4.234	-1.702
	Girls	75	75.09	6.310	
Mother Control	Boys	75	71.97	2.182	0.500
	Girls	75	71.68	2.182	

Descriptive statistics for the two dimensions of parenting style is considered as mother responsiveness and mother control is presented in table 5. The result of dimensions of independent sample t-test indicates there is a similarity in mother responsiveness and mother control among boys and girls. Because mothers are responsible for child-rearing to create a good family environment. The t-value for mother responsiveness is -1.702 and for mother control is 0.500. The mean of mother responsiveness for boys is 76.59 and for girls is 75.09 and mean of mother control for boys is 71.97 and for girls is 71.68 respectively.

The above table also shows that the both boys and girls are having high score in mother responsiveness than mother control. Because mothers are always seems to be very responsible, sensitive and caring toward their children. They also may care their child with unconditional love and without compare on the basis of gender of the child.

Testing of hypothesis 5

There will be significant difference in parental responsiveness and parental control among boys and girls.

Table 5 Descriptive statistics and t-test for the parental responsiveness and parental control among boys and girls.

Variable	Sex	N	Mean	Std Deviation	t-value
Parental Responsiveness	Boys	75	147.57	7.455	-1.812
	Girls	75	149.81	7.688	
Parental Control	Boys	75	146.44	6.954	-0.985
	Girls	75	147.37	4.364	



Descriptive statistics for the two dimensions of parenting style is considered as parental responsiveness and parental control is presented in table 6. The result of dimensions of independent sample t-test indicates there is a similarity in parental responsiveness and parental control among boys and girls. The t-value for parental responsiveness is -1.812 and for parental control is -0.985. Mean of parental responsiveness is 147.57 for boys and 149.81 for girls and mean of parental control is 146.44 for boys and 147.37 for girls respectively. The above table shows boys and girls have high in parental responsiveness than parental control. Because, mostly parents are responsible for their child's caring, supporting, motivating, etc. Parents are also take crucial role in the child's physical, mental and social development.

Adolescence represents a period of growth and changes nearly all aspects of the child's physical, mental, social and emotional life. The study revealed that the parenting style and grit level has an influence among adolescence. In the present study the adolescence are revealed with authoritative parenting style. The present study reveals that there is highly significant difference in grit level among boys and girls. This study is better for

understanding the relationship between parent and child. And also how the parenting is affect a child's long term goals and academic performance with positively. It will be helpful to develop parent- child training programs to develop better family environment and to create a resourceful youth

CONCLUSION

The present study has examined the influence of parenting style and grit level among adolescence. The study explores the dimensions of parenting style and grit level. The present study has a wide impact on adolescence and their relationship with parenting style how affects their long term goals and academic performances. The present study find that there is highly significant difference in grit level among boys and girls and girls have high grit level than boys. And also in the two dimensions of grit, there is highly significant difference in perseverance of effort and consistency of interest. The girls are taking more efforts to achieve their goals and study well than boys. Girls are more goal oriented and self motivated. And also they are aware about their future plan and take constant effort and maintains it for achieve their set of plans with overcome challenges.



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A Study On The Psycho-Social Problems Of Single Parenthood Children's With Special Reference To Ettumanoor Municipality

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ABSTRACT

Parents provide emotional, physical and economic aid to their members of families. The aim of study was to examine the psychosocial challenges of single parenthood children in Ettumanoor Municipality. The target population of the study was below 18 years; children in Ettumanoor Municipality were selected as sample participants by using convenient sampling techniques. Interview schedule method were used, descriptive statistics like frequency, table and percentage to examine the effect of psychosocial challenges of single parenthood students. The result revealed that students from single parenthood face psychosocial problems due to the absence of one parent by death or divorce that create more problems for these students. Also, students from single parent face psychological problems like low self-esteem, loneliness and high depression, negative attitudes about themselves and hopelessness about their future life. Finally, the study suggested that the concerned bodies should play a great role in teaching and counseling therapy.

Key Words – *Special Children, Psycho Social Challenges, Single Parent, Low Self Esteem, Depression.*

Parenthood, which dates back to the origins of the universe, has been passed down through the generations, and there is no shortage of literature and ideas to help explain what parenting is all about. Parenting is unconditional love and support that is available to all living creatures on the planet, depending on how much you require it. India is one of the best countries in the world at nurturing children and analysing their weaknesses in order to develop strengths, as well as having a proper plan in place to bring their

children to a high level of achievement. Single parenting is a social sacrifice and an unpleasant test of stamina in one's life for raising a child, with parents reacting more when their working hours are longer than average, ignoring the importance of the child's emotional strength to deal with and often resulting in a little neglect.

A parent who raises children without the help of a partner is referred to as a single parent. There are a variety of reasons why a single parent may raise a child without the assistance of a partner.

It's possible that they were formerly involved in a relationship that ended. Other parents may choose to raise their children as single parents, and in certain situations, a partner may have died.

Every parent wants their children to be successful in school and in life. Despite their desire to be there for their children and support their academic endeavours, single parents may find it difficult to fully realize this objective. When compared to children with two parents, children from single-parent families are less likely to complete high school. ("Families: Single Parenting and Today's Family", 2022). The impact of a single parent on a child's development might be positive or negative. Regardless of the impact single-parenting has on children, they can grow up to be happy, successful, and well-adjusted. Single parents can raise successful children with outstanding overall social and emotional development if they take extra care. The following are some of the negative effects of solitary parenting on children.

Significance

When a parent raises their children alone, they are said to be practising single parenting. There are numerous reasons why a single parent would rear a child by themselves without assistance from a partner. It's possible that their relationship broke up. Other parents might decide to raise their children alone, and in other situations, a partner might have passed away. Every parent wants the best for their kid's success in school and in life. Nevertheless, single parents may find it challenging to fully fulfil their wish to be there for their children and to support them in their academic endeavours. Compared

to children with two parents, children from single-parent families are less likely to complete their education.

Review of Literature

Hetherington (2011), Divorce parent children (20-25 percent) showed lasting signs of depression, risk taking, irresponsibility, and antisocial behaviour compared with 10 percent of children in two-parent families.

Ham (2012), children's academic achievement and personal-social development can be harmed by being raised by a single parent. When high school students' academic performance is compared, kids from intact households outperform students from divorced homes in every category, including grades and attendance.

Kelly & Emery, (2013) Divorce, death, and long-term separation are all caused by a single parent. Children from non-intact households have low self-esteem, emotional and social connectivity, and job satisfaction. We can deduce from this that non-intact families, particularly single parents, have serious psychosocial issues. As a result, family issues appear to affect and be affected by how the family interacts as a whole.

METHOD

Researching about a topic has been conducted or studied to know more about the topic and add some more knowledge to the old studies. Research methodology is the chapter that describes how the research has been conducted. This chapter deals with the methodology. An overall description about the study is included in this chapter. The study deals with the

psycho social problem of single parenthood children. It includes introduction, title of the study, statement of the problem, significance of the study, general objective, specific objective, conceptual definition, operational definition, pilot study, inclusion criteria, exclusion criteria, geographical area of the study, research design, universe, sampling technique, sampling size, sampling unit, method of data collection, tools of data collection, pre-test, data analysis and interpretation, limitation of the study.

Objectives

1. To understand the socio-demographic profile of the respondents
2. To identify the psychological problem of the respondents
3. To know about socio-economic problem of the respondents
4. To identify the academic performance of the respondents
5. To identify the parenting style of the respondents.

Universe of the Study

The population for this study includes the children's of Ettumanoor Municipality.

Sampling Techniques

The researcher selected convenient method for the research study. Convenient sampling also known as availability sampling is a specific type of non-probability sampling method that relies on data collection population members who are conveniently participate the study.

It's a statistical method of representative data by selecting people

because of their volunteering. The advantages of the study of this type of sampling are the availability and the quickness with which data's can be gathered. The researcher use non probability sampling technique and the researcher selected 60 samples through convenient sampling.

Sample Size

It refers to the number of items to be selected from the universe to constitute a sample. Here the researcher selected 60 children from the universe.

Tools for Data Collection

In this research the researcher is using interview schedule method as a tool for data collection. The questions consist of 58 questions based on the 5 specific objectives.

Pretest

Pre-test is mainly conducted to check the feasibility of the questions that have been prepared by the researcher for the study. Before the final submission of the interview schedule, it is a good practice to conduct a pre-test somewhere. It will help the researcher to rectify the mistakes if any. As a result of this, researcher conducted a pre-test with 10 single parenthood children's in Ettumanoor Municipality.

Through conducting the pre-test researcher had rectified some information's regarding single parenthood children's problem.

Data Analysis and Interpretation

Data analysis was done through IBM SPSS 23. All the data collected from the respondents have been entered by the researcher without having any mistakes to

SPSS 23 version. After completing of entering the data researcher had done the analysis by using the same software in order to acquire the results of the data collected. The data entered into the SPSS was coded and outcome was generated as tables and figures by using SPSS and

EXCEL SHEET. The analysed has then interpreted by the researcher based on the knowledge and interpretations of the researcher. As a part of analysis, researcher analysed the data and coded each question with SPSS 23 version.

ANALYSIS AND INTERPRETATION

Table 2.3 *Distribution of the respondents based on Stress Level*

Description	Frequency	Percentage
Yes	44	73
No	16	27
Total	60	100

Above 2.3 table shows distribution of respondents based on Stress level. The table shows that that 73% of the respondents experiencing stress after the

separation of their guardian and at the same time 27% of the respondents were not experiencing stress.

Table 2.4 *Distribution of respondents based on Changes in Daily Activity*

Description	Frequency	Percentage
Yes	40	67
No	20	33
Total	60	100

Above 2.4 table shows that 67% of the respondents have changes in their daily activity after the separation of the guardian and 33% of the respondents have no changes in their daily activity after the separation of the guardian. Hence review also proven that children's have problem

or changes with their daily activities. According to Arya et al. (1999), adolescent behavioural difficulties are linked to poor parental surveillance and a lack of information about the adolescent's activities.

Table 2.5 *Distribution of respondents based on Anxiety about Future*

Description	Frequency	Percentage
Yes	40	67
Sometimes	14	23
Never	6	10
Total	60	100



Above 2.5 table shows that 67% of the respondents have anxiety about their future, 23% of the respondents have anxiety about their future in sometimes and remaining 10% of the respondents have no anxiety about their future. Most of the respondents have anxiety about their future because of separation of their guardian.

FINDINGS AND SUGGESTIONS

In this study 42% of the respondent's guardian is authoritarian parenting, 38% of the respondents guardian is authoritative parenting, 10% of the respondents guardian is permissive parenting and remaining 10% of the respondents guardian is neglectful parenting nature.

In this study 40% of the respondents guardians were spends time with their children's in some times, 30% of the respondents guardians were always spend their time with their children's and remaining 30% of the respondents guardians were not spend their time with their children's.

In this study 45% of the respondent's guardians were sometimes gives academic support to their child by teaching, 28% of the respondents guardians were always gives academic support to the child by teaching and 27% of the respondents guardians were not given any support related to their academic.

In this study 38% of the respondents like their guardian always, 37% of the respondents likes their guardian sometimes and 15% of the respondents are not like their guardian.

Suggestions

- The school should focus on establishing guidance and counseling service in fostering self-esteem of the students.
- The government should play a great role in teaching parent about the negative side effects of divorce.
- Giving family counseling play a great role in teaching the community and should takes necessary counseling service to those who are single parent children and student.
- The government also create comfortable situation to the single parenthood children and students, children from the absence of one parent.
- Non-government organization should take responsibility to that single parent family structure.

In general, all the concerned bodies should play great role in teaching, counseling therapy by preparing the material and comfortable situation to that single parenthood.

Social Work Implications

Social workers can do various interventions in the area of mental health of single parenthood children. A social worker is necessary in a setting like this. Their interventions can apparently help the children overcome various psychological and social issues.

- Social workers can play various roles such as educator, counsellor, facilitator, advisor, advocate, mobilizer etc.



- Educate about myths and misconceptions about single parenting.
- Provide a safe and secure atmosphere at school environment.
- Conduct awareness class about parenting style.
- Educate about the scholarship / grants

Limitations of the Study

Number of studies conducted in India is also found to be less in number which is evident in literature review

CONCLUSION

This thesis focuses on examining the relationship between single parenthood and their children as well as the academic performance, parenting style, demographic profile, economic status and their psychological problem of children and thus assessing whether indeed single parenthood has a negative impact on the

health and academic performance of their children.

Previous studies have suggested that single parenthood may come with challenges like financial, social and psychological which end up affecting the quality of health outcome and academic performance of their children. This study tried to examine the psychosocial challenges of students in single parenthood in Hosanna vision school.

Based on the findings, students of single parenthood face psychological and social problems due to the absence of the parents living together. Students of single parenthood faces low self-esteem and social interaction problems like loneliness, low emotional intelligence, high depression, negative attitude about themselves and hopelessness about their future life. Finally, single parenthood students face different problems due to the separation of their parents as a result of divorce.



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A Study On Psycho – Social Impact Of Perimenopause And Menopause Among The Working Women Of Coimbatore District – A Social Work Perspective

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ABSTRACT

The present study delves into the psychosocial impact of Perimenopause and Menopause on the mental health of working women in Coimbatore District, Tamil Nadu. It explores the effects of hormonal fluctuations, psychosocial factors, coping strategies, and support systems on mental health during this stage. Employing an explanatory research design, it aims to understand causal relationships and complex interactions, elucidating reasons behind mental health changes. The qualitative method of case study was used for data collection, involving a sample of 10 working women under 50 experiencing menopause or its transitional phase. Probability sampling was employed to ensure generalizability. The Findings reveal a correlation between hormonal changes (e.g., decreased Estrogen levels) and symptoms like Depression, Anxiety, mood swings, and cognitive changes. Psychosocial stressors from work, family, and societal attitudes towards aging significantly impact mental health during this transition. The study underscores the need for tailored interventions and support programs to address women's specific needs during perimenopause and menopause, enhancing mental health outcomes and overall well-being. The study concludes with the importance of understanding the multifaceted nature of menopausal experiences, considering both biological and psychosocial factors. By recognizing the challenges faced by working women during this transition, appropriate interventions can be developed to support their mental health effectively as well as it contributes valuable insights to the development of holistic approaches aimed at promoting well-being and resilience among women navigating perimenopause and menopause in Coimbatore District.

Key Words –*Perimenopause, Menopause, Transitional phase, Estrogen, Depression, Anxiety, Psychosocial impact, Hormonal fluctuations.*



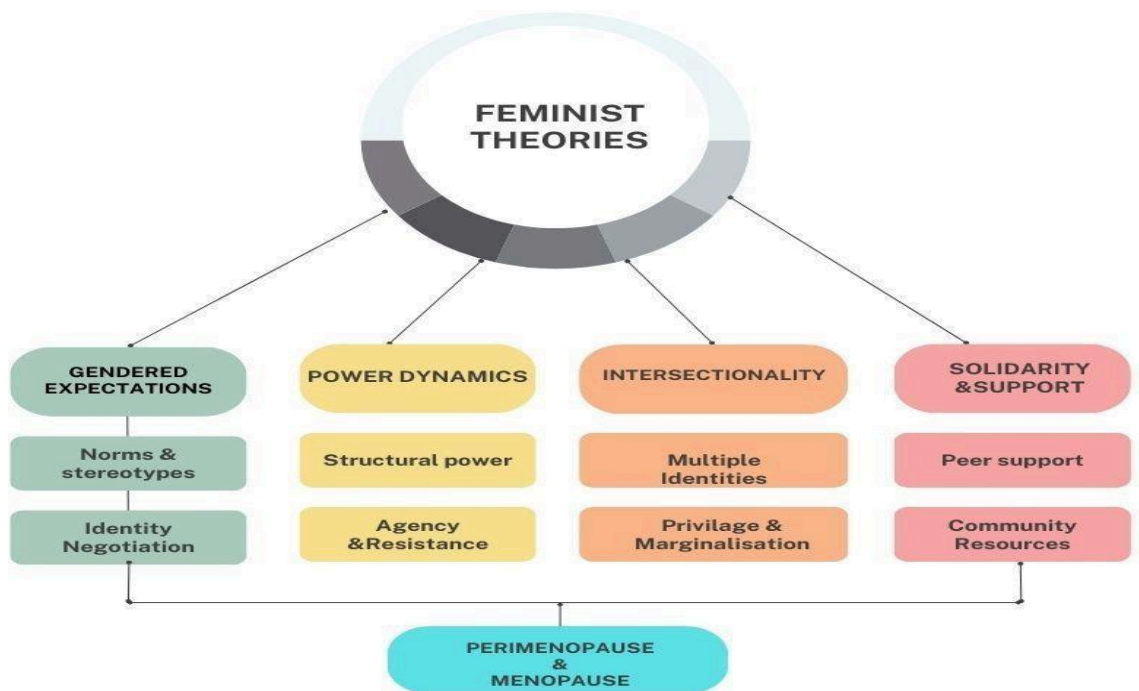
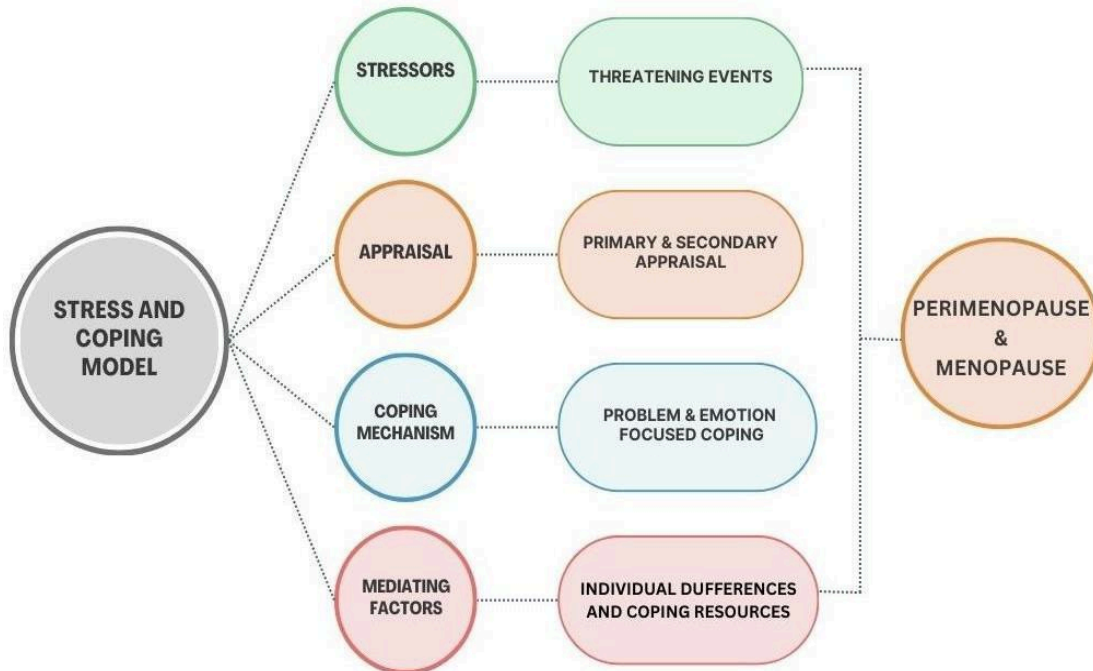
From infancy through adulthood, women represent a dynamic interaction of biological, social, and cultural elements that influence their identities and social contributions. In terms of biology, women usually inherit two X chromosomes, which control the development of their reproductive systems and physical characteristics like wider hips and a higher body fat percentage that are linked to fertility and childbirth. Although biology provides the framework, women's roles go well beyond it. These include issues that feminist movements and policy reforms continue to address, such as systemic violence, limited access to economic and educational opportunities, and gender discrimination. Women in Tamil Nadu's districts like Coimbatore actively work in important industries like textiles, information technology, healthcare, and education, but they still have to deal with job segregation, pay inequality, and the strain of juggling work and home obligations.

