St. Mary's College (Autonomous),
Thoothukudi

Affiliated to

ManonmaniamSundaranar
University,

Tirunelveli

PARANORMAL BELIEF, LOCUS OF CONTROL AND PERSONALITY FUNCTIONING AMONG YOUNG ADULTS

St. Mary's College (Autonomous), Thoothukudi

Affiliated to

Manonmaniam Sundaranar University,

Tirunelveli

in partial fulfilment of the award of the degree of

Bachelor of Science in Psychology

Submitted By

Abitha Mary A (20SUPS01),
Annie Pushpa Jeffi A (20SUPS03)
Mathu Mitha S (20SUPS12),
Selvamathi S (20SUPS16),
Sripadmini S (20SUP19)

Under the Supervision of
Mary Vadhana Devi K M.Sc
Department of Psychology

St. Mary's College (Autonomous)

Re-accredited with 'A+' Grade by NAAC
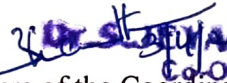
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CERTIFICATE

This is to certify that this project work entitled "Paranomal belief, Locus of control and Personality Functioning among young adults" is submitted to St Mary's College (Autonomous), Thoothukudi affiliated to **ManonmaniamSundaranar University,Tirunelveli** in partial fulfilment of the award of the degree of **Bachelor of Science in Psychology** done during the year 2020 – 2023 by **Abitha Mary A (20SUPS01), Annie Pushpa Jeffi A (20SUPS03), Madhu Mitha S (20SUPS12), Selvamathi S (20SUPS16), Sri Padmini S (20SUPS19)**. This dissertation is has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or other similar title to any candidate of any University.

Signature of the Guide

Signature of the Coordinator
Dr. SATHYA BHARATHI
Co-Ordinator
Department of Psychology
St.Mary's College (Autonomous)
Thoothukudi - 628 001

Signature of the Director
Director
Self Supporting Courses
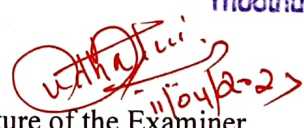St. Mary's College (Autonomous)
Thoothukudi - 628 001.

Signature of the Principal
Principal
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

Signature of the Examiner
Dr. N. SUDHA KUMARI

DECLARATION

We do hereby declare that the project entitled "Paranomal belief, Locus of control and Personality Functioning among young adults" submitted for the degree of Bachelor of Science in Psychology is our original work carried out under the guidance of Ms Mary Vadhana Devi K., M. Sc., Assistant Professor, Department of Psychology (SSC), St Mary's College (Autonomous), Thoothukudi and that it has not previously formed the basis for award of any degree.

Place: Thoothukudi

Date: 3.4.2023

Signature of the Candidates

Abithamary.A

ABITHA MARY A (20SUPS01)

Annie Pushpa Jeffi.A

ANNIE PUSHPA JEFFI A (20SUPS03)

Madhumitha S

MADHU MITHA S (20SUPS12)

Selva Mathi.S

SELVAMATHI S(20SUPS16)

S. Sripadmini

SRI PADMINI S (20SUPS19)

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TABLE OF CONTENTS

TABLE OF CONTENTS

INTRODUCTION

REVIEW OF LITERATURE

METHODOLOGY

RESULTS AND DISCUSSION

SUMMARY AND CONCLUSION

REFERENCES

APPENDICES

LIST OF TABLES

LIST OF TABLES

CHAPTER I

INTRODUCTION

Paranormal belief

Paranormal belief is the belief in the existence of supernatural phenomena that are not scientifically explainable. Paranormal events has been narrated in popular cultures, peeps and other non scientific phenomena of knowledge which has been described beyond the extent of non scientific understanding. Remarkable paranormal beliefs encompasses those that relate to extra sensory perception, spiritualism, pseudoscience, belief in all deities that are powerful, belief that soul survived after death beliefs that there is ability to have interaction with the deceased and beliefs that aliens have been visited to earth. The word paranormal belief itself consists of two parts which are para and normal it means incidents which are contrast to normal and scientific theories. Generally, these concepts are viewed as childish yet, it has a wide range of believers throughout the world. This is the reason researchers are conducting research on paranormal beliefs even though it doesn't contain concrete data.