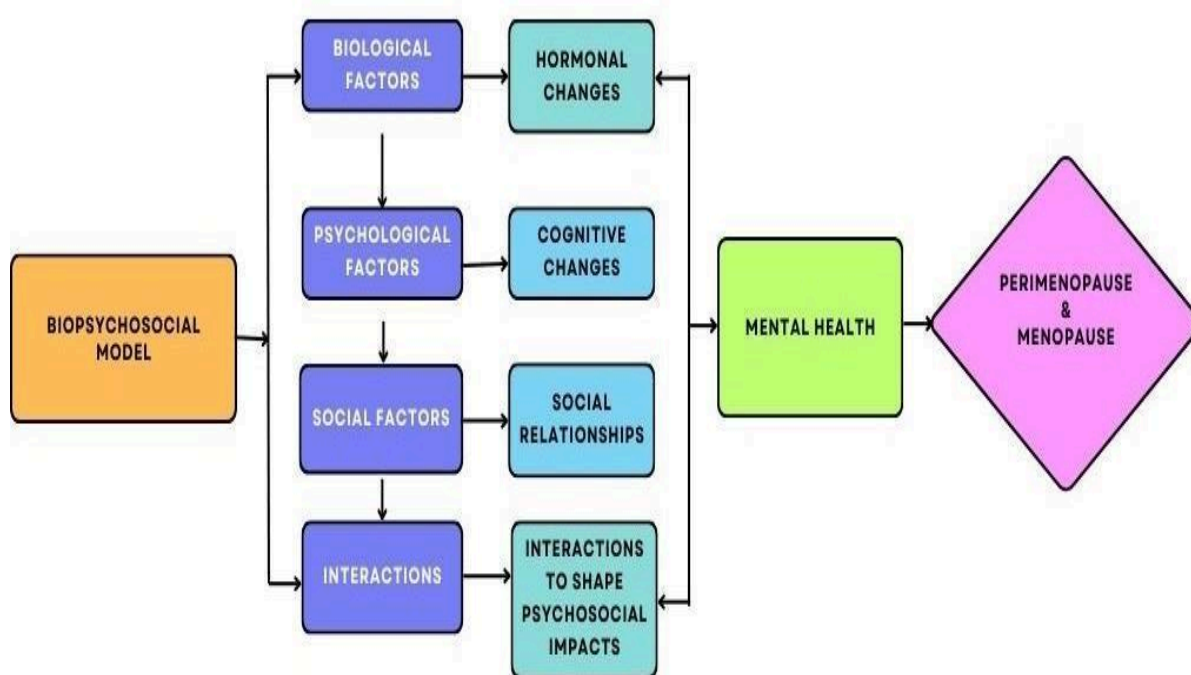
Women undergo major life transitions as they approach middle adulthood (ages 35 to 65), such as the perimenopause and menopause, which are normal biological milestones despite being accompanied by emotional and hormonal changes. As women reevaluate their life goals, pursue personal development, and work to leave meaningful legacies through

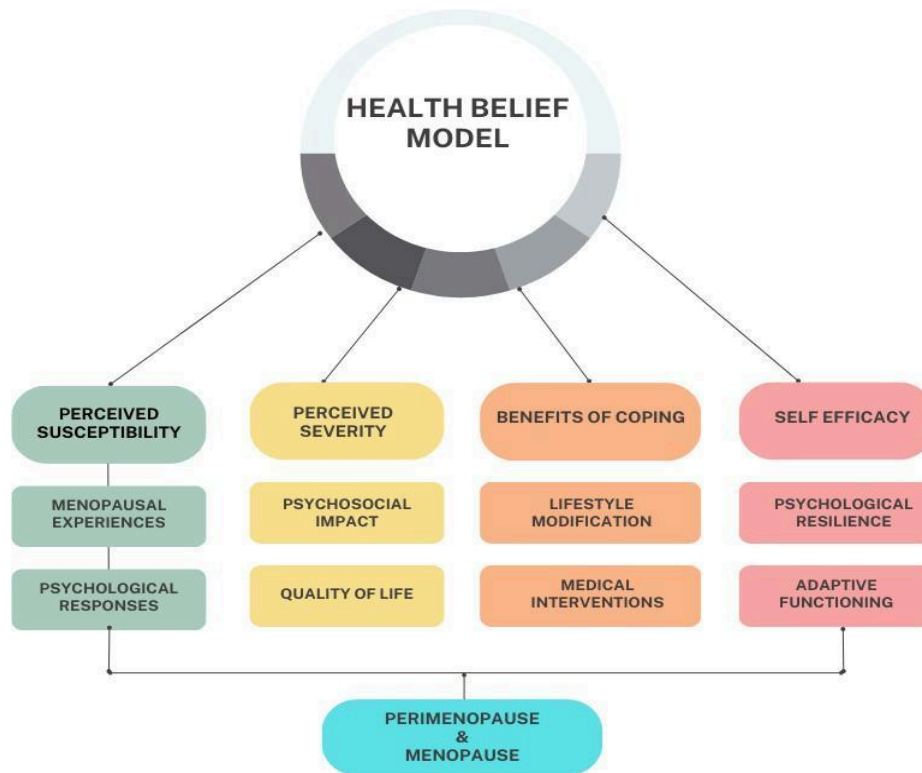
caregiving, mentoring, or community involvement, this phase also corresponds with Erikson's psychological stage of generativity versus stagnation. Women can flourish if society reframes menopause as a healthy, empowering transition and supports policies like equal pay, flexible work schedules, and access to healthcare and education. This will acknowledge women's critical role in advancing progress, building resilience, and advancing sustainable development.

Psychosocial factors like culture, social support, work stress, self-image, and mental health all have an impact on the hormonal, physical, and psychological changes that occur during menopause and perimenopause. Perceptions are shaped by cultural beliefs; transitions are made easier by robust support systems and wholesome work environments. Well-being can be enhanced by coping mechanisms such as education, lifestyle modifications, mindfulness, counseling, and hormone therapy. Relationships and job performance are impacted by body image issues, decreased libido, and emotional swings, which can occasionally lead to stress or burnout. Women can manage symptoms, develop resilience, and flourish during this normal, life-changing stage with the support of supportive environments, flexible work schedules, and mental health care.

THEORETICAL FRAMEWORK







Review of Literature

Mishra et al. (2012) conducted a nationally representative cohort study involving 695 women aged 47 to 54 in England, Scotland, and Wales. They found that a minority of women, constituting 10% (n=63), experienced a severe psychological symptom profile, reaching its peak either during or in the year following menopause. Regarding vasomotor symptoms, 14% of the women (n=83) exhibited an early severe profile, characterized by a peak occurrence shortly after menopause followed by a noticeable decline. In contrast, 11% (n=67) demonstrated a late severe profile, experiencing bothersome symptoms that escalated rapidly during perimenopause and persisted at heightened levels for four years or more post-menopause. These findings shed light on the diverse temporal patterns of menopausal symptoms

experienced by women within this age range. Such insights are invaluable for developing tailored interventions and support strategies to address the varying needs of women transitioning through menopause. Mishra et al.'s study underscores the importance of considering the individualized nature of menopausal experiences and highlights the significance of providing targeted assistance to enhance women's well-being during this life stage.

Several prevalence studies, as cited by Afshari et al. (2015), Chedraui et al. (2009), Gonçalves et al. (2013), Onya and Otorkpa (2018), and Yen et al. (2009), consistently demonstrate a high prevalence of depression among women undergoing the menopausal transition. This collective body of research emphasizes the critical need to address mental health issues during this period of hormonal change.

The findings from these studies consistently reveal a significant vulnerability to depression among women in the perimenopausal and postmenopausal stages globally. This highlights a substantial public health concern and underscores the importance of targeted interventions and support systems to address the mental health challenges associated with menopause.

Gupta and Sagar (2018) and Wig and Murthy (2015) despite the global recognition of this issue, point out a significant gap in India's National Mental Health Programme and the National Mental Health Policy of 2014. Specifically, the psychiatric health of menopausal women has not been specifically addressed within these national frameworks. This discrepancy highlights the need for a more nuanced approach to mental health policy that acknowledges the unique challenges faced by menopausal women. By integrating menopausal mental health considerations into national policies and programs, India can better address the mental health needs of this vulnerable population and work towards ensuring holistic healthcare provision for women during the menopausal transition.

Krok (2015) suggests that individuals derive their sense of meaning in life from their interpretation of their livelihood. Some may find meaning through aspects such as earning a livelihood, engaging in work, or adopting a spiritual lifestyle. Alternatively, others may discover purpose in serving society, such as by managing a charity or participating in development work. Krok's perspective underscores the diverse

sources from which individuals draw meaning in their lives. While some prioritize financial success and professional accomplishments, others prioritize spiritual growth and personal development. Additionally, the desire to make a positive impact on society and contribute to the welfare of others can be a significant source of purpose for many individuals. This understanding emphasizes the importance of recognizing and respecting the varied pathways through which individuals seek fulfillment.

By acknowledging the multiplicity of sources from which people derive meaning, society can encourage a more inclusive and supportive environment. This inclusivity allows for greater exploration of different avenues for finding purpose and meaning, facilitating personal fulfillment and satisfaction for individuals.

Singh and Sivakami's (2020) subsequent investigation into Indian women navigating menopause reveals a notable lack of medical assistance during this transitional period. The study underscores a prevalent barrier where women feel inhibited from discussing crucial sexual health topics, including menstruation and menopause, with their partners. This communication gap deprives them of the anticipated social support crucial during menopause, significantly impacting their overall quality of life and life satisfaction. Consequently, these circumstances prompt introspection regarding the existential significance of their lives. In the research, Singh and Sivakami (2020) shed light on a critical aspect of women's health, highlighting the systemic challenges hindering adequate

support for women during the menopausal transition. The findings emphasize the need for improved healthcare interventions and support systems that address the unique needs of women navigating menopause in Indian society. By facilitating open communication and providing comprehensive medical assistance, healthcare providers can better empower women to manage their menopausal health effectively and enhance their overall well-being. Singh and Sivakami's study underscores the broader societal implications of inadequate support for women during menopause.

Research by Chung and van der Lippe (2020) and Sinha (2017) suggests that employed women generally experience greater levels of life satisfaction and perceive their lives as more meaningful compared to non-working counterparts. This disparity is attributed to factors such as the supportive environment and resources provided by the workplace. Chung and van der Lippe's study emphasizes the influence of workplace dynamics, indicating that positive workplace environments contribute to the enhanced well-being and fulfillment of working women. Similarly, Sinha's research underscores the importance of workplace support, indicating that it plays a pivotal role in shaping women's perceptions of their lives.

Overall, these findings highlight the significance of the workplace in promoting life satisfaction and meaning among employed women, emphasizing the need for supportive workplace policies and practices to enhance women's overall well-being.

METHOD

Statement of the Problem

The intersection of hormonal fluctuations during perimenopause and menopause with psychosocial factors significantly impacts the working women's mental health and well-being. Coping strategies and support systems are crucial in mitigating mental health challenges during this transitional phase.

Area of the Study

The area of study for the encompassed the examination of the psychosocial implications of perimenopause and menopause specifically within the context of the workforce in Coimbatore district. This included investigating how hormonal changes during perimenopause and menopause intersect with various psychosocial factors such as workplace environment, social support networks, cultural influences, and individual coping mechanisms, and how these factors collectively influence the well-being, mental health, and professional experiences of working women in Coimbatore district.

Aim and Objectives

The aim of this research is to comprehensively explore the psycho-social impact of perimenopause and menopause among working women in Coimbatore district from a social work perspective, with the goal of informing supportive interventions and policies tailored to address their specific needs.

Objectives:

1. To explore the psycho-social experiences and challenges of working women in Coimbatore district during perimenopause and menopause.
2. To investigate how hormonal fluctuations intersect with workplace environment, social support, and cultural influences among working women in Coimbatore district.
3. To assess the impact of perimenopause and menopause on mental health, well-being, and professional experiences of working women in Coimbatore district.
4. To identify coping strategies used by working women in Coimbatore district to manage psycho-social challenges during perimenopause and menopause.

Hypothesis

Working women in Coimbatore district experiencing perimenopause and menopause exhibit varying levels of psycho-social challenges, influenced by factors such as workplace environment, social support networks, and individual coping mechanisms.

Research Design

The researcher adopted an Explanatory Research Design in the study as it could involve exploring the underlying mechanisms and factors that influence the psycho-social impact of perimenopause and menopause among working women in Coimbatore district. Here the explanatory research design aims to provide deeper insights into the underlying mechanisms and factors

influencing the research topic, contributing to a more thorough understanding of the phenomena under the investigation.

Inclusion Criteria

- Women aged between 40 and 65 years.
- Currently employed or actively seeking employment in Coimbatore District.
- Experiencing menopausal symptoms or in the perimenopausal stage.
- Willingness to participate in the study and provide information about their experiences.
- Women currently undergoing treatment for menopausal symptoms that may affect their psychosocial well-being (e.g., hormone replacement therapy).

Exclusion Criteria

- Women who have undergone surgical menopause.
- Those with a history of psychiatric disorders that could confound the results.
- Individuals who are not currently employed or seeking employment in Coimbatore district.
- Women with significant health issues that could influence their psychosocial experiences unrelated to menopause.

Sampling

The researcher collected the data from the respondents using the Non-probability sampling techniques which include the Convenience Sampling and Snowball Sampling based on the research objectives, resources, and feasibility.

Convenience Sampling: This method involves selecting participants based on their availability and accessibility. The Researcher approached the women who were working in specific organizations and Institutions within Coimbatore district and were willing to participate in the study.

Snowball Sampling: In this Sampling technique, initial participants were selected based on predetermined criteria, such as being menopausal or perimenopausal working women in Coimbatore district. These participants then referred other eligible individuals they know, creating a chain referral process.

Tools of Data Collection

The researcher adopted different tools of data collection in the research study which includes questionnaire, observations, and audio recordings.

Questionnaire: A structured questionnaire was used to gather quantitative data on specific aspects of the research from the participants. The questionnaire included both the closed-ended and open-ended questions and with predefined response options, allowing for standardized data collection and statistical analysis.

Observations: Researchers directly observed the participants' behaviors, interactions, and contexts in natural settings relevant to the research study. Observations provided first hand insights into participants' behaviors, routines, and environments, capturing rich qualitative data.

Audio Recordings: Audio recordings enabled the researcher to accurately document participants' responses and interactions for later transcription and analysis, ensuring the reliability and validity of qualitative data.

Methods of Data Collection

In this research study, the case study method is employed to collect qualitative data in a comprehensive and in-depth manner and collected 6 case studies in the research. The case study method involves the in-depth examination of a specific case or cases within its real-life context, allowing researcher to explore complex phenomena and understand the intricacies of participants' experiences. Researcher used semi-structured questionnaire with participants to explore their experiences, perspectives, and challenges related to perimenopause and menopause. Observation was conducted to observe participants' behaviors, interactions, and environments in natural settings.

Researcher provided thick descriptions of the cases under study, including detailed accounts of participants' experiences, contexts, and interactions. Thick description allowed for a rich and nuanced understanding of the cases, capturing the complexity and depth of participants' experiences.

Limitations of the Study

1. Limited generalizability beyond specific cases studied.
2. Potential biases in data collection and analysis.
3. Subjective interpretations among researchers.

4. Scope constraints may overlook important factors.
5. Resource and time limitations.
6. Ethical considerations regarding participant consent and privacy.

ANALYSIS AND INTERPRETATION

CASE STUDY 1

Key Issues/Goals/Problems:

Anita, a 49 years old working woman in Coimbatore, faces a myriad of challenges associated with perimenopause. She experienced a range of symptoms that significantly impacted her work performance and confidence. Anita encounters a lack of understanding and support from both her employer and colleagues due to the prevailing stigma surrounding menopause. This lack of support exacerbated her struggles, making it difficult for her to effectively communicate the needs and access appropriate workplace accommodations to alleviate the symptoms.

Decision Criteria:

The decision-making process in addressing the respondent's situation involved several critical criteria. It's essential to evaluate the effectiveness of interventions aimed at addressing Anita's symptoms and improving overall workplace support. The feasibility of implementing accommodations within the workplace environment needs consideration. Finally, assessing the accessibility of resources for psychoeducation and advocacy is crucial in determining the most appropriate course of action.

Assumptions:

Several assumptions underpin the proposed interventions for Anita. It's assumed that the workplace accommodations for menopausal symptoms are not only feasible but also legally mandated. There is an assumption that the respondent was willing to engage in discussions with her employer and accept support from a social worker. Furthermore, it's assumed that Anita's colleagues and employer can be receptive to education and awareness efforts regarding menopause.

Content Analysis Discussion:

The content analysis delved into the respondent's symptoms and their direct impact on her work performance and confidence. It also explored the broader societal stigma surrounding menopause in the workplace, shedding light on the challenges faced by women like Anita. The analysis assessed existing policies and practices related to workplace accommodations and employee support, identifying potential areas for improvement.

Preferred Alternative with Rationale:

The preferred alternative involved facilitating open communication channels between Anita, her employer, and colleagues. This includes creating a platform for the respondent to openly discuss her menopausal symptoms and their impact on the work. Providing psychoeducation to the respondent and her workplace peers about perimenopause, its symptoms, and potential workplace accommodations is crucial. Advocating for workplace accommodations such as flexible hours and access to a quiet space for breaks aims to alleviate Anita's

symptoms and foster a more supportive work environment.

Justification/Predicted Outcome or Recommendations:

The predicted outcome of these interventions included an improved understanding and support from the respondent's employer and colleagues. This, in turn, was expected to lead to a reduction in Anita's symptoms and an enhancement of her work performance and confidence. Ultimately, the goal is to promote enhanced workplace inclusivity and support for menopausal women like the respondent.

Conclusion:

The case study underscored the significance of addressing the psycho-social impact of perimenopause in the workplace. Moving forward, future research could delve deeper into exploring the long-term effectiveness of workplace accommodations and interventions in supporting menopausal women across various occupational settings. This research could contribute valuable insights to inform policy changes and organizational practices aimed at better supporting women during this life transition.

CASE STUDY 2

Key Issues/Goals/Problems:

Priya, a 52-year-old school teacher in Coimbatore, confronts numerous challenges during her transition through menopause. Balancing her demanding workload and family responsibilities exacerbates her emotional instability and physical discomfort, leading to conflicts

within her family and a notable decline in job satisfaction.

Decision Criteria:

In Priya's case, effective interventions are crucial to addressing her symptoms and enhancing familial support. Key decision criteria include evaluating the efficacy of family therapy sessions in fostering better communication and empathy within the family unit, as well as assessing the feasibility of connecting Priya with support groups tailored for menopausal women.

Assumptions:

This case study operates under the assumption that Priya is open to engaging in family therapy sessions and is receptive to support from both her family members and a social worker. Furthermore, it assumes that over time, Priya's family members will develop an understanding of and empathy for her menopausal symptoms.

Content Analysis Discussion:

An in-depth analysis of Priya's symptoms and their impact on her familial relationships and job satisfaction is paramount. Additionally, examining the dynamics of her interactions with her family, particularly the initial challenges faced by her husband and children in comprehending her symptoms, provides valuable insights. Furthermore, evaluating the potential benefits of family therapy sessions and support group participation in alleviating Priya's symptoms and bolstering familial support is necessary.



Preferred Alternative with Rationale:

The preferred alternative entails organizing family therapy sessions to enhance communication and empathy within Priya's family. This intervention aims to cultivate a supportive environment where Priya's symptoms are acknowledged and accommodated. Moreover, facilitating Priya's connection with support groups for menopausal women offers her the opportunity to share experiences and receive additional emotional support.

Justification/Predicted Outcome or Recommendations:

Anticipated outcomes of these interventions include an amelioration of Priya's familial relationships, a reduction in conflicts, and an overall increase in support from her family members. Additionally, it is expected that Priya's job satisfaction will improve due to decreased stress and heightened emotional well-being.

Conclusion:

This case study underscores the pivotal role of familial support in mitigating the psycho-social impact of menopause. Future research endeavors may delve into investigating the long-term effects of family therapy and support group participation on women's well-being during the menopausal transition.

CASE STUDY 3

Key Issues/Goals/Problems:

Rekha, a 49-year-old factory worker, faces discrimination and isolation from her male colleagues due to her menopausal symptoms. This leads to a hostile work environment, decreased

productivity, and feelings of worthlessness, ultimately causing her to contemplate resigning from her job.

Decision Criteria:

The decision-making process involves:

- **Effectiveness of Interventions:** Evaluating interventions to address Rekha's workplace discrimination and improve her well-being.
- **Feasibility of Implementation:** Assessing the practicality of implementing sensitization workshops and legal advocacy.
- **Accessibility of Resources:** Ensuring that Rekha has access to necessary legal resources and support systems.

Assumptions:

- **Legal Protections:** Assumes that Rekha is entitled to legal protection against workplace harassment and discrimination.
- **Willingness to Engage:** Assumes Rekha's willingness to participate in interventions aimed at addressing her workplace issues.
- **Potential Attitude Change:** Assumes that Rekha's colleagues are receptive to sensitization workshops and can change their behavior.

Content Analysis Discussion:

- **Workplace Discrimination:** Analysis of the discrimination and isolation faced by Rekha in the workplace due to her menopausal symptoms.
- **Impact on Well-being:** Discussion on how workplace discrimination affects Rekha's mental health, productivity, and job satisfaction.
- **Intervention Strategies:** Examination of the social worker's advocacy efforts,

including sensitization workshops and legal support, to address workplace harassment.

Preferred Alternative with Rationale:

- Conduct Sensitization Workshops: Preferred alternative involves organizing sensitization workshops for Rekha's colleagues to educate them about menopause and foster empathy and understanding towards her situation.
- Provide Legal Support: Additionally, the social worker connects Rekha with legal resources to address workplace harassment, ensuring she has access to necessary legal protections.

Justification/Predicted Outcome or Recommendations:

- Improved Workplace Environment: Anticipated outcome includes a reduction in workplace discrimination and a more supportive environment for Rekha, leading to increased job satisfaction and productivity.
- Legal Resolution: Connection with legal resources is predicted to provide Rekha with the means to address workplace harassment and seek justice for her mistreatment.

Conclusion:

The case underscores the importance of addressing workplace discrimination against menopausal women like Rekha. By implementing sensitization workshops and providing legal support, it is possible to create a more inclusive and supportive work environment, ultimately promoting the well-being and dignity of menopausal workers.

CASE STUDY 4

Key Issues/Goals/Problems:

Kavitha, a seasoned nurse, faces several challenges as she navigates perimenopause in her demanding workplace. These challenges include unexpected emotional turmoil, a decline in empathy towards patients, conflicts with colleagues, compromised patient care, and her reluctance to seek help due to fear of judgment and isolation.

Decision Criteria:

- Effectiveness of interventions in addressing Kavitha's emotional distress and restoring her empathetic connection with patients.
- Feasibility of implementing support mechanisms within the healthcare setting to assist menopausal healthcare professionals.
- Accessibility of resources for mental health support and stress management tailored to Kavitha's needs.

Assumptions:

Assumptions include recognizing menopause as a contributing factor to Kavitha's emotional changes, assuming the availability of supportive colleagues and resources within the healthcare setting, and acknowledging the importance of addressing the psycho-social impact of menopause on the workforce.

Content Analysis Discussion:

Analyzing Kavitha's experience involves examining the emotional changes she undergoes during perimenopause, the impact on her professional performance and patient care, conflicts with colleagues, and her reluctance to seek help despite evident distress. It also involves exploring



the responses of the healthcare institution and colleagues to Kavitha's challenges.

Preferred Alternative with Rationale:

Implementing a comprehensive support program tailored to menopausal healthcare professionals like Kavitha. This includes counseling services, peer support groups, and education and awareness initiatives. The rationale is to address Kavitha's emotional needs, promote a supportive workplace culture, and improve patient care quality by restoring empathy.

Justification/Predicted Outcome or Recommendations:

The anticipated outcome of implementing the support program is improved well-being and job satisfaction

for Kavitha and other menopausal healthcare professionals, enhanced patient care quality, and greater retention of experienced staff. Recommendations include proactive measures to support menopausal healthcare professionals and foster a supportive workplace environment.

Conclusion:

Kavitha's experience underscores the need for healthcare institutions to recognize and address the psycho-social impact of menopause on their workforce. By implementing tailored support programs and fostering a supportive workplace culture, healthcare institutions can promote the well-being of their staff and improve patient care quality.

THEMATIC ANALYSIS

QUESTIONS	INITIAL CODE	THEMES GENERATED
Q. How do the common symptoms experienced during perimenopause affect your work performance, confidence, and their ability to effectively manage job duties in similar professional roles, considering the challenges they encounter?	1. Work Performance and Cognitive Impairment. 2. Emotional Regulation and Interpersonal Challenges. 3. Confidence and Job Insecurity. 4. Overall Impact of Perimenopause on Work Functioning.	Navigating Workplace challenges during perimenopause.
A. Perimenopausal symptoms significantly impact my work performance and confidence as a customer service representative. Memory lapses and		

difficulty concentrating
lead to errors and delays.
Hot flashes and irritability

hinder professional
interactions, resulting in
complaints and negative
reviews. This erodes my
confidence and raises
concerns about job
security.

Overall,
perimenopause presents
numerous
challenges,
affecting my ability to
manage job duties
effectively and impacting
my performance and
confidence
in my role.

Q. How do your
menopausal symptoms
impact the familial
relationships, job
satisfaction, and which
interventions would be
most
effective in fostering
better
communication, empathy
within your family, and
connecting you with
support groups for
menopausal women,
ultimately leading to
anticipated positive
outcomes?

A. My menopausal

1. Impact on Familial
Bonds and Job
Satisfaction.
2. Effectiveness of
Family Therapy in
Enhancing
Communication
and Empathy.
3. Benefits of
Connecting with
Menopausal
Support Groups.
4. Improvement in
Emotional
Well-being and
Conflict
Resolution

Strengthening Support
Networks for Menopausal
Well-being.



symptoms strain familial bonds and diminish job satisfaction. Effective interventions, like family therapy, foster empathy and communication within my family. Connecting with menopausal support groups provides emotional backing. These interventions helped me to alleviate conflicts, enhance my familial understanding, and to improve emotional well-being, led to a more positive outcome amidst the challenges of menopause.

Q. Could you effectively address the workplace discrimination due to menopausal symptoms, to ensure access to legal protections and to create a supportive environment for yourself and your colleagues?

A. I can effectively address workplace discrimination by holding sensitization workshops for my colleagues to educate them about menopause. Connecting with legal resources will ensure

1. Seeking Support from Peers or Mentors.
2. Practicing Self-care through Mindfulness and Exercise.
3. Participation in Stress
4. Management Workshops.
5. Adjusting Workload to Meet Changing Needs.

Coping Strategies for Perimenopausal Healthcare Professionals.



access to protections against harassment. These actions will create a supportive environment, enhancing well-being and productivity in the workplace.

Q. Why is it important for you to effectively manage her menopausal symptoms in the education sector while receiving the necessary support from school management to maintain your teaching effectiveness and to alleviate stress and anxiety?

A. Effectively managing my menopausal symptoms is crucial in the education sector to uphold teaching effectiveness and reduce stress. Support from school management is essential to validate my experiences, provide accommodations, and alleviate anxiety, fostering a conducive work environment for me and my students.

1. Managing Menopausal Symptoms Effectively.
2. Support from School Management.
3. Alleviating Stress and Anxiety.

Effective Symptom Management and Support in the Education Sector.

Q. Why is it challenging for you, as a customer

1. Menopausal Symptoms'

Supporting Customer Menopausal Service

service representative, to manage your menopausal symptoms during long working hours, and how can workplace accommodations and support alleviate these challenges to ensure job security and well-being?

A. Managing menopausal symptoms during long working hours is challenging for me as a customer service representative due to frequent hot flashes and irritability, impacting interactions with customers and job performance. Workplace accommodations like flexible schedules and support for symptom management can alleviate these challenges, ensuring job security and well-being.

- | | |
|---|---|
| Interference with Work Performance. | Representatives for Enhanced Performance. |
| 2. Customer Interaction Challenges due to Hot Flashes and Irritability. | |
| 3. Workplace Support Necessity for Menopausal Employees. | |
| 4. Strategies for Maintaining Job Security and Mental Well-being. | |

FINDINGS AND SUGGESTIONS

1. Comprehensive case studies and observations in Coimbatore district reveal that working women undergoing perimenopause and menopause encounter various psycho-social challenges, including mood swings, diminished self-esteem, and increased interpersonal conflicts at work.
2. The study highlights the tangible impact of perimenopause and menopause symptoms on professional lives, such as fatigue, hot flashes, and cognitive changes leading to decreased productivity, compromised concentration, and impaired decision-making abilities.
3. Despite significant challenges, working women demonstrate resilience by employing coping mechanisms like seeking social support from colleagues,

- engaging in stress-relieving activities, and modifying work schedules.
4. Perceptions of social support among menopausal and perimenopausal working women vary, with some feeling adequately supported while others express dissatisfaction, indicating the need for targeted interventions to bolster support systems.
 5. Evaluation of existing workplace policies reveals strengths like flexible work arrangements and employee assistance programs, but gaps exist in addressing the specific needs of menopausal and perimenopausal women, highlighting the necessity for tailored policies.
 6. The study proposes actionable recommendations for social work interventions and policy development, emphasizing the creation of supportive work environments through awareness campaigns, training programs for managers and colleagues, and implementing menopause-friendly workplace policies.
 7. Addressing the psycho-social dimensions of menopause within the professional sphere is crucial, considering the challenges faced by working women during this life transition.
 8. Effective coping strategies play a vital role in navigating the psycho-social complexities associated with perimenopause and menopause, contributing to enhanced well-being in the workplace.
 9. Recognizing the importance of social support and fostering supportive work environments can empower menopausal and perimenopausal working women to thrive amidst challenges.

10. By implementing supportive workplace policies and interventions tailored to the needs of menopausal and perimenopausal women, organizations can promote their psycho-social well-being and overall professional success in the Coimbatore district.

Suggestions:

1. Develop targeted awareness campaigns to educate employers, colleagues, and working women themselves about the psycho-social impacts of perimenopause and menopause, aiming to reduce stigma and increase understanding.
2. Introduce training programs for managers and colleagues to equip them with the knowledge and skills necessary to support menopausal and perimenopausal working women effectively, fostering a more inclusive and empathetic workplace culture.
3. Establish support groups or networks specifically tailored to menopausal and perimenopausal working women within Coimbatore district, providing a platform for sharing experiences, seeking advice, and offering mutual support.
4. Advocate for the implementation of menopause-friendly workplace policies, such as flexible work arrangements, temperature control measures, and access to appropriate healthcare resources, to better accommodate the needs of this demographic.
5. Collaborate with healthcare professionals and organizations to provide accessible and comprehensive health services addressing the physical and psychological aspects of

perimenopause and menopause, ensuring working women have the support they need to manage their symptoms effectively.

6. Encourage the development of employee assistance programs that offer confidential counseling and support services tailored to the psycho-social challenges faced by menopausal and perimenopausal working women, promoting mental well-being in the workplace.
7. Conduct regular assessments and evaluations of workplace policies and support mechanisms to identify areas for improvement and ensure they remain responsive to the evolving needs of menopausal and perimenopausal employees.

CONCLUSION

The study on the psycho-social effects of perimenopause and menopause among employed women in Coimbatore district highlights the urgent need for

targeted interventions and supportive workplace policies. Findings indicate a variety of struggles experienced by women going through perimenopause and menopause, such as mood swings, decreased self-confidence, and lower productivity.

Nevertheless, the research also points out the resilience of these women and the effectiveness of coping mechanisms like seeking social support and engaging in stress-relief activities. To effectively address these challenges, there's a demand for thorough awareness campaigns, training initiatives for managers and colleagues, and the establishment of workplace policies accommodating menopausal and perimenopausal women.

By nurturing a more inclusive and supportive environment, organizations can empower these women to navigate this life transition with increased ease and well-being.



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Fear Of Marriage Among Women In Kerala

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ABSTRACT

Romantic love and marriage are important aspects of lifespan development. A healthy marriage provides a primary support system for individuals in the long term and so is a cornerstone for a sound society. Especially for women in Kerala, marriage is considered an important milestone and for many cultures it is sacred. Though culturally varied, unmarried individuals face a higher risk of depression, loneliness, anxiety and isolation in the long term stemming from various life stressors, lack of consistent emotional support and the feelings of lack of meaning and purpose. Fear of intimacy among both genders has long been a concern that was addressed through psychological interventions like premarital awareness programs and counseling sessions at various educational, cultural and religious institutional levels. Recently there has been a spurt in fear of marriage among women in Kerala giving way to controversy. Studies identify various socio-cultural factors that have led to this widespread phenomena as fear of commitment, losing independence, marital abuse and domestic violence, financial burden, betrayal and infidelity etc. The current study seeks to conduct a discourse analysis of recent articles on the issue as found on newspapers by women, in order to derive a psycho-social analysis of marriage in the recent social context of Kerala; the fear of marriage among women and its causes and implications. The study tries to make recommendations for further psychosocial interventions as necessary regarding the pertaining issue.

Key Words – *Marriage, Fear of Marriage, Women in Kerala, Gamophobia*

Marriage not only serves as the biological necessity for survival and security but also the innate need for a "secure base," where a partner or family unit provides the emotional safety required to explore the world confidently. Further, it is a cross-cultural phenomena designed to ensure the successful rearing of offspring

and the pooling of resources (Weisfeld et al., 2017; Levine & Heller, 2010). Healthy partnerships offer unparalleled opportunities for self-discovery and the development of empathy (Miller, 2021).

Nevertheless, the significance of this institution relies on the meaningful

and quality connection it provides. When family life is characterized by healthy attachment styles and effective conflict resolution, it fosters a sense of belonging and helps human flourishing. Marriage represents a lifelong psychological journey where roles are continuously negotiated with deepening intimacy, allowing individuals to find purpose within a collective identity (Gottman & Silver, 2015).

The current study tries to find a psychosocial analysis of the fear of marriage among Kerala women by analysing the public discourses of women on the issue.

METHOD

Problem:

Why has marriage and family become an aversive choice for educated, working women in recent Kerala ?

Objectives:

Major Objective:

To draw a psychosocial analysis of fear of marriage among women in Kerala;

Minor Objectives:

- (i) To understand what marriage is meant in women's perspective in the recent social context of Kerala;
- (ii) To analyse how choice of education and career have mediated women's aversion to marriage in Kerala.

Design: Qualitative method is used.

Sample: Purposive sampling is used to meet the desired criteria. 5 very recent

articles written by keralite women and published in mainstream news including;

1. “ Kalyanavum Joliyum Nammal Kaanaan Madikkunnath “ by Nadia Muhammad, Senior Non- Vocational Teacher, Vattenad GVHSS; published in Madhyamam Editorial dated December 19 2025;
2. “Penkuttikalude Thalpariyavum Nishchayadaardiyavum Mathiyo?” by Dr. Najiya . P. P, Assistant Professor in Department of Sociology, University of Calicut; published in Madhyamam Editorial dated December 11 2025;
3. “Joliyo Kalyanamno Enthanu Penkuttikalude First Choice?” by Thwayyiba Arshad, Statistician Specialist in Qatar Ministry of Public Health; published in Madhyamam Editorial, Dec 5 2025;
4. “Being single and happy: Are women losing faith in the institution of marriage?” by Mahima Roselin Varghese, educator, communicative English trainer and writer ; published in TheHindu.com dated August 04, 2024;
5. “Gamophobia among young girls in Kerala: Fear or choice?” by Arya A. J. ; published in Mathrubhumi Features dated 03 August 2023

Analysis: Discourse analysis was used.

ANALYSIS AND RESULTS

The discourse analysis of the five selected texts yielded three super-ordinate themes that correspond directly to the study's objectives. The first theme addresses how marriage is currently understood by Keralite women (Minor Objective i). The second theme traces how education and career choices mediate this understanding (Minor Objective ii). The

third theme synthesises the first two into a psychosocial account of the so-called "fear of marriage" (Major Objective), moving the discussion from what marriage means, to why women are reprioritising it, to how this reprioritisation should be psychologically understood.

1. Meaning of Marriage in the Recent Social Context of Kerala

1.1 The Domestic Burden as a Lived Reality

Thwayyiba contends marriage and family are treated as "a woman's primary responsibility," a designation that continues to shape the domestic experience and is often experienced as a lived reality rather than a choice. Roselin Varghese similarly characterises marriage as a "constant tussle" within domestic life, a struggle between old ideals and new demands. As women enter the workforce, this transition is met with disproportionate labour, visible in the "chaotic mornings and altered family routines" described by a social media respondent. Taken together, these testimonies suggest that while women's roles have expanded outward into the workplace, the internal expectations of the home have remained rigidly fixed, leaving women to individually absorb the burden of reconciling old and new ideals.

1.2 Long-Term Commitment Experienced as Irreversible

This unequal daily burden compounds, over time, into a perception of marriage as an irreversible, long-term liability. Roselin describes marriage as a "lifelong baggage," while Nadia characterises it as a "long-term negotiation." Rather than being understood

as a site of simple domestic harmony, marriage in these accounts comes to represent an enduring struggle and a potential loss of personal agency across the life course.

1.3 Marriage as a Compulsory Institution

This sense of irreversibility is sharpened by the perception that marriage is not freely chosen but socially compelled. Arya quotes Kaikasi, who characterises marriage as an "imposed compulsory institution," a view echoed in Nadia's description of "rigid expectations and inflexible mindsets." As Shintu notes, the decision to remain single requires markedly more courage than the decision to wed, an asymmetry that, as Roselin argues, reflects a society more comfortable with forced conformity than with women's independence. When marriage functions as a mandatory social requirement rather than a voluntary partnership, it reinforces traditional roles and constrains individual agency.

1.4 Gendered Social Norms as the Underlying Mechanism

Underlying this sense of compulsion are gendered social norms that assign fundamentally unequal roles within marriage. Arya, quoting Priya, notes the pervasive cultural belief that women are inherently "supposed" to marry, while men are cast in the singular role of breadwinner. These norms channel women toward domesticity and men toward financial provision, reinforcing a cycle in which individual identity is routinely subordinated to traditional community expectations.



Together, these four sub-themes indicate a shift in meaning: marriage is no longer spontaneously understood as a secure or voluntary partnership, but as a compulsory, gendered, and long-term burden imposed disproportionately on women. This redefinition sets the context for understanding why education and career have emerged as competing priorities.

2. Choice of Education, Career, and Independence over Marriage

2.1 Financial Independence as a Foundation

The pursuit of financial independence functions as the foundational strategy by which women respond to the burdens identified above. As Arya notes, the drive to secure one's own income before marriage is stronger than ever, largely because financial reliance on a partner can leave a woman "at their mercy for everything." Thwayyiba similarly contends that attaining financial autonomy is the primary means by which women overcome prevailing societal expectations.

2.2 Self-Actualisation as an Extension of Independence

Financial independence, in turn, opens space for self-actualisation. Roselin contends that prioritising education and career allows women to find "their voice and their space to navigate life," a process Thwayyiba identifies as essential to overcoming societal notions of a woman's role. Participation in education and employment is therefore reframed as a conscious, self-actualising choice rather than a surrender to social momentum.

2.3 Social Status Beyond the Domestic Role

This self-actualisation extends outward into a redefined social status. Thwayyiba argues that women's pursuit of higher education and employment secures a recognised social standing historically tied solely to the roles of wife or mother. Engagement with academia and the workforce exposes women to democratic and egalitarian values, empowering them to see themselves as equal citizens with inherent rights.

2.4 A Redefined Sense of Security

Finally, education and career culminate in a redefined sense of security, one no longer contingent on marriage. Nadia frames the drive toward education and career not as a rejection of partnership but as a pursuit of a "safe, supportive marriage" on one's own terms. Professional success also eases long-standing parental anxieties tied to son preference, as educated, independent daughters demonstrate that financial and emotional security need not depend on gender.

These four sub-themes reveal a cumulative logic: financial independence enables self-actualisation, which confers social status, which in turn produces a new, self-sufficient form of security, one that competes directly with, rather than opposes, the institution of marriage. This cumulative shift provides the empirical basis for the psychosocial reinterpretation of "fear of marriage" that follows.

3. Psychosocial Analysis of the "Fear of Marriage"

3.1 Reframing "Gamophobia": Choice, Not Pathology

The analysis begins by challenging the premise embedded in the term "gamophobia" itself. Arya argues that placing career above marriage is not an act of fear but a "matter of mere priority," and Kaikasi criticises the pathologising of this decision as a "phobia," arguing that doing so dismisses a rational, autonomous decision-making process. This reframing, that delay or avoidance reflects clarity of life goals rather than irrational dread, establishes the interpretive lens for the remaining sub themes.

3.2 Educational Empowerment as Statistical Evidence for the Reframing

This reframing is supported by demographic evidence. Thwayyiba cites Kerala's 90% literacy rate and a female higher-education enrolment rate exceeding that of males by 52%, indicating a structural shift toward job security and financial independence. What is frequently labelled a "fear" of marriage is, on this evidence, better understood as the logical outcome of expanded opportunity: as women gain the tools for self-sufficiency, they rationally prioritise securing a professional identity before undertaking domestic commitments.

3.3 Structural Inequality as the Underlying Cause

If the shift is rational rather than phobic, its cause must be located structurally rather than psychologically. Arya, quoting Kaikasi, notes that society has long tolerated men delaying marriage for career growth, yet expresses concern only when women exercise the same

agency. This double standard is compounded by what Dr. Najiya describes as a "mencentric" public sphere that fails to accommodate menstruation, pregnancy, and childbirth. In workplaces built for those without domestic obligations, a career pause for marriage or family risks permanent professional setback, making delay a calculated survival strategy rather than a phobic avoidance.

3.4 The Emancipatory Function of Career

This structural inequality gives career pursuit a function beyond individual ambition. Dr. Najiya posits that education and professional employment serve as tools for survival and livelihood, offering a route out of generations of systemic and socio-economic oppression. For many women, prioritising a career is a strategic necessity for escaping cycles of marginalisation that traditional, restrictive marital frameworks might otherwise perpetuate.

3.5 The Erosion of Marriage as a Secure Base

Even as career pursuit offers a route to security, marriage itself is increasingly perceived as failing to provide the security it once promised. Roselin observes that marriage "no longer serves as a secure sanctuary," a shift driven by high-visibility failed marriages, the social stigma of divorce, and, as Arya notes, the harrowing prevalence of "dowry deaths, domestic abuse, and mental harassment." Nadia adds that women are increasingly wary of entering domestic spaces marked by "rigid expectations and inflexible mindsets," where personal growth and evolving needs risk being ignored. Read

alongside 3.1 – 3.4, this reluctance is best understood not as an irrational phobia but as a rational defence against a system that has repeatedly failed to protect women's dignity and safety.

3.6 Alternative Relationship Models as an Adaptive Response

As the perceived risks of traditional marriage rise, alternative partnership models emerge as a logical adaptive response rather than a rejection of intimacy altogether. Arya quotes a PhD scholar at Christ University who describes cohabitation as a "better option," since it allows for companionship without the rigid legal and social entanglements characteristic of formal marriage. This suggests that the underlying priority is not the avoidance of a shared life, but the preservation of the ability to enter or exit a relationship on the basis of mutual respect, rather than institutional compulsion.

DISCUSSION

From a psychological and evolutionary perspective, marriage and family are fundamental to human flourishing. As outlined in the works of Levine, Heller, and Gottman, humans are biologically wired for attachment; a stable partnership provides a "secure base" that regulates emotional stress and fosters physical health. In an ideal framework, marriage is a "shared meaning" system—a sanctuary where two individuals create a unique culture of appreciation and mutual support.

However, for women in Kerala, this psychological ideal often collides with a rigid social reality. While marriage is intended to be a sanctuary, many find it to

be a "constant tussle" and a "lifelong baggage." The traditional "mencentric" structure of society and the workplace often fails to recognize female vulnerabilities—such as pregnancy and the disproportionate burden of domestic labor. In the recent context, the "secure sanctuary" of marriage is often eroded by the risks of domestic abuse, financial dependence, and the loss of "voice."

As found in the current study, Theme 1 establishes that marriage, in its current form, is experienced by Keralite women as a compulsory, gendered, and long-term burden. Theme 2 shows that education and career provide a cumulative alternative pathway to independence, status, and security. Theme 3 demonstrates that, against this backdrop, delaying or avoiding marriage is not usefully understood as "gamophobia" — an irrational phobia — but as a rational, structurally grounded response to a genuine erosion of marriage's function as a secure base. It is this reinterpretation, rather than a clinical fear response, that the study's recommended interventions must address.

The dramatic rise in female literacy and higher education enrollment in Kerala has fundamentally altered marriage preferences. Education and career are no longer just "options"; they are tools for "emancipation and survival", particularly for those from marginalized backgrounds. By attaining "financial independence", women shift the power dynamic of marriage into an institution of "long-term negotiation". This independence allows women to prioritize their own "personal path" and "self-actualization", ensuring that if they do choose to marry, they do so



from a position of strength, seeking a partner who respects their choices rather than a system that demands subjugation.

Ultimately, the "fear" or "phobia" of marriage often discussed in the Keralite context is a misnomer. It is not an irrational dread of intimacy, but a rational prioritization of safety and dignity.

CONCLUSION

"Gamophobia" seen in Kerala is not a disorder but a socio-psychological evolution. Women are successfully shifting the paradigms of marriage. Interventions

must, therefore, focus on psychosocial aspects as also support women's autonomy with regard to her choices.

Suggested Interventions include more effective Premarital Counseling to ensure fair negotiation of labour within the contemporary context of Kerala; cognitive behaviour therapy to enhance empowerment and self actualization of women, with special focus on women experiencing high levels of anxiety to help them identify attachment patterns and help them seek secure choices and partnerships.