However, we are in 21 st century the paranormal and superstitious beliefs still resides with us, even famous personalities have recorded themselves that they have encountered with spirits vision. Some of the examples are Winston Churchill who is a great leader had said that he had an uncanny experience in White House. He walked into the adjoining bedroom only to be met with the former President Abraham Lincoln Ghost. The point it is not necessary to be true, people like them are considered as renowned thinkers, yet they believe unexplained events. Most of the people believe in supernatural occurrences. Several organizations have stated that people believe in paranormal activities because they are bored with their normal activity and this feed feeds them entertainment. These peoples are more likely to go on thriller rides, haunted places, horoscope and psychic reading, engaging in dark rituals out of curiosity. Paranormal not only correlate with cognitive activities, yet it also have some behavioral aspects. These individual change their behavior according to it for example, people who are more religious tend to go to church or temples often. Paranormal belief cannot be validated if that doesn't influence behavior.

Researchers found out that personal convictions, espousal conspiracy theory, pseudo science and paranormal beliefs are highly correlated. Personal convictions are beliefs, hold by an individual that need not to be universal. Conspiracy theories cannot be researched are proven they

are formed of cognitive biases. These persistent beliefs paved way for lots of researches, they are trying to explain the causes of the events. The major reason suggests that these are all the activities of brain. Out of body experience is also neurological phenomena which confuses the brain to mythical beings. The invisible motion of the object is a result of damage in certain regions of the right hemisphere which are responsible for visual processing. Certain forms of epilepsy can make the people feel that a shadow presence is stalking them. The extent to which the individual is affected leads to schizophrenia and paranoid disorders.

There are seven categories in paranormal belief

- Traditional Religious belief
- Psi
- Superstition
- Witchcraft
- Spiritualism
- Extraordinary life forms
- Precognition

Traditional Religious Belief:

Religious Traditions are constellation of beliefs and practices that are shared among a group of people. These includes supernatural beliefs created in societies and practiced by individuals. Religious traditions are full of regulating the human faults that are addressed in religious terms. The traditional rituals include uncovering the truth about oneself with some prayers and meditation techniques. In addition to it this also emphasize the term " Pro social Behavior"which has increased the cooperation among the individuals.

Over 400 million people around the world are practicing cultural and traditional beliefs. Some of the religious traditions include Buddhism, Taoism, Hinduism, Islam, Zoroastrianism and Christianity. The beliefs are formed by adding sacred reasons to pre existing traditions. Social Researchers have said this process as cult movements or new religious movements, and similar to this Christianity, Mormon, Islam has sprung from Judaism and Buddhism which are stranded from Hinduism. Like this, Christians who are Jews and Mormons are identified as Christians and Sufis as Muslims.

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Various kinds of religious traditions are followed across the world, some of the different kinds are

African traditions

African traditions are diverse in nature and have different ethnicity. These beliefs are oral taught rather than scriptural based and passed from one generation to another generation. They highly believe in paranormal contents, based on the beliefs there are four foundations

1. Belief in mystical powers

2. The belief in spirit bein

3. The belief in divinities/gods

4. The belief in the supreme being

INDIAN CULTURE

India is a country with rich culture and diverse religion. They follow

distinct religions starting from Hinduism, Christianity, Sikhism, Buddhism, Jainism and so on. The interesting fact is there are no restrictions to practice religions in the country. Mostly their

followed rituals and practices are in written form called Upanishads which are referred as Vendata. Hinduism consists of minor subdivisions like Bhakti, Shaivism, Shaktism, Vaishnavism ad Smarta. Their major belief is governed by "Karma" which is a universal law that describes every good actions bring good results and bad results in bad consequences. Moreover, Pain, illness, and sufferings are the impact of their bad actions. As a result theirillness are accepted and endured than fixed or cured. They practice polytheism without denying other god's existence. Moksha is a point where you detach yourself from the feelings and perception of the world.

Psi:

Psi is a term used to describe the purported ability to influence or perceive events that are beyond the scope of physical laws. It includes telepathy, clairvoyance, precognition, psychokinesis and other phenomena that are often associated with the paranormal. It is believed that those who possess psi abilities may be able to tap into an unseen energy or force known as 'psi energy' that often be used to manifest their intentions. Psi believed to be something that everyone is able to do, but due to lack of practice and training, few people are able to consciously control it. Even though it is a paranormal belief, many researchers and experts in the field of parapsychology have conducted research. The scientific community is largely skeptical of psi and its related phenomena, with many believing it to be nothing more than wishful thinking or superstition. Despite this skepticism, many people continue to maintain a belief in psi and its potential use for understanding and influencing the world.

Witchcraft:

The term witchcraft is derived from early English ' wicca '- masculine, 'wicce' – feminine. It is commonly defined as supernatural practice which uses magic or sorcery to control events and people. Historical context defines that it is the act of summoning demons and performing black magic. In western culture witchcraft can be done by anyone with proper magical skills and methods. According to Asian countries,it is a inherent supernatural powers, often related to religion, folklore and theology. There is no paperwork for witches, they don't fall into any

category such as healers, doctors, midwives, the truth is that they are fantasized characters in the literature. In ancient era, Conspiracy states that witches used black magic to hurt others.

Types of witch

1. Coven-based Witch – It's community of witch combine to make a stronger spells

2. Solitary Witch – likes to work alone than in groups

3. Hereditary Witch – who inherits their power through generations

4. Crystal Witch – can control and manipulate crystals and stones

5. Cosmic Witch – related to astrology and astronomy and they are largely focused on lunar energies

6. Green Witch – connected with nature and heals the nature and nurturing the nature.

7. Hedge Witch – They doesn't stick to any rules and create their own kind of magic.

Superstition:

Superstition is a kind of belief which contains irrational thoughts, that aren't officially taught. It always rounds around the words fate, luck, supernatural entities, etc. These beliefs are formed on the basis of Cultural context, historical events and people"s perception. Superstition belief can be in any form like animals, objects and numbers.

For example

- Animals – Black cat crossing one's path is considered as bad luck
- Numbers – avoidance of certain numbers is common in many cultures.
- Objects – Horse Shoes are related with luck whereas breaking of mirror is bad luck
- Actions – shaking legs are considered to shaken their luck

According to cognitive perspective, superstitious are completely intuition based and not on assessment. While superstition can serve an important cultural or social function, it is important to remember that it should not be used to justify harmful or discriminatory behaviour and should not be used as substitute for rational thinking.

Spiritualism:

Spiritualism is centered around the main belief that humans can communicate with the spirit world. Spiritualism emerged in the mid -19th century in the united states and spread quickly to other countries. There are professionals who perform séance, the act of communicating with spirits. Its proponents believe that spirits of the dead continue to exist after the physical death and that they can communicate with the living through mediums. A person's death is connected with their moral and ethical value during their lifetime. Spirit healing is also possible with spiritualistic practice in the name of magnetic healing. Today, spiritualism continues to be practiced by many individuals and group around the world, with various belief and practices. Some people view this as real and others think this as fraud.

Extraordinary life forms:

In paranormal belief, there are claims of extraordinary life forms that are not supported by scientific evidence or observation. These claims often involve entities or creatures that are believed to exist in a realm beyond the physical world., such as ghost, demons and other supernatural beings.

For example,

Traditional folklore says about the existence of unknown species like abominable snowman, loch ness monster, psychics etc exists in the world of living.

Some of other life forms which are considered to exist are mermaid, unicorn, phoenix, centaurs. These are recorded in various literature but not in scientific researches.

Precognition:

Precognition is derived from the Latin word, prae – 'before' and cognitio – acquiring knowledge. It is an effect that carried out by a supernatural individual who can foretells the future events. These events are mostly encountered in dreams and vision. The scientific community does not recognize precognition as real phenomena, as there is no reliable evidence to support the claim. Many studies have been conducted to test the validity of precognition but the results were inconclusive. Activities that comes under these aspects are fortune telling and prophecy. Many religion contains statements regarding precognition and it falls under the category of extrasensory perception. It is important to approach claims of precognition with skepticism and critical thinking and to rely on scientific evidence rather than anecdotal experience or personal belief.

CONCLUSION

It is important to approach paranormal belief with a critical and open minded perspective. While some paranormal belief are difficult to explain, it is important consider alternative explanations and be cautious of attributing them. While the concept of paranormal belief exist to be a debate, it is important to approach paranormal phenomena with a healthy dose of skepticism.