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Relationship Between Objectified Body Consciousness and Frustration Intolerance Among Young Adult Male Gym Participants in Kerala

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ABSTRACT

Objectified body consciousness has become increasingly relevant in contemporary fitness culture, where appearance-related standards and social comparisons may influence psychological well-being. Although body consciousness has been widely studied in relation to body image and exercise behavior, little research has examined its association with frustration intolerance among young adult male gym participants, particularly within the Indian context. The current study examined the connection between frustration intolerance and objectified body consciousness in 107 male Kerala gym participants between the ages of 18 and 30. Purposive sampling was used in a quantitative correlational study design. The Frustration Discomfort Scale (FDS) and the Objectified Body Consciousness Scale (OBCS) were used to gather data. IBM SPSS Statistics (Version 20) was used to perform descriptive statistics, independent-samples t-tests, Pearson's product-moment correlation, and linear regression analysis. The results showed a small but statistically significant positive correlation ($r = .21$, $p < .05$) between objectified body consciousness and frustration intolerance, indicating that more appearance-related self-monitoring is linked to higher levels of frustration among gym participants. Significant group differences were observed only for frustration discomfort and irrational beliefs, whereas no significant differences were found for overall objectified body consciousness or frustration across levels of fitness involvement. The findings highlight the importance of addressing psychological well-being alongside physical fitness by promoting healthy body perceptions, realistic expectations, and adaptive coping strategies within fitness environments.

Key Words – *Objectified Body Consciousness, Frustration Intolerance, Gym Participants, Body Image*



General context and relevance of fitness and psychological aspects is engagement in physical fitness has become a central part of young adults' lifestyles, not only for maintaining health and physical performance but also for enhancing appearance and social identity (Smith et al., 2024; Prichard & Tiggemann, 2005). Exercise is commonly associated with improvements in physical health, but it also influences a person's thoughts, emotions, and self-perceptions. Modern fitness culture places considerable emphasis on physical appearance. Gyms, fitness communities, and social media platforms frequently showcase idealized body types, making comparison with others almost unavoidable.

Objectified Body Consciousness is a multidimensional psychological construct referring to the degree of awareness and attentional focus an individual places on their own body, including physical appearance, bodily sensations, and perceived evaluation by others. It involves ongoing self-monitoring, internalization of societal and cultural standards, and evaluative scrutiny of one's physical characteristics (Mehling et al., 2011). In fitness contexts, heightened body consciousness can manifest as persistent concern with body shape, weight, muscularity, or overall physical form, often independent of actual fitness levels or health. Individuals with elevated body consciousness are more likely to experience self-conscious emotions such as shame, guilt, anxiety, or embarrassment, particularly when their body does not align with personal or socially constructed ideals.

One psychological outcome that has received comparatively little attention in fitness research is frustration intolerance. Frustration intolerance refers to an individual's reduced ability to tolerate obstacles, discomfort, delays, or unmet expectations while pursuing personal goals (Harrington, 2005). People frequently devote a significant amount of time and energy to fitness settings in the hopes of seeing observable gains in their physical attributes, strength, or athletic ability. They may feel disappointed, distressed, and frustrated if these expectations are not met as soon as expected. Frequent encounters with poor development, training plateaus, injuries, or unfavorable societal comparisons might further lower one's tolerance for frustration and have a detrimental effect on motivation, exercise compliance, and psychological health. Several well-established psychological hypotheses explain the connection between objectified bodily consciousness and frustration intolerance.

Theoretical frameworks

Social Comparison Theory (Festinger, 1954) offers an important framework for understanding how body consciousness develops in fitness settings. According to this theory, individuals evaluate themselves by comparing their abilities, achievements, and appearance with those of others. In contemporary fitness culture, exposure to peers, fitness influencers, and idealized body images through gyms and social media platforms often encourages upward social comparisons. Such comparisons can heighten awareness of perceived physical shortcomings and contribute to negative emotional experiences, including



frustration, particularly when personal fitness outcomes do not align with desired expectations

The Stress and Coping Theory proposed by Lazarus and Folkman (1984) provides a useful framework for understanding these experiences. This viewpoint holds that the cognitive evaluation of stressful situations and the coping mechanisms available to deal with them determine psychological effects. Obstacles such as training plateaus, delayed physical improvements, injuries, or unfulfilled appearance standards may be considered stressful experiences in fitness environments. Frustration, intolerance, and emotional pain are more common in those with unrealistic expectations or little coping mechanisms. According to this hypothesis, appearance-related issues do not always result in irritation unless they are thought to be overpowering or challenging to handle.

Fredrickson and Roberts (1997) introduced Self-Objectification Theory as the central framework for understanding objectified body consciousness. According to this perspective, people adopt an external observer's view of their own bodies and judge themselves based on culturally defined ideals of physical appearance. This mindset fosters persistent monitoring, evaluation, and scrutiny of one's looks, increasing vulnerability to negative outcomes such as body dissatisfaction, shame, anxiety, and emotional distress. In environments like gyms, where appearance is frequently emphasized, individuals with heightened awareness of their bodies as objects may become overly concerned with conforming to societal standards of ideal physique.

Grounded in these theories, the present study aims to examine the relationship between Objectified body consciousness and frustration intolerance to better understand their implications for fitness engagement and psychological well-being.

Research Gap

Objectified body consciousness has been widely studied in relation to body dissatisfaction, self-objectification, eating disorders, and exercise motivation, its association with frustration intolerance among individuals engaged in regular physical fitness remains underexplored. Most existing research has focused on women, adolescents, or clinical populations, leaving the psychological experiences of young adult men who regularly attend gyms comparatively overlooked.

Most research on frustration intolerance has been conducted within clinical psychology, education, or general mental health contexts, leaving fitness environments relatively unexplored. Regular gym participation often involves delayed physical progress, demanding training routines, plateaus in performance, and frequent exposure to appearance-based comparisons. Despite the rapid expansion of gym culture in India, along with increased social media influence and growing societal emphasis on muscularity and physical appearance among young adults, few studies have addressed this topic in the Indian context. To the researchers' knowledge, no published study has specifically investigated the relationship between objectified body awareness and frustration intolerance



among young adult male gym users in Kerala.

The present study addresses this gap by examining the association between objectified body consciousness and frustration intolerance among male gym participants aged 18–30 years in Kerala. Understanding this relationship may contribute to the development of psychologically informed fitness interventions that promote healthier body perceptions, adaptive coping strategies, and improved psychological well-being within exercise settings.

Significance of the study

The present study focuses on individuals aged 18 to 30 years who regularly participate in physical fitness activities, including gym workouts, sports, and fitness classes. This population was chosen due to their consistent engagement in structured exercise, which allows for meaningful examination of body consciousness and frustration within a fitness context. Young adults in this age range represent a critical developmental period marked by heightened self-awareness. Understanding the experiences of this population is important because it can shed light on the psychological and emotional factors that influence adherence, motivation, and overall well-being in fitness settings.

The results of this research may enhance our comprehension of the cognitive and emotional dynamics linked to fitness participation. Recognizing the impact of objectified body consciousness on the emergence of frustration can elucidate why certain individuals sustain a healthy commitment to exercise, while

others face challenges such as diminished motivation, avoidance of physical activity, or engaging in excessive exercise behaviours.

Furthermore, this study holds practical significance for fitness professionals, trainers, counsellors, and mental health practitioners. Additionally, it underscores the effect of social and environmental elements, including social comparison, performance expectations, fitness culture, and exposure to social media, on the experiences of those involved in fitness activities. The insights derived from this research may aid in fostering more supportive and inclusive fitness environments that promote both physical health and psychological well-being. Gaining an understanding of the emotional difficulties associated with increased body consciousness can enable fitness professionals and mental health practitioners to provide more effective support to individuals.

Research on objectified body consciousness has consistently demonstrated that individuals who place greater emphasis on their physical appearance are more likely to experience negative psychological outcomes. Within fitness environments, appearance-related self-monitoring is often reinforced by social comparison, cultural ideals of attractiveness, and exposure to idealized body images through social media.

Research indicates that body consciousness plays a key role in shaping both exercise motivation and psychological health. Lucibello et al. (2025) observed that self-conscious emotions like shame and guilt tend to

reduce physical activity engagement, while authentic pride supports sustained participation in exercise. However, the review mainly focused on motivational mechanisms rather than frustration intolerance, leaving an important psychological process unexplored.

In a related finding, Contractor and Rasquinha (2023) found that among gym-goers in India, dependence on exercise was linked to lower body esteem, implying that an intense focus on appearance may lead to problematic exercise behaviors. Nevertheless, the study did not investigate how irrational beliefs or frustration intolerance interact with body consciousness among gym participants. Mottelson et al. (2023), through a systematic review of virtual reality studies on embodiment, showed that awareness of one's body affects not only how people perceive their appearance but also their sense of bodily ownership and self-concept, highlighting the broader psychological impact of body consciousness. Together, these results point to objectified body consciousness as a significant factor influencing emotional responses and exercise habits.

Vansteenkiste et al. (2020) showed that when individuals' core psychological needs—autonomy, competence, and relatedness—are unmet in sports and exercise contexts, it consistently leads to emotional distress and weaker intrinsic motivation. These insights imply that difficulty tolerating frustration may undermine both long-term exercise engagement and mental well-being. Research conducted specifically among gym participants further highlights the

emotional challenges associated with appearance-focused fitness environments.

Engel et al. (2025) found that emerging adults frequently experienced self-doubt, fear of negative evaluation, and heightened body awareness within gym settings, particularly when comparing themselves with more experienced exercisers. Although qualitative findings provided valuable insights into gym culture, quantitative evidence examining psychological constructs remains limited. Ross (2023) similarly reported that larger-bodied gym participants experienced feelings of visibility, social exclusion, and frustration due to prevailing appearance norms within fitness environments. Wang, Y., Hua, G., Liu, W., Wan, C., Hao, M., & Zhang, M. (2025) also observed that individuals at risk of exercise addiction frequently experienced frustration, guilt, and emotional distress when unable to complete planned workouts, suggesting that frustration may reinforce maladaptive exercise behaviors.

Across these studies, several consistent patterns emerge. First, body consciousness is associated with increased appearance monitoring, self-evaluation, and emotional vulnerability. Second, frustration intolerance appears to be closely linked with emotional distress, maladaptive beliefs, and difficulties in emotion regulation. Third, social comparison within fitness environments may strengthen both body consciousness and frustration by encouraging unrealistic appearance expectations. Together, these findings indicate that cognitive, emotional, and social factors interact to influence psychological experiences among

individuals engaged in regular physical fitness activities.

Most previous studies have examined body consciousness in relation to body dissatisfaction, eating pathology, self-objectification, or exercise dependence rather than frustration intolerance. Furthermore, much of the existing evidence has been derived from female samples, Western populations, or clinical settings, limiting its applicability to young adult male gym participants. Research conducted in India is particularly limited, despite the rapid growth of fitness culture and increasing appearance-related pressures among young adults. The present study therefore addresses an important gap by examining this relationship within an Indian fitness context, thereby contributing to the growing literature on psychological well-being in exercise settings.

METHOD

The present study chooses a descriptive-correlational research design to examine objectified body consciousness and frustration intolerance among individuals involved in physical fitness activities.

A correlational design was considered appropriate because the primary objective was to determine the association between the study variables without manipulating any experimental conditions (Singh, A. K. 2019).

Data were collected using a survey method through structured questionnaires. Responses were scored according to the instructions provided in the respective manuals. The collected data were analysed using SPSS (version 20).

Objectives

1) To assess the level of objectified body consciousness among young adults engaged in physical fitness activities.

2) To assess the level of frustration intolerance among young adults engaged in physical fitness activities.

3) To examine the relationship between objectified body consciousness and frustration intolerance among young adults engaged in Physical fitness activities.

Hypotheses

H01: There is no significant relationship between objectified body consciousness and frustration intolerance among young adults engaged in physical fitness activities.

H02: There is no significant difference in objectified body consciousness between participants with low and high levels of fitness involvement.

H03: There is no significant difference in frustration intolerance between participants with low and high levels of fitness involvement.

Variables

The study included independent Variable as Objectified Body Consciousness; dependent Variable as Frustration Intolerance. Objectified body consciousness was examined as the predictor variable because appearance-related self-monitoring is theoretically expected to influence individuals' ability to tolerate frustration associated with delayed physical progress and unmet appearance expectations.

Sample

The population for this study consisted of 107 male individuals aged 18

to 30 years who regularly engage in physical fitness or exercise activities. Participants were selected using purposive sampling from gyms, fitness centres, and sports clubs in Palakkad, Kerala, India. This sampling method was selected because gym participants meeting the inclusion criteria were readily accessible within the study setting. The sample size was considered adequate for correlational analysis and group comparison procedures (Singh, A. K. 2019).

Inclusion criteria

- Male Participants aged 18–30 years.
- Regular fitness activities for at least 3 months.
- Participants willing to provide informed consent and complete the questionnaire.

Exclusion criteria

- Participants other than males were excluded.
- Individuals with known psychiatric or neurological disorders.
- Individuals unwilling or unable to provide informed consent.

Tools

1. Personal Data Sheet by Researcher

A Personal Data Sheet was used to collect demographic and fitness-related information, including age, educational qualification, height, weight, duration and frequency of gym participation, type of fitness activity, and relevant health information.

2. Frustration Discomfort Scale (FDS)

The Frustration Discomfort Scale developed by Harrington (2005) was used to assess frustration intolerance. The scale

contains 28 items measuring four dimensions: emotional intolerance, discomfort intolerance, achievement frustration, and entitlement. Items are rated on a 5-point Likert scale, with higher scores reflecting greater frustration intolerance. The Scale demonstrated internal consistency ($\alpha = .90$).

3. Objectified Body Consciousness Scale (OBCS)

The Objectified Body Consciousness Scale developed by McKinley and Hyde (1996) was used to assess body consciousness. The OBCS consists of 24 items measuring three dimension and scale measures body surveillance, body shame, and control beliefs. Responses are rated on a 7-point Likert scale, with higher scores indicating greater objectified body consciousness. OBCS demonstrated acceptable internal consistency ($\alpha = .84$) within the present sample.

Procedure

Prior to data collection, authorization was secured from the gym administration. Eligible participants were briefed on the study's objectives, the measures taken to ensure anonymity and confidentiality, and the voluntary nature of their involvement. Written informed consent was obtained from every participant.

The questionnaires were administered individually in person. Participants completed a demographic form, the Objectified Body Consciousness Scale, and the Frustration Discomfort Scale within approximately 20–25 minutes. All completed surveys were reviewed for missing data prior to entry.

Statistical Analysis

Data were analyzed using IBM SPSS Statistics (Version 20). Descriptive statistics, including means, standard deviations, frequencies, and percentages, were calculated to summarize participant characteristics and study variables. Data normality was assessed using the Shapiro–Wilk test, alongside skewness and kurtosis statistics. Given that the assumptions of normality were met, parametric statistical analyses were employed. Pearson’s product–moment correlation was used to examine the relationship between objectified body consciousness and frustration intolerance. Independent-samples t-tests were conducted to compare psychological variables across different levels of fitness involvement. Simple linear regression was performed to determine whether

objectified body consciousness significantly predicted frustration intolerance. Statistical significance was set at $\alpha = .05$ (Singh, A. K. 2019).

RESULTS

The data were analyzed using IBM SPSS Statistics Version 20. Descriptive statistics were computed to summarize participants' demographic and fitness-related characteristics. Independent-samples t-tests were conducted to compare psychological variables according to fitness involvement, and Pearson's product-moment correlation analysis was performed to examine the relationship between objectified body consciousness and frustration intolerance. Statistical significance was determined at $p < .05$

Table 1 Characteristics of the sample (N=107)

Sociodemographic	Category	Frequency (N)	Percentage (%)
Education level (edu)	School level	6	5.6
	College level	101	94.4
Fitness Involvement (Fitness)	Yes	54	50.5
	No	53	49.5
Physical activity status(Activity)	Low Activity	96	89.7
	High Activity	11	10.3
Role in Fitness (position)	Trainer	11	10.3
	Trainee	96	89.7
Duration of Fitness Involvement(long)	Short Duration	93	86.9
	Long Duration	14	13.1
Regularity of Participation(active)	Regular	73	68.2
	Not Regular	34	31.8

Table 1 presents the socio-demographic and fitness-related characteristics of the participants.

The study included 107 male participants, with the majority having college-level education ($n = 101$, 94.4%), While only 6 participants (5.6%) had school-level education. Fitness involvement was almost equally distributed between lower (50.5%) and higher (49.5%) involvement groups. The

majority of participants possessed college-level education and were categorized as trainees. Most participants reported regular participation in fitness activities, although the majority were classified within the lower physical activity category and had relatively short durations of fitness involvement. These findings indicate that the sample primarily consisted of young adult male gym participants at an early stage of structured fitness engagement.

Table 2 Results of the Independent samples *t*-test for Differences Based on Fitness Involvement Among Male participants

Variable	Lower Fitness ($n = 54$) $M \pm$ SD	Higher Fitness ($n = 53$) $M \pm$ SD	$t(105)$	p	Cohen's d
Objectified Body Consciousness (Total2)	97.74 $\pm$ 12.88	93.19 $\pm$ 9.98	2.04	.044	0.39
Irrational Beliefs	32.09 $\pm$ 8.13	28.53 $\pm$ 6.31	2.53	.013*	0.48
Body Surveillance	31.63 $\pm$ 4.49	32.42 $\pm$ 4.82	-0.87	.385	-0.17
Frustration	24.78 $\pm$ 4.99	26.11 $\pm$ 4.42	-1.47	.146	-0.28
Body Shame	33.33 $\pm$ 7.62	32.25 $\pm$ 5.63	0.84	.403	0.16
Entitlement	23.54 $\pm$ 4.33	23.19 $\pm$ 4.00	0.43	.666	0.08
Emotional Intolerance	22.76 $\pm$ 3.90	23.36 $\pm$ 3.16	-0.87	.385	-0.13
Frustration Intolerance (Total1)	93.33 $\pm$ 13.04	95.08 $\pm$ 10.21	-0.77	.444	-0.15
Discomfort Intolerance	22.26 $\pm$ 3.53	22.42 $\pm$ 2.86	-0.25	.803	-0.05

Cohen's d values of 0.20, 0.50, and 0.80 indicate small, medium, and large effect sizes, respectively (Cohen, 1988).

Table 2 examined differences in psychological variables based on levels of fitness involvement. An independent-samples t-test was conducted to compare psychological variables according to fitness involvement. Significant differences were observed for Objectified Body Consciousness, $t(105) = 2.04$, $p = .044$, Cohen's $d = 0.39$, and Irrational Beliefs, $t(105) = 2.53$, $p = .013$, Cohen's $d = 0.48$. No statistically significant differences were observed for the remaining variables ($ps > .05$).

However, no statistically significant differences were observed for Body Surveillance, Body Shame, Frustration, Entitlement, Emotional Intolerance, Discomfort Intolerance, or overall Objectified Body Consciousness ($p > .05$). These findings suggest that although fitness involvement was associated with differences in specific dimensions of frustration intolerance, it was not associated with overall objectified body consciousness or overall frustration intolerance.

Table 3 Pearson correlation matrix showing the relationship between body consciousness, frustration, and related psychological variables among individuals engaged in physical fitness activities

Variables	1	2	3	4	5	6	7	8	9
Discomfort	1								
Entitlement	.290*	1							
Emotional	.384*	.457**	1						
Frustration	.309*	.415**	.562**	1					
Frustration Discomfort	.618*	.740**	.797**	.807**	1				
Body consciousness	.235*	-.042	-.238*	-.102	-.193	1			
Shame	.136	.405**	.445**	.559**	.542**	.076	1		
Objectified body Consciousness	.059	.178	.218*	.210*	.198*	.448**	.697**	1	
Beliefs	-.034	-.065	.092	-.134	-.059	-.039	.064	.554**	1
Sd	3.32	4.15	3.50	4.70	4.66	6.71	11.71	7.47	
M	22.34	23.36	23.05	25.44	32.02	32.78	95.49	30.33	

** . Correlation is significant at the 0.01 level (2-tailed)

Table 3 examine the relationships among objectified body consciousness, frustration intolerance, and related psychological variables using Pearson's product-moment correlation analysis. A weak but statistically significant positive correlation was observed between Objectified Body Consciousness and Frustration ($r = .21, p < .05$), indicating that participants reporting greater appearance-related self-monitoring also tended to report slightly higher frustration intolerance. Frustration demonstrated significant positive correlations with emotional intolerance, entitlement beliefs, discomfort intolerance, and body shame, suggesting that individuals who experienced greater frustration also reported higher levels of emotional distress and maladaptive cognitive beliefs.

Objectified body consciousness was positively associated with body surveillance and body shame, supporting the multidimensional structure of the construct. Although several statistically significant correlations were identified, the magnitude of the relationship between objectified body consciousness and frustration intolerance was small and should therefore be interpreted cautiously.

DISCUSSION

The current study investigated how objectified body consciousness relates to frustration intolerance among young adult male gym-goers in Kerala. The results indicated a weak yet statistically meaningful positive correlation between objectified body consciousness and frustration intolerance, suggesting that participants who engaged more in appearance-related self-monitoring also

tended to experience slightly elevated levels of frustration intolerance. Although the link was modest, it implies that concerns about appearance might play a role in emotional challenges faced in fitness environments.

This examined correlation aligns with Self-Objectification Theory (Fredrickson & Roberts, 1997), which asserts that individuals who consistently assess their bodies from an external viewpoint become more preoccupied with conforming to socially imposed standards of appearance. In gym settings, ongoing body monitoring may heighten awareness of perceived gaps between one's current physique and ideal standards. The findings can also be interpreted through Social Comparison Theory (Festinger, 1954). Modern fitness culture exposes individuals to highly idealized physiques through gym environments and social media platforms, encouraging frequent upward comparisons. Such comparisons may create unrealistic expectations regarding muscularity, body composition, and the speed of physical transformation. When these expectations are not achieved despite sustained effort, individuals may experience disappointment and frustration. Therefore, social comparison may serve as an important psychological mechanism linking objectified body consciousness with frustration intolerance. The results are further supported by the Stress and Coping Theory (Lazarus & Folkman, 1984), which suggests that psychological outcomes depend on how individuals appraise stressful situations and the coping strategies available to manage them. Gym participants often encounter challenges such as slow physical progress, performance plateaus, demanding training

routines, or injuries. Individuals with higher levels of objectified body consciousness may perceive these challenges as greater threats to their appearance-related goals, making them more vulnerable to frustration when expected outcomes are delayed.

Although the relationship between objectified body consciousness and frustration intolerance was statistically significant, the effect size was relatively small. This indicates that body consciousness alone explains only a limited proportion of frustration intolerance. Other psychological factors, including perfectionism, self-esteem, emotion regulation, resilience, coping style, exercise motivation, and perceived social support, are also likely to influence individuals' ability to tolerate frustration within fitness settings. Future studies should therefore adopt multivariate approaches to better understand the combined influence of these factors. The independent-samples t-test revealed significant differences in frustration discomfort and irrational beliefs between participants with different levels of fitness involvement, whereas no significant differences were observed for overall objectified body consciousness. This finding suggests that increased involvement in fitness activities may not necessarily reduce appearance-related self-monitoring but may influence individuals' ability to cope with discomfort and setbacks experienced during training. Individuals who engage more consistently in exercise may gradually develop greater tolerance for physical discomfort and delayed gratification through repeated exposure to challenging training experiences.

Overall, the findings contribute to the growing literature on psychological well-being within fitness environments by demonstrating that objectified body consciousness is associated with frustration intolerance among young adult male gym participants. Although the relationship is modest, the results highlight the importance of considering psychological factors alongside physical fitness in promoting healthy exercise behavior.

Implications of the Study

1. The findings suggest that gym participation may involve psychological components such as frustration, emotional distress, and cognitive beliefs, in addition to physical effort. Fitness involvement is not purely physical but also linked to emotional experiences.
2. Sports psychologists, health psychologists, and exercise counsellors can use these findings to develop psychoeducational programs that address body image concerns, perfectionistic thinking, and frustration tolerance
3. Study contributes to the limited Indian literature examining psychological variables among male gym participants and provides a foundation for future research investigating the psychological aspects of fitness participation.
4. Findings support the integration of mental health awareness within fitness settings. Workshops addressing healthy body image, social media literacy, emotional regulation, and resilience may reduce psychological distress and promote sustainable exercise participation.

Limitations of the study

- Participants were recruited from gyms within a single district of Kerala, and the findings may not represent individuals from different geographical regions or cultural backgrounds.
- The use of convenience sampling may have introduced selection bias and limits the generalizability of the findings to the broader population of young adult male gym participants.
- The cross-sectional design prevents establishing causal relationships between body consciousness and frustration. Also, the study did not include observational or physiological measures to validate self-reported data.
- This study cannot be generalized to female gym participants, adolescents, older adults, or individuals who engage in other forms of physical activity.
- Study focused primarily on objectified body consciousness and frustration intolerance. Other potentially relevant psychological variables, including self-esteem, perfectionism, resilience, coping strategies, exercise motivation, social media exposure, and perceived social support, were not examined and should be considered in future research.
- The study relied exclusively on self-report questionnaires, which are susceptible to response bias, including social desirability and inaccurate self-perception.

CONCLUSION

This study explored the relationship between objectified body consciousness and frustration intolerance among young adult men who frequent gyms in Kerala. Results revealed a weak yet statistically significant positive correlation, suggesting

that those more focused on their physical appearance tend to exhibit slightly lower tolerance for frustration.

While the association was small, it underscores the influence of psychological factors on how individuals navigate fitness settings. Concerns about appearance, unattainable goals, and comparisons with others may affect how people handle setbacks or difficulties during exercise.

This research contributes to a very small literature about psychological well-being in Indian men in gyms and highlights the importance of introducing mental health support into fitness spaces, encouraging balanced perspectives on body image, setting realistic fitness goals, and developing coping skills that can contribute to mental health and continued physical activity.

Further Scope of the Study

1. Future research should involve female or mixed-gender samples to examine potential gender differences in body perception, emotional distress, and frustration within fitness environments.
2. Research may extend beyond gym-based fitness to include individuals engaged in sports training, yoga, athletic coaching, recreational exercise, or other forms of physical activity.
3. Longitudinal studies and qualitative methods can examine changes in body consciousness and frustration over time with continued fitness engagement and personal experience.



4. Research may explore how external social pressures interact with individual psychological characteristics, thereby providing a more holistic understanding of emotional well-being in fitness contexts.
5. Experimental approaches can be used to determine whether structured psychological support reduces frustration and emotional distress while improving body perception among fitness participants.



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Climate Change Anxiety, Self-Efficacy, and Optimism as Determinants of Pro-Environmental Behaviour among Young Adults in Kerala

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ABSTRACT

Kerala has experienced a series of extreme weather events and natural disasters in recent years, highlighting the urgency of addressing climate-related challenges. Climate change today extends beyond an environmental issue, impacting social, psychological, and economic aspects of life—especially for vulnerable communities. The purpose of this study is to examine the influence of climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala. The study was conducted on young adults (n=106), including both men and women aged from 18 to 27. The scales included in the questionnaires are Climate Change Anxiety Scale (CCAS), Pro-Environmental Behaviour (PEBS), General Self-Efficacy Scale (GSE) and Life Orientation Test-Revised (LOT-R). This was a correlational study that employed descriptive statistics and used a purposive sampling method. From the results obtained through data analysis, it can be concluded that pro-environmental behaviour is connected with climate change anxiety, self-efficacy, and optimism. These behaviours can build resilient communities, support mental health, reduce climate-related anxiety, and contribute to a sustainable future.

Key Words – *Climate Change Anxiety, Pro-Environmental Behaviour, Self-Efficacy, Optimism*

Young adults, or the youth of today, are one of the most important assets in achieving sustainable development across the world. Their efforts and strength in various sectors significantly impact societal progress and the well-being of future generations. In the current global scenario, changes in climate patterns are becoming increasingly disastrous, making this issue even more urgent (Poushter et

al., 2025). Different natural disasters around the world bear witness to these impacts. The wildfire in California in 2025, the earthquake in Myanmar, and other natural disasters illustrate these impacts. Similarly in India, natural disasters occur frequently in various states, including the ongoing floods and landslides in North India. Within India, when it comes to Kerala, the state has

experienced natural disasters like the landslide in the Wayanad district in 2024, which leads to the urgency of addressing the unpredictable climate change, which also includes man-made causes. A study conducted by Ramisetty et al. (2025) identified both natural and anthropogenic factors as key drivers of landslides in the state of Kerala. The research emphasizes that while intense rainfall and the region's inherent geological conditions play a significant role, the increasing frequency and severity of landslides are further exacerbated by deforestation, unregulated urban expansion, and unsustainable land use practices.

This study seeks to examine the behaviors and attitudes of young adults in Kerala within the broader context of climate change and its associated impacts. Specifically, it investigates the psychological dimensions of climate change, focusing on how climate change anxiety may serve as a motivator for pro-environmental behavior. In addition, the study explores the roles of self-efficacy and optimism—two key psychological constructs—in shaping individuals' engagement with environmentally responsible actions.

Climate Change and its Effects

Climate change is associated with increased frequency and severity of extreme weather events, and the impacts of discrete events such as natural disasters on mental health (Clayton, 2020). The changing pattern of climate all around the world is becoming unpredictable, especially the impact on the quality of life, causing people to face various atrocities, such as mental health issues, displacement, and migration. A study showed the

negative mental health impact due to climate-induced forced migration among people in Kuttanad, Kerala, which revealed a need for mental health intervention (Thomas et al., 2025).

There are different communities that have been directly and indirectly affected by the natural hazards that have happened as a part of climate change. Many of them lost their homes, their loved ones, and their sources of income, all of which led to a state of despair and disrupts their mental well-being. A sudden, unpredictable change in their lives can have lifelong effects, especially for small children who may experience it as a traumatic incident, which will potentially lead to different psychological issues. This is evident from the studies that the population that has faced weather events like floods, pollution, cyclones, and tsunamis experiences a high prevalence of mental health problems like PTSD, anxiety, and depression (Tripathi et al., 2026). The studies further reveal that the people who are affected by floods more than once showed the highest level of learned helplessness when compared with the people who face it once in their lives (Joy et al., 2021).

Natural disasters have become an increasingly frequent and ongoing phenomenon globally, and the growing incidence of these events has intensified public awareness of climate change as a significant threat. These disasters are not merely natural occurrences; rather, they are largely driven by human-induced environmental changes. A study on global climate change as a threat found that a majority of people—67% across 25 countries—perceive climate change as a

major threat (Poushter et al., 2025). Society must move beyond merely recognizing climate change as a threat and actively engage in efforts to mitigate its causes and adapt to its consequences.

Climate Change Anxiety

Anxiety is considered a future-oriented, long-acting response broadly focused on a diffuse threat (American Psychological Association, 2018). Climate anxiety is the anxiety associated with perceptions about climate change, even among people who have not personally experienced any direct impacts (Clayton, 2020). Climate change anxiety is “a more clinically significant ‘anxious’ response to climate change” (Clayton & Karazsia, 2020). Climate anxiety is a growing psychological phenomenon linked to the increasing awareness of the environmental crisis caused by climate change (Hanife et al., 2025).

Climate change-induced anxiety can affect individuals both positively and negatively. A previous research suggests that climate anxiety was negatively associated with pro-environmental behaviour (Qin et al. 2024). While heightened anxiety is generally seen as harmful, in some cases it can motivate pro-environmental behaviours. If these actions, in turn, help reduce the anxiety itself, this cycle can be considered a positive outcome—promoting change without leading to significant psychological distress. Studies based on these have also been conducted, and they indicate that the individuals have a moderate level of climate anxiety when compared with the people who show very little climate change anxiety and tend to

engage in more pro-environmental behaviours (Coates et al., 2024).

Pro-Environmental Behaviour

Pro-environmental behaviour (PEB) is a multi-dimensional construct considering a range of behaviours that benefit the natural environment, enhance environmental quality, or harm the environment as little as possible (Larson et al., 2015). Pro-environmental behaviour, a form of prosocial behaviour that ultimately benefits all humanity, is essential for addressing climate change (Klein et al., 2021). The environmentally friendly actions or behaviour help in stopping the impact caused by humankind to some extent. A study conducted by Tripathi et al. (2026) shows that weather events can foster positive mental health outcomes like resilience, pro-environmental behaviour, appreciation for life, and post-traumatic growth after post-weather events. In the current scenario, this world will only be sustainable for future generations if we take such actions at the right time. A previous study on the positive attitude towards climate change and social support to act on climate change showed a positive link to pro-environmental behaviour (Abdelwahed et al., 2022). Promoting eco-friendly behaviours such as properly disposing of and recycling plastic instead of burning it, reducing the use of body sprays, and correctly managing e-waste, etc., needs to become a habit for every individual.

Small positive actions from many people can collectively lead to significant change.

Self-Efficacy

The general self-efficacy assesses the strength of an individual's belief in his

or her ability to respond to novel situations and to deal with any associated obstacles or setbacks (Schwarzer, & Jerusalem, 2010). Self-efficacy is generally considered domain-specific; individuals may hold stronger or weaker efficacy beliefs across different areas of functioning, for these beliefs to lead to successful action, the associated expectancies must be realistic, unrealistically high self-efficacy can result in risky behaviours, while appropriately calibrated self-efficacy enhances goal attainment, furthermore, self-efficacy is inversely related to psychological conditions such as anxiety and depression, serving as a protective factor and a valuable resource for coping with stress (Schwarzer, 2014, pp. ix–xi). People's confidence in their actions leading to desired outcomes will encourage them to take steps towards the mitigation of climate change issues, which can further enhance environmentally friendly behaviours. A previous study shows that efficacy beliefs act as a determinant of climate mitigation, which further increases involvement in pro-environmental behaviour (Vrselja et al., 2024). Self-efficacy thus act as a psychological factor that leads to pro-environmental behaviour, which can further contribute towards sustainable development (Priya & Thenmozhi, 2021). When they adopt eco-friendly behaviours, it represents a meaningful step forward for humanity.

Optimism

Optimists are people who tend to hold positive expectations for their future (Scheier et al., 1994). Scheier and Carver (2018) defined “dispositional optimism” as the “generalized, relatively stable tendency to expect good outcomes across important

life domains.” An optimistic person consistently anticipates positive outcomes, maintains a positive attitude, exhibits confidence, and expects fortunate circumstances when confronted with adversities. This consistently aids in preserving optimal mental and physical health for individuals, thereby enhancing their capacity to function actively and energetically. A recent study shows a positive association with general optimism and climate action intentions (Kim & Kim, 2026). When such a person engages in environmentally friendly behaviours, driven by confidence in their action, which leads to a positive future outcome, they can significantly contribute to the creation of a sustainable future. A study conducted on experimentally induced state optimism showed a positive connection that contributed to pro-environmental behaviour (MacKinnon et al., 2022).

Significance of the Study

The evolving climate patterns with potential consequences constitute a significant challenge to humanity in the current context. Kerala experienced one of the most severe landslides in the Chooralmala and Mundakkai villages in the Wayanad district, caused by heavy monsoon rain, which killed nearly 300 people, injured hundreds, and displaced over 10,000 people on the night of July 29 and 30, 2024 (Athira, 2025).

Climate change, largely driven by environmentally disruptive human activities, poses a growing threat to daily life. Fluctuating climate patterns not only lead to physical environmental degradation but also contribute to psychological impacts, such as climate-related anxiety. This form of distress is especially

pronounced among vulnerable populations and individuals who are particularly concerned about environmental issues (Sarun et al., 2018). As climate-related events become more frequent and severe, mental health consequences are emerging as a critical area that needs to be explored further. Although climate change may not be entirely preventable through human actions alone, promoting sustainable behaviours can significantly aid in mitigation efforts. Furthermore, limited research has been conducted on this combination of variables in the context of Kerala, which could provide region-specific insights. Understanding the psychological impact of climate change and the psychological factor which is associated with environmentally responsible behaviour and intentions is essential for developing effective strategies that support both ecological sustainability and mental well-being.

Research Question

The current study aims to examine the influence of climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala.

Objectives

1. To study the relationship between climate change anxiety and pro-environmental behaviour among young adults of Kerala.
2. To study the relationship between self-efficacy and pro-environmental behaviour among young adults of Kerala.
3. To study the relationship between optimism and pro-environmental behaviour among young adults of Kerala.
4. To study the difference between men and women on climate change anxiety among young adults of Kerala.
5. To study the difference between men and women based on optimism among young adults of Kerala.
6. To study the difference between men and women based on self-efficacy among young adults of Kerala.
7. To study the difference between men and women based on pro-environmental behaviour among young adults of Kerala.

Hypothesis

- H₀1. There is no significant relationship between climate change anxiety and pro-environmental behaviour among young adults of Kerala.
- H₀2. There is no significant relationship between pro-environmental behaviour and self-efficacy among young adults of Kerala.
- H₀3. There is no significant relationship between pro-environmental behaviour and optimism among young adults of Kerala.
- H₀4. There is no significant difference between men and women on climate change anxiety among young adults of Kerala.
- H₀5. There is no significant difference between men and women on optimism among young adults of Kerala.
- H₀6. There is no significant difference between men and women on self-efficacy among young adults of Kerala.
- H₀7. There is no significant difference between men and women on pro-environmental behaviour among young adults of Kerala.



METHOD

Sample and Sampling

The current study was conducted on young adults (n=106), including both men and women aged from 18 to 27 years. The mean age of the participants was 23.1 years, and out of these, there were 53 men and 53 women. Purposive sampling method was used to select participants.

The sample for this study includes young adults who are native to Kerala and currently residing in the state. Individuals who identify with other gender identities or those who have been clinically diagnosed with a psychological disorder are excluded from the study.

Operational Definitions

Climate Change Anxiety Climate change anxiety is “a more clinically significant ‘anxious’ response to climate change” (Clayton & Karazsia, 2020). Climate anxiety is the anxiety associated with perceptions about climate change, even among people who have not personally experienced any direct impacts (Clayton, 2020).

Pro-Environmental Behaviour

Pro-environmental behaviour (PEB) is a multi-dimensional construct considering a range of behaviours that benefit the natural environment, enhance environmental quality, or harm the environment as little as possible (Larson et al., 2015).

Self-Efficacy

Self-efficacy assesses the strength of an individual's belief in his or her own ability to respond to novel or difficult situations and to deal with any associated obstacles or setbacks (Schwarzer, & Jerusalem, 1995).

Optimism Optimists are people who tend to hold positive expectations for their future (Scheier et al., 1994).

Tools

1. Socio-Demographic Sheet

The primary data will be collected using a socio-demographic sheet developed by the researcher. This sheet includes information such as gender, age, employment status, socio-economic status, and residence.

2. The Climate Change Anxiety Scale (CCAS ; Clayton & Karazsia, 2020)

The Climate Change Anxiety Scale (CCAS) is a 13-item Likert-format scale that measures the anxiety caused due to climate change with a 5-point scale ranging from 1 (never) to 5 (almost always). The scale is divided into two subscales: the Cognitive-Emotional Impairment subscale, which consists of items 1-8. The first four items assess how climate change affects concentration and emotional states, while items 5 to 8 examine the degree to which thoughts about climate change are viewed as unhealthy. The second subscale, Functional Impairment, includes items 9 to 13 and evaluates whether emotions related to climate change interfere with daily activities (Hussein et al., 2023). A person with a high climate change anxiety score falls within the range of 48–64, moderate anxiety ranges from 31–47, and low anxiety ranges from 13–30 (Hussein et al., 2023). The climate change anxiety scale has a high reliability rating with an internal consistency of .96 and .93.

3. Pro-Environmental Behaviour Scale (PEB ; Larson et al., 2015)

Pro-Environmental Behaviour Scale (PEB) is a 13-item Likert-format

scale with a 5-point scale ranging from 1(never) to 5(very often). The scale consists of four behavioral domains: Conservation Lifestyle ($\alpha = 0.786$), which includes three items (11–13); Land Stewardship ($\alpha = 0.638$), consisting of three items (8–10); Social Environmentalism ($\alpha = 0.782$), comprising three items (1, 2, and 7); and Environmental Citizenship ($\alpha = 0.839$), which includes four items (3–6). Pro-environmental behavior scores are categorized as high (4 to 5), moderate (around 3), and low (1 to 2). The value given represents the average scores. A higher score indicates increased pro-environmental behavior. The pro-environmental behavior scale has a good reliability rating with an internal consistency of 0.82.

4. General Self-Efficacy Scale (GSE ; Schwarzer, & Jerusalem, 1995)

General Self-Efficacy Scale (GSE) is a 10-item Likert-format scale with a 4-point scale ranging from 1(not at all true) to 4(exactly true). The general self-efficacy scale is associated with emotion, optimism, and job satisfaction. Depression, stress, health issues, burnout, and anxiety all had negative correlation coefficients. The total score ranges from 10 to 40 and is calculated by summing all the items. A higher score indicates strong self-efficacy. The internal consistency of the general self-efficacy scale ranges between .76 and .90.

5. Life Orientation Test-Revised (LOT-R ; Scheier et al., 1994)

Life Orientation Test-Revised (LOT-R) is a 10-item Likert-format scale (including 4 filler items) with a 5-point scale ranging from 0 (strongly disagree) to

4(strongly agree). The LOT-R was designed to assess optimism. The revised scale eliminated two items that focused on coping style rather than optimistic hopes for future results. Of the 6 scored items, 3 are positively and 3 negatively worded. Negatively worded items (3, 7, and 9) are reverse coded. All six responses (including Items 1, 4, and 10) are summed for an overall optimism score, ranging from 0 to 24. A higher score indicates greater dispositional optimism. The correlation between the revised and original scales is .95. The internal consistency of life orientation scale is .78 with good test-retest reliability.

Procedure

The participants in this study were chosen using the purposive sampling method. All the participants are informed about the nature of the study and are assured of confidentiality. The participation is voluntary, and no financial rewards were awarded. The participants were provided with the questions, and they are classified based on four variables: climate change anxiety, pro-environmental behavior, self-efficacy, and optimism. Data is collected through Google Forms among young adults aged 18-27, and assistance is provided by the researcher when one finds it difficult to follow the instructions of the questionnaire.

Data Analysis

Descriptive statistical analysis was used to test the null hypothesis according to the nature of the data.

The study included mean and standard deviation; the Spearman's rank correlation coefficient was utilized to examine the relationship between variables and Mann-Whitney U test is used to

analyze the gender difference in the variables. The SPSS software is used for the analyses.

The normality of the data was investigated using the Shapiro-Wilk Test, and the results indicated that the data were not normally distributed. Climate change

anxiety, pro-environmental behavior, and self-efficacy all had p-values < 0.05 , indicating a non-normal distribution. In contrast, the p-value for optimism was 0.070, which is above the 0.05 threshold and suggests no significant evidence against normality.

RESULT AND DISCUSSION

Table 1 Mean and standard deviations of climate change anxiety, pro-environmental behaviour, self-efficacy and optimism among young adults by gender.

		Male (N=53)		Female (N=53)			
		M	SD	M	SD	M	SD
Climate Change Anxiety		22.66	7.408	22.17	8.253	22.42	7.808
Pro-Environmental Behaviour		28.08	9.645	26.94	9.220	27.51	9.407
Self-efficacy		25.92	6.424	25.21	5.782	25.57	6.093
Optimism		12.34	2.954	11.77	2.342	12.06	2.668

To find the relationship between climate change anxiety, self-efficacy, optimism and pro-environmental behavior

among young adults of Kerala, Spearman's Rank Correlation test was carried out.

Table 2 Spearman's Rank Correlation Coefficient between climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala

		PEB
Climate Change Anxiety	Spearman's rho	0.332***
	p-value	<.001
Self-Efficacy	Spearman's rho	0.283**
	p-value	0.003
Optimism	Spearman's rho	0.217*
	p-value	0.026

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 2 presents the Spearman's Rank Correlation Coefficient between climate change anxiety, self-efficacy, optimism and pro-environmental behavior among young adults of Kerala. From the

result table, it indicates that the climate change anxiety and pro-environmental behavior is highly statistically significant, $\rho (106) = 0.332$, $p < .001$ and has a moderate positive correlation. The

self-efficacy and pro-environmental behaviors is statistically significant $\rho(106) = 0.283$, $p < .01$ and has a weak positive correlation and the optimism and pro-environmental behavior shows statistical significant, $\rho(106) = 0.217$, $p < .05$ and has a weak positive correlation. Thus the null hypothesis H_{01} , H_{02} and H_{03} is rejected.

To analyze gender differences in climate change anxiety, self-efficacy, optimism and pro-environmental behavior among young adults in Kerala, the Mann-Whitney U test was conducted. This test compares males and females to determine whether significant differences exist between the two groups.

Table 3 Mann-Whitney U Test comparing the differences between males and females in climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala. Independent Samples T-Test

	p
Climate Change Anxiety	0.556
Optimism	0.383
Self-Efficacy	0.719
Pro-Environmental Behaviour	0.602

Note. $H_a \mu_1 \neq \mu_2$

DISCUSSION

Table 3 shows the Mann-Whitney U Test comparing gender difference gender differences between the males and females in climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala. The total number of participants included 106 out of which 53(50%) were men, 53(50%) were women. The result table indicates that there is no significant differences between males and females in on climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala. Hence all the null hypotheses H_{04} , H_{05} , H_{06} , and H_{07} are accepted.

The purpose of the study was to examine the relationship of climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala. The statistical techniques, such as frequency and percentage, and the Spearman's correlation coefficient were used to analyze the acquired data. The hypothesis put forward to meet this objective is that there is no significant relationship between climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala and there is no significant gender difference on climate change anxiety, self-efficacy, optimism and pro-environmental behavior. Based on

the analysis, the null hypothesis that there is no significant relationship between climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour is rejected. This indicates that climate change anxiety, self-efficacy, and optimism each have a statistically significant relationship with pro-environmental behavior among young adults in Kerala. Similarly, no significant gender differences were found in these variables in relation to pro-environmental behavior among young adults in Kerala, leading to the acceptance of that null hypothesis.

The results show that climate change anxiety is significantly correlated with pro-environmental behavior. The findings suggest that individuals who are anxious about climate change are more likely to engage in environmentally friendly actions. Coates, Kelly, and Brown (2024) studied the relationship between pro-environmental behavior and climate anxiety, and the findings showed that individuals with a moderate level of climate anxiety engaged in more pro-environmental behaviors than those with either low or high levels of anxiety. This further supports the result.

Additionally, a statistically significant relationship was found between self-efficacy and optimism with pro-environmental behaviour. Among all three variables, climate change anxiety showed moderate positive correlation with pro-environmental behaviour, and the result shows consistency with a recent study conducted among residents of Delhi NCR, which reported an overall moderate positive correlation between climate change anxiety & different dimensions of

pro-environmental behaviour (Thukral & Singh 2026). However, the current result differs from a previous study conducted on climate change perception, climate change anxiety & pro-environmental behaviours of tertiary students, which found a strong positive correlation between climate change anxiety and pro-environmental behaviour (Fuentes, 2024). The differences obtained in the study can be attributed to the age variations, region-specific influences and students are introduced to environmentally related topics in their academic curriculum, which can also influence the study. If there is an increase in climate change-related anxiety, it can also lead to weakened pro-environmental behaviour, and this can also be the reason for the moderate correlation (Qin et al. 2024). The variables self-efficacy and optimism showed a weak positive correlation with pro-environmental behaviour. The previous study conducted on self-efficacy and pro-environmental behaviour among school students also showed a weak positive correlation with pro-environmental behaviour, which is consistent with the current study's results (Priya & Thenmozhi, 2021). A previous study conducted on experimentally induced state optimism shows a moderate-to-weak correlation with pro-environmental behaviour, which is partially consistent with the current study (MacKinnon et al., 2022). The weak correlation obtained may be due to the fact that the psychological variables self-efficacy and optimism are not sufficient to produce pro-environmental behavioural intentions. Rather, other external factors that contribute to environmental behaviour may also be needed.



These variables act as protective factors for pro-environmental behaviour, which in turn may help reduce climate change-related anxiety through active engagement in eco-friendly actions. Among the psychological factors, self-efficacy and optimism are related to environmentally friendly behaviour, suggesting that an individual's belief in their ability to make a difference and create positive outcomes encourages sustained climate-friendly actions, ultimately contributing to an environmentally sustainable future. Furthermore, the correlation between pro-environmental behaviour and the psychological variables suggests that nature has a significant impact on psychological well-being. Changing climate patterns and the resulting natural hazards may contribute to the development of this relationship. Concerns about the future—such as the well-being of future generations and environmental degradation—can negatively affect sustainable development and influence psychological responses. Moreover, the perceptions of individuals in the sample who have been directly or indirectly affected by such environmental changes may also shape the relationships among these variables.

No significant gender differences were found in climate change anxiety, pro-environmental behaviour, self-efficacy, or optimism among young adults in Kerala; therefore, the null hypothesis was accepted. This suggests that men and women perceive climate change and engage in pro-environmental behaviours similarly. However, this finding may also be influenced by the unequal distribution of samples across

different districts of Kerala, as regional variations in climate impact and perspectives could affect responses. Additionally, sample size limitations might have contributed to these results.

Implications of the study

The current study provides an understanding that psychological factors such as climate change anxiety, self-efficacy, and optimism play a significant role in promoting pro-environmental or environmentally friendly behavior. The study reveals that young adults in Kerala exhibit pro-environmental behaviour, which can be further strengthened through awareness campaigns and educational initiatives. Creating youth groups focused on environmental action can also encourage more people to participate, fostering greater community engagement and long-term environmental responsibility. The insight from the study can be addressed with the policy makers, environmental organizations, and the authorities, where they can implement different programs and interventions based on the environmental related activities. The findings suggest that integrating climate education and emotional coping strategies into school and university curricula, which is relevant in the current scenario, could enhance young people environmental and climate related knowledge and also foster long-term environmental commitment. Collaboration between mental health experts, environmental educators, and localized support to address climate-related distress in youth through the promotion of hope, self-efficacy, and environmental stewardship as part of broader mental wellness initiatives.

Limitations

- As it is a time-limited study, it has some limitations, which are mentioned below.
- Due to time constraints, the sample size was limited, and participants were not evenly distributed across all districts of Kerala.
- The uneven sampling limits the generalizability of the results to other regions or populations.
- Data collection was conducted through an online platform (Google Forms), which may have introduced response bias or disengagement, as participants might not have fully understood the questions or answered them thoughtfully.
- The age range of participants was restricted to 18–27 years, making it difficult to generalize the findings to other age groups.

Suggestions

Although the current study focuses on young adults—due to their critical role in building an eco-friendly community for a sustainable future—it is important to recognize that future studies should also consider other populations to gain a broader perspective. Based on the prior studies of variables like climate change anxiety and pro-environmental behavior, there is a need for cross-cultural studies, especially in the countries that are more vulnerable to natural disasters.

CONCLUSION

A substantial association was found between the key variables in this study regarding pro-environmental behavior as a result of unpredictable climatic changes. The study specifically focused on the roles of the climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala. This was a correlational study that employed descriptive statistics and used a purposive sampling method, including both male and female participants. The study also considered several other socio-demographic factors, which were collected at the beginning of the questionnaire. Data were collected via an online Google Form. The study employed standardized measures for pro-environmental behaviour, climate change anxiety, self-efficacy, and optimism.

From the results obtained through data analysis, it can be concluded that pro-environmental behavior is positively correlated with climate change anxiety, self-efficacy, and optimism. That is, there is a significant relationship between climate change anxiety and pro-environmental behavior, there is a significant relationship between self-efficacy and pro-environmental behavior and there is a significant relationship between optimism and pro-environmental behavior.



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Gratitude and Coping Mechanisms: Mediating Role of Happiness Orientation among Emerging Adults

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ABSTRACT

Gratitude, happiness orientation, and coping mechanisms are important constructs within positive psychology that contribute to psychological well-being and adaptive functioning among emerging adults. The present study aimed to examine the relationships among gratitude, happiness orientation, and coping mechanisms, as well as the mediating role of happiness orientation in the relationship between gratitude and coping mechanisms among emerging adults. The study employed a quantitative research design and included a sample of 126 college students (63 males and 63 females) from colleges in Kozhikode district, Kerala. Data were collected using the GRAT 16-Item Scale, the Orientation to Happiness Scale, and the Brief COPE Scale. The findings revealed significant positive relationships between gratitude and happiness orientation, gratitude and coping mechanisms, and happiness orientation and coping mechanisms. Significant gender differences were observed in gratitude and happiness orientation, with female students reporting higher levels than male students. However, no significant gender difference was found in coping mechanisms. Mediation analysis further revealed that happiness orientation significantly mediated the relationship between gratitude and coping mechanisms, indicating that gratitude contributes to better coping through fostering a stronger orientation toward happiness. The findings highlight the importance of gratitude and happiness orientation as positive psychological resources that promote adaptive coping among emerging adults. The study has implications for mental health professionals, educators, and counsellors in developing interventions aimed at enhancing psychological well-being and resilience among young adults.

Key Words – *Gratitude, Happiness Orientation, Coping Mechanisms, Emerging Adults, Mediation, Positive Psychology*

Emerging adulthood is a distinct developmental stage that occurs between

adolescence and adulthood, typically spanning the late teens through the

twenties (Arnett, 2000). This period is particularly relevant among college students, who are engaged in higher education, career planning, relationship formation, and identity development. According to Arnett (2000), emerging adulthood is characterized by increased independence from parents and caregivers without the complete assumption of enduring adult responsibilities. As individuals transition toward adulthood, they gain greater autonomy in making decisions about education, employment, relationships, and lifestyle while continuing to explore various possibilities before making long-term commitments.

Gratitude

McCullough, Emmons, and Tsang (2002) defined gratitude as a generalized tendency to recognize and respond with appreciation to the benevolence of others and the positive aspects of life. Similarly, Emmons and McCullough (2003) described gratitude as the recognition that one has obtained a positive outcome and the acknowledgment that external sources have contributed to that outcome. These definitions emphasize both cognitive and emotional components of gratitude. The cognitive aspect involves recognizing the value of benefits received, whereas the emotional component reflects feelings of appreciation, thankfulness, and acknowledgment.

According to Seligman and Csikszentmihalyi (2000), positive psychology seeks to understand the conditions that allow individuals to flourish and lead meaningful lives. Gratitude aligns closely with this objective because it encourages individuals to focus on positive experiences, recognize sources of support, and cultivate appreciation for

life's benefits. Rather than denying difficulties or hardships, gratitude enables individuals to acknowledge positive aspects of their lives even in the presence of challenges. Research within positive psychology has consistently demonstrated that gratitude contributes to various indicators of well-being. Individuals who frequently experience gratitude tend to report greater life satisfaction, higher levels of positive affect, stronger interpersonal relationships, and increased psychological resilience.

The importance of gratitude within positive psychology extends beyond individual well-being. Gratitude fosters prosocial behaviour, empathy, compassion, and cooperation, thereby contributing to healthier interpersonal relationships and stronger communities. Consequently, gratitude is viewed not only as a personal strength but also as a social resource that promotes collective well-being.

Happiness Orientation

Happiness orientation, as defined by Peterson, Park, and Seligman (2005), is the orientations to happiness as the different routes through which individuals seek fulfilment and well-being. Happiness orientation refers to an individual's preferred way of pursuing and experiencing happiness. It reflects the goals, values, and motivations that guide behaviour toward achieving well-being. While some individuals primarily seek pleasure and enjoyment, others may derive happiness from engagement in meaningful activities, personal growth, or contributions to society. Happiness orientation therefore represents a relatively stable tendency that influences how individuals define, seek, and experience happiness in their daily lives.

Pathways to Happiness

One of the most influential contributions to the study of happiness orientation is the identification of multiple pathways through which happiness can be achieved. Peterson et al. (2005) proposed three primary orientations to happiness: the pleasant life, the engaged life, and the meaningful life.

The Pleasant Life

The pleasant life is rooted in the pursuit of positive emotions, pleasure, enjoyment, and comfort.

The Engaged Life

The engaged life involves achieving happiness through deep involvement in activities that fully capture an individual's attention and abilities.

The Meaningful Life

The meaningful life involves pursuing happiness through purpose, values, and contributions to something larger than oneself. Additionally, happiness orientation influences how individuals interpret life events and manage challenges. Those who view difficulties as opportunities for growth and learning may be better equipped to cope with adversity than those whose happiness depends solely on pleasurable experiences. Consequently, happiness orientation represents an important psychological resource that contributes to both well-being and adaptive functioning.

Coping Mechanisms

Lazarus and Folkman (1984) defined coping as constantly changing cognitive and behavioral efforts used to manage specific external and internal demands that are perceived as taxing or exceeding an individual's resources. Similarly, Carver, Scheier, and Weintraub

(1989) described coping as the collection of cognitive and behavioral strategies individuals employ to manage stress and regulate emotional responses. These strategies may be directed toward solving problems, managing emotions, seeking support, or avoiding distressing situations. Coping mechanisms therefore represent an important means through which individuals maintain psychological equilibrium in the face of challenges.

Effective coping enables individuals to maintain emotional balance, solve problems, and continue functioning despite adversity. Coping is influenced by multiple factors, including personality characteristics, cognitive appraisals, emotional resources, social support, cultural norms, and previous experiences.

Types of Coping Mechanisms

Problem-focused coping involves efforts directed toward addressing the source of stress. Individuals using this approach attempt to modify, eliminate, or manage the situation causing distress. Strategies may include gathering information, generating solutions, making plans, seeking practical assistance, or taking direct action. Emotion-focused coping involves efforts aimed at managing emotional reactions to stressful situations rather than changing the stressor itself. These strategies help individuals regulate feelings such as anxiety, sadness, frustration, or anger. Common emotion-focused coping strategies include emotional expression, acceptance, positive reinterpretation, relaxation techniques, mindfulness, seeking emotional support, and cognitive reframing.

Approach coping refers to efforts that involve confronting stressors directly

and actively engaging with challenges. Individuals employing approach coping acknowledge problems, seek information, generate solutions, and address difficulties constructively. Examples include planning, seeking support, cognitive restructuring, problem-solving, and acceptance

Avoidance coping involves efforts to evade, ignore, or withdraw from stressful situations. Individuals may attempt to distract themselves, deny the existence of problems, procrastinate, or disengage from challenging circumstances. Research has linked excessive avoidance coping to psychological distress, anxiety, depression, and reduced well-being.

Adaptive coping refers to strategies that promote adjustment, resilience, and psychological well-being. Examples include problem-solving, positive reframing, acceptance, seeking social support, planning, emotional regulation, and constructive self-reflection.

Maladaptive coping refers to strategies that may provide temporary relief but ultimately interfere with adjustment and functioning. Examples include denial, excessive avoidance, self-blame, behavioural disengagement, rumination, aggression, and substance use.

The developmental tasks of emerging adulthood often require individuals to develop greater autonomy, emotional regulation, and problem-solving abilities. Effective coping mechanisms support successful navigation of these challenges and contribute to psychological adjustment. Conversely, ineffective coping may increase vulnerability to stress, anxiety, and emotional difficulties. Research indicates that emerging adults who employ adaptive coping strategies

generally demonstrate higher levels of resilience, life satisfaction, and psychological well-being. Positive coping behaviours may therefore serve as important protective factors during this developmental period.

Need and Significance

Emerging adulthood is a developmental period marked by academic pressures, career-related uncertainties, changing social relationships, and increasing responsibilities. These challenges can generate significant stress, making it important to identify factors that promote adaptive coping and psychological well-being. The present study addresses this need by examining gratitude, happiness orientation, and coping mechanisms within a positive psychology framework.

The study is significant because it investigates not only the relationships among these variables but also the mediating role of happiness orientation in the relationship between gratitude and coping mechanisms. Examining this mediational pathway contributes to a deeper understanding of the psychological processes through which gratitude may promote adaptive coping. Theoretically, the findings may enhance understanding of how positive psychological resources facilitate adjustment and resilience.

The study also has practical significance. If gratitude and happiness orientation are associated with adaptive coping, they may serve as important targets for interventions aimed at enhancing student well-being. The findings may assist educators, counsellors, and mental health professionals in developing programs that foster gratitude,

promote positive orientations toward happiness, and strengthen coping resources among college students.

Furthermore, the study examines gender differences in gratitude, happiness orientation, and coping mechanisms, contributing to a better understanding of individual variations in psychological functioning. It is also relevant in the Indian context, where research examining these variables together remains limited.

Objectives

1. To examine the relationship between gratitude and happiness orientation among college students.
2. To examine the relationship between gratitude and coping mechanisms among college students.
3. To examine the relationship between happiness orientation and coping mechanisms among college students.
4. To assess gender differences in gratitude among college students.
5. To assess gender differences in happiness orientation among college students.
6. To assess gender differences in coping mechanisms among college students.
7. To assess the mediational role of happiness in the relationship between gratitude and coping mechanisms among college students.

METHOD

Participants

The study included emerging adults aged between 18 and 25 years. Both male and female students were considered for participation in the study. Participants were selected from various colleges within Kozhikode District, Kerala, to obtain a diverse sample of young adults from

different academic disciplines and backgrounds. The total sample consisted of 126 participants, including 63 males and 63 females.

Inclusion Criteria

- Emerging adults from college aged 18 to 25 years.
- Students currently enrolled in colleges within Kozhikode District, Kerala.
- Both male and female students were included in the study.
- Participants who were able to read and comprehend the questionnaire items in the language administered.
- Participants who voluntarily agreed to participate and provided informed consent.

Exclusion Criteria

- Individuals below 18 years or above 30 years of age.
- Individuals who were not currently enrolled in a college or higher education institution.
- Participants who failed to complete all the questionnaires or provided incomplete responses.
- Participants who did not provide informed consent for participation.
- Individuals who were unable to understand the questionnaire items adequately, which could affect the accuracy of their responses.

Measures Used

1. Gratitude, Resentment, and Appreciation Test (GRAT)

The Gratitude, Resentment, and Appreciation Test (GRAT) was developed

by Watkins, Woodward, Stone, and Kolts in 2003 as a multidimensional measure of dispositional gratitude, grounded in the conceptualisation of gratitude as a broader life orientation rather than a simple emotional response. The short form consists of 16 items organised across three subscales: resentment, which captures a sense of being deprived or treated unfairly by life; simple appreciation, which reflects the tendency to appreciate small pleasures and everyday experiences; and appreciation for others, which measures gratitude directed toward the people in one's life. Items are rated on a nine-point Likert scale, and the resentment subscale is reverse-scored, reflecting the authors' view that the absence of resentment is a meaningful component of a grateful disposition. The scale was designed to capture gratitude as a stable personality trait with cognitive, emotional, and social dimensions.

Reliability. Watkins et al. (2003) reported high internal consistency, with Cronbach's alpha coefficients of .83 for the full short-form scale, and satisfactory reliability across individual subscales. Test-retest reliability has also been supported over moderate time intervals, reflecting appropriate temporal stability for a dispositional measure.

Validity. Convergent validity has been established through significant positive correlations with life satisfaction, positive affect, subjective well-being, and other gratitude measures such as the GQ-6, while discriminant validity is evidenced by negative associations with depression, envy, and hostile affect. The inclusion of the resentment subscale is a notable psychometric strength, as it captures a

dimension of ungrateful thinking not assessed by other gratitude instruments.

2. Orientations to Happiness Scale (OTH)

The Orientations to Happiness (OTH) scale was developed by Christopher Peterson, Nansook Park, and Martin Seligman in 2005, grounded in Seligman's authentic happiness theory, which identifies three distinct pathways through which individuals pursue a fulfilling life: pleasure, engagement, and meaning.

The scale consists of 18 items divided equally into three six-item subscales, with each subscale corresponding to one orientation - the hedonic pursuit of positive emotions, the eudaimonic experience of deep absorption and flow in activities, and the pursuit of purpose through connection to something larger than oneself. Items are rated on a five-point Likert scale, and the scale was designed within the positive psychology tradition to move beyond simplistic hedonic definitions of happiness toward a richer, virtue-informed understanding of human flourishing.

Reliability. Peterson et al. (2005) reported Cronbach's alpha coefficients of .82 for the pleasure subscale, .76 for engagement, and .81 for meaning, reflecting adequate to good internal consistency across all three dimensions. The three-factor structure has been replicated across multiple international samples, supporting the cross-cultural robustness of the theoretical model, though moderate intercorrelations between the engagement and meaning subscales have been noted in some studies.

Validity. Criterion validity has been demonstrated through significant positive

associations between all three subscales and life satisfaction, with the meaning orientation consistently emerging as the strongest predictor of subjective well-being across diverse adult populations.

3. Brief COPE

The Brief COPE was developed by Charles S. Carver in 1997 as an abbreviated version of the original COPE inventory, designed to measure the coping strategies individuals employ in response to stress.

The scale consists of 28 items organized into 14 two-item subscales, each capturing a distinct coping response such as active coping, planning, positive reframing, acceptance, self-blame, and behavioral disengagement, among others. Respondents rate each item on a four-point Likert scale based on how frequently they engage in each behavior when facing a difficult situation. Its flexibility allows it to be framed as either a dispositional measure of general coping tendencies or a situational measure targeting responses to a specific stressor, making it one of the most widely used coping inventories in psychological research.

Reliability. Internal consistency coefficients reported by Carver (1997) ranged from .50 to .90 across the 14 subscales, with approach-oriented subscales such as active coping and positive reframing yielding higher alpha values compared to avoidant subscales. While the two-item format of each subscale limits maximum reliability, the scale's factor structure has been consistently supported across diverse samples, broadly resolving into approach and avoidant coping dimensions.

Validity. Convergent validity has been established through meaningful associations with related constructs, including neuroticism, optimism, perceived stress, and psychological well-being across clinical and non-clinical populations.

Procedure For Data Collection

Data collection for the present study was conducted through direct administration of questionnaires among emerging adults aged 18 to 25 years in various colleges located within Kozhikode District, Kerala. Prior to data collection, permission was obtained from the respective college authorities to approach students for participation in the study. Participants were selected using a convenience sampling method based on the inclusion criteria established for the research.

Before participation, each student was provided with a detailed explanation regarding the purpose of the study, the nature of their participation, and their rights as participants. They were informed that participation was entirely voluntary and that they could withdraw from the study at any stage without any negative consequences. Participants were also assured that the information provided would be kept confidential and used solely for academic and research purposes.

After obtaining informed consent, the questionnaires were administered by the researcher in person. The assessment battery consisted of a demographic information sheet, the Gratitude Resentment and Appreciation Test (GRAT), the Orientation to Happiness Scale (OHS), and the Brief COPE Inventory. Participants were instructed to

read each item carefully and respond honestly based on their experiences and perceptions. Adequate time was provided for completing the questionnaires, and any queries regarding the instructions were clarified by the researcher. Upon completion, the questionnaires were collected, checked for completeness, and prepared for statistical analysis.

Statistical Analyses

Descriptive statistics were used to summarize and interpret the data through measures such as mean and standard deviation. Independent samples t-tests were conducted to examine gender differences in gratitude, happiness orientation, and coping mechanisms by comparing the mean scores of male and female participants. Pearson's product-moment correlation was employed to assess the strength and direction of the relationships among gratitude, happiness orientation, and coping mechanisms.

Statistical analyses, including descriptive statistics, Pearson's correlation, and independent samples t-tests, were conducted using SPSS. In addition, mediation analysis was performed using Jamovi to examine whether happiness orientation mediated the relationship between gratitude and coping mechanisms. The results were interpreted based on the predetermined level of statistical significance.

RESULT AND DISCUSSION

The analysis focuses on three key areas: (1) gender differences in gratitude and happiness orientation in coping mechanisms of emerging adults, (2) the relationship between gratitude and coping mechanisms of emerging adults, (3) the relationship between happiness orientation and coping mechanisms of emerging adults.

Table 1 Summary of relationship between gratitude and happiness orientation among emerging adults.

		Pleasure	Engagement	Meaningful	Happiness Orientation
	Pearson Correlation	.299**	.322**	.353**	.395**
Grat	Sig. (2-tailed)	.001	.000	.000	.000
itude	N	126	126	126	126

** Correlation is significant at the 0.01 level (2 tailed).

The table shows a correlation coefficient of 0.395 is statistically significant. This means the result is considered meaningful and not likely due to chance. The study found a moderate positive correlation between gratitude and happiness orientation ($r = .395$, $p < .001$)

among emerging adults, indicating that individuals with higher levels of gratitude tend to exhibit a stronger orientation toward happiness. This suggests that gratitude plays a significant role in shaping how individuals pursue and experience happiness. Students who frequently

acknowledge and appreciate positive aspects of their lives may be more inclined toward adaptive happiness orientations, such as seeking meaning, engagement, and positive experiences.

Furthermore, gratitude was found to be significantly and positively correlated with all three subdimensions of happiness orientation. A moderate positive correlation was observed between gratitude and pleasure ($r = .299, p < .001$), indicating that individuals with higher gratitude levels are more likely to seek enjoyment and positive experiences in their daily lives. Gratitude was also moderately correlated with engagement ($r = .322, p < .001$), suggesting that grateful individuals tend to become more deeply involved and absorbed in activities. Additionally, gratitude showed a moderate positive correlation with meaning ($r = .353, p < .001$), implying that grateful individuals are more likely to derive purpose and significance from their experiences and relationships.

The positive relationship between gratitude and happiness orientation observed in the present study suggests that individuals with higher levels of gratitude are more likely to pursue happiness through pleasure, engagement, and meaning. This finding is supported by the Orientation to Happiness theory proposed by Peterson, Park, and Seligman (2005),

which conceptualizes happiness as being achieved through three pathways: the pleasant life, the engaged life, and the meaningful life. The significant positive correlations between gratitude and each of these dimensions indicate that gratitude may facilitate a broader and more adaptive approach to attaining happiness.

The present findings are further supported by Jabeen et al. (2022), who reported significant positive relationships among gratitude, happiness, life satisfaction, and life orientation. Their findings suggest that individuals with higher levels of gratitude tend to experience greater happiness and maintain a more positive orientation toward life, thereby providing empirical support for the positive association between gratitude and happiness orientation observed in the present study. Similarly, Witvliet et al. (2019) found that gratitude was a significant predictor of happiness and hope and that gratitude-focused interventions produced increased happiness. These findings indicate that gratitude contributes to positive psychological functioning and fosters attitudes that support the pursuit of happiness. Collectively, these studies suggest that gratitude is associated not only with greater happiness but also with positive orientations toward life that may encourage individuals to seek pleasure, engagement, and meaning.

Table 2 *Summary of relationship between gratitude and coping mechanism among emerging adults.*

		Problem Focused Coping	Emotion Focused Coping	Avoidant Coping	Coping Mechanisms
Gratitude	Pearson Correlation	.376**	.229**	-.063	.227*
	Sig. (2-tailed)	.000	.010	.486	.011
	N	126	126	126	126

* Correlation is significant at the 0.05 level (2 tailed).

The table shows a correlation coefficient of 0.227 is statistically significant. This means the result is considered meaningful and not likely due to chance. The results indicated a statistically significant positive correlation between gratitude and coping mechanisms among emerging adults ($r = .227, p < .05$). Although the strength of the relationship was relatively weak, the finding suggests that individuals with higher levels of gratitude tend to employ more effective coping strategies when dealing with stress and challenges. Gratitude may contribute to a more positive outlook on life, enabling individuals to perceive stressful situations as manageable and to respond in constructive ways. This finding highlights the potential role of gratitude as a psychological resource that supports adaptive coping and resilience in the face of adversity.

Further analysis revealed significant positive correlations between gratitude and specific dimensions of coping. Gratitude demonstrated a moderate positive correlation with problem-focused

coping ($r = .376, p < .001$), indicating that individuals with higher gratitude levels are more likely to adopt active and solution-oriented approaches when confronting difficulties. A significant positive correlation was also observed between gratitude and emotion-focused coping ($r = .229, p < .01$), suggesting that grateful individuals may be more inclined to regulate their emotional responses and seek emotional support during stressful situations. In contrast, gratitude was not significantly related to avoidant coping ($r = -.063, p = .486$), indicating that gratitude does not appear to be associated with strategies characterized by denial, disengagement, or avoidance of stressors. Among the coping dimensions, the strongest relationship was observed between gratitude and problem-focused coping, suggesting that gratitude may be particularly relevant in promoting proactive and adaptive responses to life's challenges.

These findings are consistent with previous research demonstrating a positive association between gratitude and adaptive



coping strategies. The positive correlation between gratitude and coping mechanisms suggests that emerging adults with higher levels of gratitude are more likely to employ constructive strategies when dealing with stress and challenges. Although the relationship between overall gratitude and coping was relatively weak, the significant association indicates that gratitude may serve as an important psychological resource that facilitates effective stress management. The stronger correlation observed between gratitude and problem-focused coping, compared to emotion-focused coping, suggests that grateful individuals may be more inclined to actively address stressors and seek practical solutions rather than avoid or disengage from them.

The findings can also be explained through Fredrickson’s Broaden-and-Build Theory (2001), which proposes that positive emotions broaden an individual's range of thoughts and actions and facilitate

the development of enduring psychological resources. As a positive emotional state, gratitude may broaden cognitive perspectives, enabling individuals to view stressful situations more constructively and identify effective solutions to challenges. Over time, this process may contribute to the development of coping resources that promote resilience and psychological well-being. The findings are further consistent with Lazarus and Folkman’s (1984) Transactional Model of Stress and Coping, which emphasizes the role of cognitive appraisal in determining coping responses.

Grateful individuals may be more likely to appraise stressful situations as manageable and perceive available resources more positively, thereby increasing the likelihood of engaging in problem-focused and adaptive emotion-focused coping strategies.

Table 3 Summary of relationship between Happiness Orientation and Coping Mechanism among emerging adults.

		Coping Mechanisms
Happiness Orientation	Pearson Correlation	.424**
	Sig. (2-tailed)	.000
	N	126

** Correlation is significant at the 0.01 level (2 tailed)

The study found a moderate positive correlation between happiness orientation and coping mechanisms ($r = .424$, $p < .01$) among emerging adults, indicating that individuals with a stronger orientation toward happiness are more likely to utilize effective coping strategies.

This suggests that students who actively seek happiness, through meaningful engagement, positive experiences, or a sense of purpose, are better equipped to handle stress and challenges. Such individuals may be more inclined to adopt adaptive coping strategies, including

problem-solving, positive reframing, and seeking social support, rather than relying on maladaptive responses.

This finding can be understood in relation to the conceptualization of happiness orientation as reflecting different pathways to well-being, such as pleasure, engagement, and meaning (Seligman, 2002). Individuals with a strong orientation toward meaning and engagement are more likely to perceive stressful situations as manageable or

growth-enhancing, which in turn facilitates more adaptive coping. Furthermore, a higher orientation toward happiness may contribute to greater emotional stability and resilience, enabling individuals to regulate their responses to stress more effectively. Therefore, this result highlights the role of happiness orientation as an important psychological factor in promoting healthy coping mechanisms among emerging adults.

Table 4 *Summary of Mean, Standard Deviation and t-value of Gratitude among emerging adults.*

	Mean		Standard Deviation		t	Sig. (2-tailed)
	Male	Female	Male	Female		
Gratitude	92.51	102.65	12.296	13.287	-4.447	.000

This table compares the means, standard deviations and t-value of gratitude among emerging adults. It includes the mean scores of gratitude (Male = 92.51, Female = 102.65), the standard deviations (Male = 12.296, Female = 13.287), the t-value (-4.447), and the significance level (Sig. 2-tailed = .000).

The results of this study indicate a significant gender difference in gratitude, with female students ($M = 102.65$) scoring higher than male students ($M = 92.51$), and the difference being statistically significant ($t = -4.447$, $p < .001$). This suggests that female emerging adults tend to experience or express higher levels of gratitude compared to their male counterparts.

The present study found a significant gender difference in gratitude, with female emerging adults reporting higher levels of gratitude than males. This finding is consistent with previous research suggesting that women tend to experience and express gratitude more frequently than men. For instance, Kashdan, Mishra, Breen, and Froh (2009) found that females generally report greater gratitude and appreciation in interpersonal relationships compared to males. Similarly, Froh, Yurkewicz, and Kashdan (2009) reported higher levels of gratitude among female adolescents and young adults, indicating that gender differences in gratitude may emerge early and persist into adulthood.

The findings may be explained through socialization perspectives, which suggest that females are often encouraged to be more emotionally expressive, relationship-oriented, and appreciative of social support, whereas males may be socialized toward greater independence and emotional restraint. As gratitude is closely linked to recognizing and valuing

benefits received from others, females may be more likely to acknowledge and express grateful feelings. Additionally, gratitude is considered a prosocial emotion that strengthens interpersonal bonds, and women generally place greater emphasis on relational connectedness and social support, which may contribute to higher gratitude levels.

Table 5 Summary of Mean, Standard Deviation and t-value of happiness orientation among emerging adults.

	Mean		Standard Deviation		t	Sig. (2-tailed)
	Male	Female	Male	Female		
Happiness Orientation	10.643	11.625	1.400	1.4080	-3.926	.000

This table compares the means, standard deviations and t-value of happiness orientation among emerging adults. It includes the mean scores of happiness orientation (Male = 10.643, Female = 11.625), the standard deviations (Male = 1.400, Female = 1.4080), the t-value (-3.926), and the significance level (Sig. 2-tailed = .000).

The findings of the study reveal a significant gender difference in happiness orientation, with female students ($M = 11.625$) scoring higher than male students ($M = 10.643$), and the difference being statistically significant ($t = -3.926$, $p < .001$). This indicates that female students tend to have a stronger orientation toward happiness compared to males.

The present study revealed a significant gender difference in happiness orientation, with female emerging adults reporting higher levels of happiness

orientation than their male counterparts. This finding is consistent with the positive psychology literature, which suggests that women often place greater emphasis on emotional experiences, interpersonal relationships, and the pursuit of meaningful and fulfilling life experiences, all of which contribute to happiness orientation.

The findings indicate that female emerging adults may be more likely to seek happiness through pleasure, engagement, and meaning compared to males.

The results can be understood in light of the Orientation to Happiness framework proposed by Peterson, Park, and Seligman (2005), which conceptualizes happiness as being attained through the pursuit of pleasure, engagement, and meaning. Higher happiness orientation among females may



reflect a greater tendency to invest in social relationships, emotional connectedness, and personally meaningful activities, factors that are closely associated with these pathways to happiness.

Research has also shown that women generally report greater emotional awareness and expressiveness, which may facilitate engagement with experiences that enhance subjective well-being and life satisfaction.

Table 6 Summary of Mean, Standard Deviation and t-value of coping mechanisms among emerging adults.

	Mean		Standard Deviation		t	Sig. (2-tailed)
	Male	Female	Male	Female		
Coping Mechanisms	72.57	74.73	12.996	9.632	-1.059	.292

This table compares the means, standard deviations and t-value of coping mechanisms among emerging adults. It includes the mean scores of coping mechanisms (Male = 72.57, Female = 74.73), the standard deviations (Male = 12.996, Female = 9.632), the t-value (-1.059), and the significance level (Sig. 2-tailed = .292). The results of the study indicate no significant gender difference in coping mechanisms between male (M = 72.57) and female students (M = 74.73), as the obtained value was not statistically significant ($p > .05$).

This suggests that both male and female emerging adults employ coping strategies at relatively similar levels.

The present study found no significant gender difference in coping mechanisms among emerging adults, indicating that male and female participants employed coping strategies at relatively similar levels.

The gender difference was not statistically significant. This finding suggests that gender may not be a determining factor in the overall use of coping mechanisms among emerging adults. Instead, coping responses may be influenced more by individual differences, situational factors, personality characteristics, and available social resources than by gender alone.

Table 7 Mediation Analysis with Happiness in Relationship Between Gratitude and Coping Mechanisms Among Emerging adults

Type	Effect	Estimate	SE	95% C.I. (a)		β	z	p
				Lower	Upper			
Indirect	gratitude $\Rightarrow$ happiness	0.1303	0.03951	0.0529	0.2078	0.1563	3.299	<.001
	happiness $\Rightarrow$ coping							
	gratitude $\Rightarrow$ coping							
Component	gratitude $\Rightarrow$ happiness	0.0426	0.00884	0.0253	0.0600	0.3947	4.823	<.001
	happiness $\Rightarrow$ coping							
	gratitude $\Rightarrow$ coping	3.0567	0.67598	1.7318	4.3816	0.3961	4.522	<.001
Direct	gratitude $\Rightarrow$ coping	0.0589	0.07301	-0.0842	0.2020	0.0706	0.806	0.420
Total	gratitude $\Rightarrow$ coping	0.1892	0.07261	0.0469	0.3315	0.2270	2.606	0.009

Table 7 presents the mediation analysis examining the mediating role of happiness orientation in the relationship between gratitude and coping mechanisms among emerging adults. The results indicate a statistically significant indirect effect of gratitude on coping mechanisms through happiness orientation, with an estimate of 0.130, standard error = 0.039, $\beta = 0.156$, $z = 3.299$, $p < .001$, and a 95% confidence interval ranging from 0.052 to 0.208. This finding suggests that gratitude

influences coping mechanisms indirectly through happiness orientation. Therefore, happiness orientation serves as a significant mediator in the relationship between gratitude and coping mechanisms.

The individual paths of the mediation model were also examined. Gratitude significantly predicted happiness orientation, with an estimate of 0.042, standard error = 0.009, $\beta = 0.395$, $z = 4.823$, $p < .001$, indicating that higher

gratitude is associated with higher levels of happiness orientation. Similarly, happiness orientation significantly predicted coping mechanisms, with an estimate of 3.057, standard error = 0.676, $\beta = 0.396$, $z = 4.522$, $p < .001$. This finding indicates that individuals with stronger happiness orientation tend to employ more effective coping mechanisms.

The direct effect of gratitude on coping mechanisms, after controlling for happiness orientation, was not statistically significant, with an estimate of 0.059, standard error = 0.073, $\beta = 0.071$, $z = 0.806$, $p = .420$. This suggests that gratitude does not exert a significant direct influence on coping mechanisms when the effect of happiness orientation is taken into account.

However, the total effect of gratitude on coping mechanisms was found to be statistically significant, with an estimate of 0.189, standard error = 0.073, $\beta = 0.227$, $z = 2.606$, $p = .009$. This indicates that gratitude has a significant overall effect on coping mechanisms. Overall, the significant indirect effect and non-significant direct effect suggest that happiness orientation fully mediates the relationship between gratitude and coping mechanisms.

These findings found that happiness orientation significantly mediated the relationship between gratitude and coping mechanisms among emerging adults. The significant indirect effect indicates that gratitude contributes to the development of effective coping mechanisms through its influence on happiness orientation. Specifically, individuals with higher levels of gratitude were more likely to exhibit a stronger

orientation toward happiness, which in turn was associated with better coping mechanisms. Furthermore, the direct effect of gratitude on coping mechanisms became non-significant after the inclusion of happiness orientation in the model, suggesting that happiness orientation fully mediates this relationship. These findings imply that gratitude may not directly influence coping behaviours; rather, it enhances coping by fostering a greater tendency to pursue happiness through pleasure, engagement, and meaning.

The findings are consistent with the Orientation to Happiness framework proposed by Peterson, Park, and Seligman (2005), which suggests that individuals achieve well-being through three pathways: pleasure, engagement, and meaning. Individuals with a stronger orientation toward happiness are more likely to engage in positive experiences, become actively involved in meaningful activities, and develop a purposeful approach to life. Such characteristics may enable them to cope more effectively with stressors and challenges. The present findings suggest that gratitude may facilitate the adoption of these positive orientations, which subsequently enhance coping abilities.

The mediation effect can also be understood through Fredrickson's Broaden-and-Build Theory (2001). According to this theory, positive emotions broaden individuals' thought-action repertoires and contribute to the development of enduring personal resources. Gratitude, as a positive emotional state, may broaden cognitive and behavioural responses by encouraging individuals to focus on positive aspects of life and appreciate available resources.

This broadened perspective may foster greater happiness orientation, characterized by the pursuit of pleasure, engagement, and meaning, which in turn promotes more adaptive coping strategies. Therefore, happiness orientation may function as an important psychological mechanism through which gratitude contributes to effective coping.

The findings are further supported by Seligman et al. (2005), who demonstrated that gratitude interventions significantly increased happiness and well-being. Their findings suggest that gratitude enhances positive psychological functioning, which aligns with the present result showing that gratitude promotes coping through increased happiness orientation. Similarly, Peterson, Park, and Seligman (2005) found that individuals who pursued happiness through pleasure, engagement, and meaning reported greater life satisfaction and psychological well-being. The present study extends these findings by demonstrating that happiness orientation not only contributes to well-being but also serves as a pathway through which gratitude influences coping mechanisms. Thus, happiness orientation appears to be an important psychological process linking gratitude to adaptive functioning.

During this developmental stage, individuals encounter numerous developmental challenges that require effective coping skills. The results suggest that grateful emerging adults may be better equipped to cope with these challenges because gratitude fosters a stronger orientation toward happiness, enabling them to approach life experiences with greater positivity, engagement, and purpose. The partial mediation observed in

the present study highlights the importance of happiness orientation as a psychological resource that translates grateful attitudes into adaptive coping behaviours.

Implications

The findings of the present study contribute to the understanding of positive psychological functioning among emerging adults. The significant positive relationships among gratitude, happiness orientation, and coping mechanisms suggest that positive psychological strengths help young adults manage developmental challenges and stressful life situations. The results indicate that fostering gratitude and positive orientations toward happiness may enhance coping abilities and psychological well-being.

Gratitude emerged as an important psychological resource associated with both happiness orientation and adaptive coping mechanisms. This suggests that cultivating gratitude may promote resilience, emotional well-being, and effective adjustment among college students. Similarly, the identification of happiness orientation as a significant mediator provides insight into the process through which gratitude influences coping. The findings suggest that gratitude enhances coping partly by fostering positive pathways to happiness, including pleasure, engagement, and meaning.

The findings have important implications for mental health professionals, counsellors, and educational institutions. Positive psychology interventions that strengthen gratitude, promote well-being, and develop adaptive coping skills may help students manage stress more effectively and improve



overall psychological adjustment. Educational institutions may also support student well-being through programs that encourage gratitude practices and healthy coping strategies.

Additionally, the study contributes to the growing positive psychology literature by providing evidence for the interconnected nature of gratitude, happiness orientation, and coping mechanisms.

Limitations of the Study

The study was conducted on a relatively small sample of 126 college students, which may limit the generalizability of the findings to the broader population of emerging adults.

The sample consisted exclusively of college students, restricting the applicability of the findings to non-student populations and emerging adults from different educational or occupational backgrounds.

The study included an equal number of male and female participants; however, other demographic factors such as socioeconomic status, academic discipline, family background, and place of residence were not considered.

The study relied entirely on self-report measures, namely the GRAT Scale, Orientation to Happiness Scale, and Brief COPE Scale. Responses may therefore have been influenced by social desirability, response bias, or subjective interpretation.

The study employed a cross-sectional research design, which limits the ability to establish causal relationships among gratitude, happiness orientation, and coping mechanisms.

Although happiness orientation was found to mediate the relationship between gratitude and coping mechanisms, the study cannot determine the directionality of these relationships due to its correlational nature.

The study focused only on gratitude, happiness orientation, and coping mechanisms. Other psychological variables that may influence coping, such as resilience, optimism, hope, emotional intelligence, self-esteem, and social support, were not examined.

The Brief COPE Scale was analysed primarily using overall coping scores for the mediation analysis. Therefore, the specific pathways through which gratitude and happiness orientation influence different coping styles were not explored in detail.

Cultural, social, and environmental factors that may shape gratitude, happiness orientation, and coping behaviours were not specifically investigated.

The findings are limited to the specific geographical and institutional settings from which the participants were recruited and may not fully represent emerging adults from diverse cultural and regional backgrounds.

SUMMARY AND CONCLUSION

The findings of the present study revealed significant positive relationships among gratitude, happiness orientation, and coping mechanisms among emerging adults. Individuals with higher levels of gratitude were more likely to report greater happiness orientation and more effective coping abilities, indicating that gratitude functions as an important psychological

resource in managing stress and life challenges. Similarly, higher happiness orientation was associated with better coping mechanisms, suggesting that pursuing happiness through meaningful engagement and positive experiences contributes to adaptive coping. Gratitude was positively related to problem-focused and emotion-focused coping, while no significant relationship was found with avoidant coping, highlighting its association with adaptive coping strategies. Gender differences indicated that female participants scored significantly higher than males on gratitude and happiness orientation, whereas no significant difference was observed in overall coping mechanisms. Furthermore, the mediation analysis demonstrated that happiness orientation significantly mediated the relationship between gratitude and coping mechanisms, with findings suggesting a full mediation effect. This indicates that gratitude contributes to better coping primarily through enhancing individuals' orientation toward happiness and meaningful life experiences.

Suggestions For Further Research

- Future studies may include larger and more diverse samples of emerging adults to enhance the generalizability and reliability of the findings.
- Researchers may examine these variables among emerging adults from different educational backgrounds, occupational groups, and cultural settings to gain a broader understanding of the relationships among gratitude, happiness orientation, and coping mechanisms.
- Longitudinal studies may be conducted to examine how gratitude, happiness orientation, and coping mechanisms develop and influence one another over time.
- Future research may employ experimental or intervention-based designs to determine whether gratitude-enhancement programs can improve happiness orientation and coping abilities among emerging adults.
- Comparative studies may be conducted between college students and non-student populations to explore whether educational experiences influence gratitude, happiness orientation, and coping mechanisms.
- Researchers may investigate additional psychological variables such as resilience, optimism, hope, emotional intelligence, self-esteem, life satisfaction, and social support to obtain a more comprehensive understanding of factors influencing coping mechanisms.
- Future studies may explore the individual dimensions of happiness orientation, including pleasure, engagement, and meaning, to determine their specific contributions to coping mechanisms.
- Researchers may examine the different subdimensions of coping separately, such as problem-focused coping, emotion-focused coping, and avoidant coping, to better understand the pathways through which gratitude and happiness orientation influence coping behaviour.



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Workplace Procrastination and Turnover Intentions Among IT Professionals: A Comparative Analysis of Gender and Marital Status Differences

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ABSTRACT

The information technology (IT) sector is characterized by demanding work environments that may influence employee behavior and career decisions. The present study aimed to examine gender differences in workplace procrastination and turnover intentions among IT professionals, as well as differences in turnover intentions based on marital status. A quantitative research design was adopted, and data were collected through an online survey from 75 IT professionals, comprising 37 males and 38 females, and 36 married and 39 unmarried employees. Workplace procrastination was measured using the Procrastination at Work Scale (PAWS) developed by Metin, Taris, and Peeters (2016), while turnover intentions were assessed using the Turnover Intention Scale-6 (TIS-6) developed by Bothma and Roodt (2013). The collected data were analyzed using descriptive statistics, Karl Pearson's product moment correlation, and independent sample t-tests. Workplace procrastination and turnover intentions demonstrated a significant positive correlation, indicating that higher levels of procrastination were associated with higher turnover intentions. The findings also revealed no significant gender differences in workplace procrastination among IT professionals. Similarly, turnover intentions did not significantly differ between male and female employees. Furthermore, no significant difference was observed in turnover intentions between married and unmarried IT professionals. The results suggest that gender and marital status may not be determining factors in workplace procrastination and turnover intentions within the IT sector. These findings contribute to the understanding of employee behavior and retention in technology-driven workplaces and provide insights for organizational policies aimed at enhancing workforce stability.

Key Words – *Workplace Procrastination, Turnover Intentions, Gender Differences, Marital Status, IT Professionals*

The Information Technology (IT) industry is one of the fastest-growing sectors globally and plays a vital role in economic development. IT professionals often work in highly demanding

environments characterized by heavy workloads, strict deadlines, long working hours, and continuous technological changes. These workplace conditions can influence employees' work behavior, job

satisfaction, and intentions to remain in or leave an organization.

One workplace behavior that has gained increasing attention is workplace procrastination. Procrastination refers to the unnecessary delay of intended tasks despite knowing that such delays may lead to negative consequences (Steel 2007, p.66). The majority of the researches are focused on procrastination in general and academic domains. General procrastination refers to the self-regulatory failure in volitional action and self-discipline, resulting in needlessly and irrationally delaying intended tasks in different walks of life (Hagbin, McCaffrey & Pychyl, 2012; Steel, 2007). It is often accompanied by stress, psychological discomfort, negative emotions and poor health (Ferrari 1992; Sirosis, MeliaGordon & Pychyl, 2003). According to Metin, Peters and Taris procrastination at work refers to “putting off work related action by engaging (behaviorally or cognitively) in nonwork-related actions, with no intention of harming the employer, employee, workplace or client”. In organizational settings, workplace procrastination involves postponing work-related activities by engaging in non-work-related behaviors, such as excessive internet browsing, social media use, daydreaming, or taking extended breaks during working hours. Such behaviors can negatively affect productivity, performance, and overall organizational effectiveness.

Another important organizational issue is turnover intention, which refers to an employee's conscious and deliberate desire to leave the organization (Cinar, 2015). Bothma and Roodt proposed that turnover intention is a step in the process

of leaving an organization. Kumar (2008), briefly described turnover as a critical human resource issue occurs in all sectors of the economy which affects product and service quality, productivity and profitability. Turnover intention is considered one of the strongest predictors of actual employee turnover. High turnover rates can result in significant costs for organizations, including recruitment expenses, training costs, loss of expertise, and reduced productivity. Therefore, understanding the factors associated with turnover intentions is important for improving employee retention and organizational success.

Previous studies have suggested that workplace procrastination may contribute to negative job outcomes, including reduced job satisfaction, increased stress, and higher turnover intentions. Employees who frequently procrastinate may experience difficulties in meeting work demands, which can increase dissatisfaction with their jobs and strengthen their intentions to leave the organization. Demographic factors such as gender and marital status may also influence workplace behaviors and turnover intentions. Differences in work responsibilities, social expectations, and work-life balance may contribute to variations in procrastination and turnover intentions among different groups of employees. Examining these differences can provide valuable insights into employee behavior and help organizations develop targeted strategies for workforce management.

Therefore, the present study aims to analyze whether significant differences exist based on gender and marital status on workplace procrastination and turnover

intentions among IT professionals. The findings may contribute to a better understanding of employee behavior and assist organizations in developing effective retention and performance-enhancement strategies.

Theoretical Framework

Workplace procrastination in this study is understood through the self-regulatory failure perspective advanced by Steel (2007), which frames procrastination as a failure of self-regulation in which individuals voluntarily delay an intended course of action despite expecting to be worse off for the delay. Because self-regulatory capacity has been shown in prior research to vary across individuals and social groups, this perspective provides a theoretical rationale for expecting workplace procrastination to differ between male and female employees, even though empirical findings on the direction of this difference remain mixed (Nguyen, Steel & Ferrari, 2013; Uysal & Yilmaz, 2020).

Turnover intention is examined using Mobley, Griffeth, Hand and Meglino's (1978) withdrawal process model, which describes turnover as a sequential cognitive process beginning with job dissatisfaction, followed by thoughts of quitting, an intention to search for alternative employment, and ultimately an intention to leave the organization. Because this withdrawal process is shaped by an employee's broader life circumstances and role obligations, marital status – which alters financial responsibilities, family commitments and risk tolerance – can be expected to influence how far an employee progresses along this withdrawal sequence. This

provides a theoretical basis for comparing turnover intentions between married and unmarried employees.

Taken together, self-regulatory failure theory (Steel, 2007) and the withdrawal process model (Mobley et al., 1979) form the theoretical basis for the present study's hypotheses regarding gender and marital-status differences in workplace procrastination and turnover intentions among IT professionals.

Review of Literature

A review of the empirical literature relevant to gender and marital-status differences in workplace procrastination and turnover intentions is presented below.

Abhishek Sharma and Ankita Sharma in 2021 conducted a study on Turnover Intention and Procrastination: Causal Contribution of Work-Life (Im)Balance. They conducted the study with 104 office staff working in various business organizations. They found that there is a significant relationship between work-life balance and turnover intention and a significant relationship between work-life balance and procrastination. Further regression analysis results showed a significant prediction of turnover intention and procrastination by work-life balance. Uysal and Yilmaz (2020) studied hierarchical career plateau and workplace procrastination among 367 employees in Turkey and found that workplace procrastination did not differ significantly by gender, age, education level, income level, job sector or work experience, illustrating the mixed findings on gender differences in procrastination. K and Rao (2019) examined turnover intentions among 158 IT employees in Mysore and found no significant effect of gender on

turnover intentions, but reported a significant association between marital status and turnover intentions. Seyrek and Turan (2017) studied 151 accounting professionals in Turkey and found that turnover intention varied by marital status and age but not by gender, with married and older professionals reporting greater turnover intention than single and younger professionals. Emiroğlu, Akova and Tanrıverdi (2015) surveyed 297 hotel employees in Istanbul and found that demographic factors including gender and marital status were significant determinants of turnover intention: female employees and single employees reported higher turnover intention than male and married employees, respectively. Choong, Keh and colleagues (2013) studied 377 academic staff in Malaysian private universities and found significant differences in turnover intention by both gender and marital status, with female staff reporting higher turnover intention than male staff, and married staff reporting higher job commitment than single staff. Nguyen, Steel and Ferrari (2013) examined procrastination among 22,053 individuals using the Irrational Procrastination Scale and found that women tend to procrastinate less than men, and that higher procrastination was associated with lower salaries, shorter employment duration and a greater likelihood of being unemployed or underemployed. Blomme, van Rheede and Tromp (2010) studied 247 highly educated employees and found that different factors predicted turnover intentions for men and women: promotion opportunities and work-family balance were more strongly related to turnover intentions for women, while clarity of the job description was a more important predictor for men. Russ

and McNeilly (1995) found that gender moderated the relationship between organizational commitment and turnover intentions among a sales workforce, with a joint moderating effect of gender and experience on this relationship.

Despite this body of work, most existing studies have examined gender or marital-status differences separately, in occupational settings unrelated to information technology, or without jointly considering procrastination and turnover intention as related constructs. Few studies have examined these variables together among IT professionals, an occupational group characterised by heavy workloads, strict deadlines and continuous technological change. This gap in the literature provides the rationale for the present study.

Statement of the problem

Workplace Procrastination and Turnover Intentions Among IT Professionals: A Comparative Analysis of Gender and Marital Status Differences

Objectives

1. To find out the relationship between workplace procrastination and turnover intentions among IT professionals.
2. To find out the gender difference in workplace procrastination among IT professionals.
3. To find out the gender difference in turnover intentions among IT professionals.
4. To find out the difference in turnover intentions among married and unmarried IT professionals.

Hypotheses

1. There will be a significant relationship between workplace procrastination

and turnover intentions among IT professionals.

2. There will be a significant gender difference in workplace procrastination among IT professionals.
3. There will be a significant gender difference in turnover intentions among IT professionals.
4. There will be a significant difference in turnover intentions among married and unmarried IT professionals.

METHOD

Sample

The present study adopts descriptive research design. 75 samples were selected using purposive sampling method. The sample was selected from various IT companies.

Participants

The participants in this study were IT professionals from different IT companies. There are 37 males and 38 females and 36 married and 39 unmarried people were included in this sample size. The inclusion criteria where the participants were selected from the IT profession. And the exclusion criteria where the participants were not from IT profession. The individuals who work in other professions were excluded in this study.

Tools

1. Socio-demographic sheet It includes the participants age, gender, marital status, job status and the number of years of experience in working.
2. Procrastination at Work Scale (PAWS) Metin, Taris and Peeters developed the Procrastination at work scale (PAWS)

in 2016. It consists of two dimensions, namely soldiering (8 items) and cyber slacking (4 items). PAWS have 12 items with 7-point Likert scale. Alpha reliability for procrastination at work is $\alpha = .85$. Procrastination at work correlated low to moderately highly with theoretically related concepts, supporting its convergent and discriminant validity.

3. Turnover Intention Scale 6 (TIS-6) The original version of the turnover intention scale was developed by Roodt in 2004 and it contained 14 items and used a 5-point Likert scale. Roodt developed this scale in an unpublished document. In 2008, Jacobs and Roodt later published this scale in their literature. The Cronbach's alpha coefficient of the scale was 0.913, which has high reliability rating. In 2013, Bothma and Roodt published a shortened version of this scale, named as TIS-6. It includes six items with 5-point Likert scale. It also has reverse scoring in the 2nd item.

Procedure

Using purposive sampling technique, the desired sample has been chosen. Informed consent was taken from the sample before collecting data. The participants were ensured regarding the confidentiality of their responses.

The questionnaire has been given through online along with consent form and socio-demographic form. Instructions were provided to the participants for each questionnaire separately.

Statistical Analysis

Data were analysed using IBM SPSS 20.0. Descriptive statistics were

calculated, Karl Pearson's product moment correlation was computed to examine the relationship between workplace procrastination and turnover intentions,

and independent sample t tests were performed to examine gender and marital-status differences.

RESULTS AND DISCUSSION

Table 1: Shows the distribution of socio-demographic characteristics of the participants

	Variables	n(75)	%
Gender	Male	37	49.3%
	Female	38	50.7%
Marital status	Married	39	48%
	Unmarried	36	52%

Table 1 shows the demographic details of the participants. There are 75 participants in this study. 75 participants include 37 males and 38 females, 36 married and 39 unmarried.

The participants selected for the study include both men and women and married and unmarried IT professionals. The respondents of the present study were

75. Out of the 75 participants, 37(49.3%) respondents were males and 38(50.7%) were females, and 39(52%) were unmarried and 36(48%) were married.

Hypothesis 1:

There will be a significant relationship between workplace procrastination and turnover intentions among IT professionals.

Table 2: Correlation Matrix: Workplace procrastination with turnover intentions (Pearson correlation analysis)

	Workplace Procrastination	TIS_6
Workplace Procrastination		.293*
TIS_6	.293*	

*Correlation is significant at the 0.05 level (2-tailed)

There is a significant positive relationship between workplace procrastination and turnover intentions among IT professionals. Table 2 shows the Pearson correlation computed between workplace procrastination and turnover intentions among IT professionals. It is evident that there is a significant positive relationship between the two variables ($r =$

.293, $p < .05$). That is, higher levels of workplace procrastination are associated with higher turnover intentions, and lower levels of workplace procrastination are associated with lower turnover intentions. Workplace procrastination is an intentional delay of a course of action despite expecting to be worse off for the delay, whereas turnover intention is an

employee's voluntary desire to leave an organization. If an employee's procrastination at work increases, it may reduce their engagement and productivity, which in turn can strengthen their desire to leave the organization. This finding is broadly consistent with the literature (Sharma & Sharma, 2021), which found procrastination and turnover intention to be related constructs within the framework of work-life balance.

Organizations seeking to reduce turnover intentions among IT professionals may therefore benefit from addressing

workplace procrastination through interventions that strengthen employees' self-regulatory skills, as this may help reduce voluntary turnover and support productivity and organizational goal achievement.

The alternative hypothesis is accepted; workplace procrastination and turnover intentions have a significant relationship.

Hypothesis 2:

There will be a significant gender difference in workplace procrastination among IT professionals.

Table 3: Independent sample t test between male and female IT professionals in terms of variable workplace procrastination Independent Samples Test

	Gender	N	Mean	SD	Df	T	Sig.(2-tailed)
Workplace	Male	38	22.92	14.361	73	-1.466	.147
Procrastination	Female	37	27.43	12.176	71.657	-1.469	.146

Table 3 shows the independent sample t test to compare the significant gender difference of workplace procrastination among IT professionals. It is evident that there is no significant difference in workplace procrastination among male and females.

Workplace procrastination refers to putting off work related action by engaging (behaviorally or cognitively) in non work-related actions, with no intention of harming the employer, employee, workplace or client. The result shows that the men and women have no difference in their procrastination at workplace. They either procrastinate or not procrastinate during their working time. There is no evidence for any difference in their procrastination level during their work.

Procrastination will leads to turnover intention and it will result in the overall production or productivity of the organization and it will affect the employees also. The result is contradicted to the literature Brenda Nguyen, Piers Steel and Joseph R. Ferrari, 2013 which found that women tend to procrastinate less than men. A part from this the result is consistent with the literature H. Tezcan Uysal and Fatma Yilmaz, 2020. This may be because of their worry about turnover intention or burn out. Study shows that workplace procrastination leads to turnover intentions. In the current scenario the job or the work is essential for everyone especially in IT sector. To secure their position they will not tend to procrastinate their work. While some

others are procrastinating their works. There is no gender difference in procrastinating the works. Therefore, the alternative hypothesis is rejected.

Hypothesis 3:

There will be a significant gender difference in turnover intentions among IT professionals.

Table 4: Independent sample t test between male and female IT professionals in terms of variable turnover intentions. Independent Samples Test

	Gender	N	Mean	SD	Df	T	Sig.(2-tailed)
TIS_6	Male	38	18.26	3.797	73	-.086	.931
	Female	37	18.35	4.985	67.274	-.086	.932

There is no significant gender difference in turnover intentions among IT professionals. Table 4 shows the independent sample t test to compare the significant gender difference of turnover intentions among IT professionals. It is evident that there is no significant difference in turnover intentions between males and females.

Turnover intention is an employee's voluntary desire to leave an organization. The result shows that there is no difference in turnover intentions among males and females. Sometimes it may be high or low. There is no gender difference in leaving an organization. The factors that lead to turnover intentions are same for both males and females. Their coping capacity will help them to continue their work and achieve their goals. This result is contradicted to the literature (Frederick A. Russ, Kevin M. McNeilly, 1995; 42 Blomme, R. J., van Rheede, A., & Tromp, D. M, 2010; Choong, Y.O., Keh, C.G., et al, 2013; Emiroglua, B.D, Akovab, O., & Tanriverdic, H, 2015). They found that

there is gender difference in turnover intentions and females have more tendencies to leave the organization than men. In this study there is no gender difference in turnover intentions. It is consistent with the literature (K, V.U., & Rao, P.S.V.B. 2019; Seyrek, H.I., & Turan, A. 2017; Carbery, R. et al, 2003). A survey report by Njeru, V.M. in 2014 found a result that is consistent with this study. It reveals that turnover intention is not influenced by gender. Now a days the unemployment is increasing, the employees doesn't want to quit their jobs. They want it to continue their needs. In this situation choosing another job in IT profession is very difficult. This may be the reason for this result.

There is no gender difference on turnover intentions among IT professionals. Therefore, the alternative hypothesis is rejected.

Hypothesis 4:

There will be a significant difference in turnover intentions among married and unmarried IT professionals

Table 5: *Independent sample t test between married and unmarried IT professionals in terms of variable turnover intentions. Independent Samples Test*

	Marital status	N	Mean	SD	Df	T	Sig.(2-tailed)
TIS_6	Married	36	18.14	4.317	73	-.316	.753
	Unmarried	39	18.46	4.512	72.901	-.316	.753

There is no significant difference in turnover intentions among married and unmarried IT professionals. Table 5 shows the independent sample t test to compare the significant difference of turnover intentions among married and unmarried IT professionals. It is evident that there is no significant difference in turnover intentions among married and unmarried IT professionals. Turnover intention is an employee's way to withdraw from a company because he/she can no longer identify with the work. There are several factors that affect the turnover intentions of the employees. This result is contradicted to the literature (K, V.U., & Rao, P.S.V.B. 2019; Emiroglu, B.D, Akovab, O., & Tanriverdic, H, 2015; Choong, Y.O., Keh, C.G., et al, 2013). They stated that unmarried individuals are more tend to leave from an organization than married people. Whereas a survey report by Njeru, V.M. in 2014 reveals that married IT professional was more likely to turnover compared to a single one. A part from this, the result is consistent with the literature (Seyrek, H.I., & Turan, A, 2017; Carbery, R. et al, 2003) which is found that there is no difference in turnover intentions between married and unmarried people. This may be because of the current scenario, which force them to continue their work. And almost all employees have a work from home option. This also influenced their turnover intentions. They

want to continue their work to make their life more secure. And it is difficult to get another job if they leave their current job. Therefore, the alternative hypothesis is rejected.

CONCLUSION

The present study was aimed to assess the gender differences in workplace procrastination and turnover intentions among IT professionals, as well as differences in turnover intentions based on marital status. Information technology is one of the major industries in the world. IT professionals are overwhelmed with work demands and they work round the clock 24/7 even without holidays and they calculate these for overtime. It may lead to stressful life and it affects their mental and physical health.

This study gives a clear understanding about the gender differences in workplace procrastination and turnover intentions, as well as differences in turnover intentions based on marital status of IT professionals. It was hypothesized whether if workplace procrastination is influenced by gender, if turnover intentions is influenced by gender and if turnover intentions is influenced by marital status of IT professionals. The results of the Pearson correlation analysis indicated a significant positive relationship between workplace procrastination and turnover



intentions, suggesting that employees who procrastinate more at work also report greater intentions to leave the organization. The results of the independent sample t-test shows that workplace procrastination and turnover intention are not influenced by gender. And finally, turnover intention is not influenced by marital status of IT professionals.

Limitations of the study

The researcher would like to identify certain limitation faced in the current study. The short size of the sample. Due to the lack of control of extraneous variables, it could have influenced participant response. The population is specific, the responses were collected through online mode. The

present study was conducted within a limited period of time. Participants were not interested in filling the questionnaire because of their busy work schedule.

Recommendation for Further Research

There is a need for more studies to explore and understand the emotional, behavioral and psychological problems among IT professionals and to identify the factors that affect them in their workplace. Further studies will be conducted in a large population and by adding more psychological variables. There is also need of some intervention among IT professionals to improve their productivity and efficiency. Try to control extraneous variables when conducting further studies to get accurate results.



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