LOCUS OF CONTROL:

Most of the teachers may have heard that when a student is late for class they may tell something like "Sorry mam I was late because of the traffic "or "Sorry mam I was late because I got up late." Despite the fact that one could weigh the validity of each statement, the dissimilarity could illustrate something else about the student personality. Even though most of us lavish ourselves as unique solitary, psychologists have spent over years in finding the patterns of our personality that we share some alike qualities – those who believe that they are capable of controlling events in their lives and others who don't.

American psychologist Julian B Rotter developed the concept of locus of control. The concept of locus of control is straightforward. Locus of control describes that different types of reinforcement guides the behavior. It can be rewards or punishments. In other way it is the belief regarding whether the effect of our actions depend on what we do or on circumstances external to our personal control. Locus of control allude to one's belief about their control over good and bad events in their life. Every individual during his/ her lifespan goes through some good and bad consequences, in which he/ she tries to enhance the probability of good result and enjoys the achievement of life and tries to lessen the probability of bad results.

Rotter developed the locus of control tool to measure the level to which the individual believe that they have the capacity to control what happens to them or how much they ponder that, other forces beyond their capacity affect their events. Rotter's locus of control has been used in numerous event – from having a strong marriage to better performances in cricket course, being a leader in an organization, etc. Many organizations have used this test results to improve maintenance, in hiring the individuals and have taken efforts to reduce the risk of stress, enhance the job satisfaction level, and to motivate employees to take responsibility for their own actions.

Rotter's locus of control concept was elicited from the social learning theory. Social learning theory mentions that expectation has been reinforced and when the expected situation or behavior occur in future, that is when you expect something to happen and it has happened, your expectation has been reinforced and if your expectation has not been occurred then your expectation has weakened. Rotter explained that whether or not one has control over their causes for reinforcement, they determine the outcome.

TYPES

Locus of control divides people into two broad categories according to their view of control over their lives .They are

1.   Internal and

2. External.

INTERNAL LOCUS OF CONTOL

Individuals who have an internal locus of control believe that they have control over their lives and that the outcomes they experience are the result of their own actions and choices. They tend to accept obligation for their successes and failures and believe they have the ability to change their circumstances. They believe that their efforts and qualities are the most significant variables that influence their lives' outcomes.

People with a high level of internal control are more self-motivated, confident, and persistent. They believe that their actions and decisions can impact the course of their lives and that they can take charge of their lives. They believe that their behaviors and choices can have an effect on the course of their lives and that they can govern their destiny. They are more likely to achieve their purposes and overcome any obstacles.

Individuals with a reasonable internal locus of control believe they have some control over their lives, but they also acknowledge that external factors can play a role in determining outcomes. They strike a balance between accepting the consequences of their conduct and acknowledging that some things are out of their hands.

EXTERNAL LOCUS OF CONTROL

Individuals with an external locus of control, assume that environmental factors such as luck, fate, or the actions of the others evaluate the outcomes they experience in life. They typically attribute their successes and failures on external circumstances and believe they are unable to alter their circumstances. They believe that their efforts and abilities have little impacts on their lives' outcomes.

People with a high external control locus are less confident, less motivated, and less likely to take risks. They may feel helpless in the face of adversity and are more vulnerable to anxiety and depression.

Individuals with a moderate sense of external control recognise that external factors can influence their lives, but they also assume that they have some control over their circumstances. They may take some steps to improve their situation, but they may also blame some outcomes on things that are out of their hands.

IMPORTANCE OF LOCUS OF CONTROL

The concept of the locus of control is important in psychology because it has major implications for an individual's life on both internal and external sides.

<u>Some of the most important reasons for locus of control</u>

- Personal development: Understanding one's locus of control can aid in the development of self-awareness and the acceptance of responsibility for one's actions. It can also assist them in identifying areas over which they have control and those over which they've got to strive to enhance themselves.
- Coping with stress: People who have a strong internal locus of control cope better with stress and adversity than those who have a strong external locus of control. This is due to · their belief that they can take steps to enhance their situation, as opposed to feeling helpless and powerless.
- Health outcomes: People with an internal locus of control tend to have better health outcomes than with an external locus of coontrol. This is because they tend to take responsibility for thier health behaviours and engage in health promoting behaviours.
- Relationships: People with a high internal locus of control are more likely to be in relationships. They have more satisfying and healthy relationship because they

accept responsibility for their actions and work to establish strong bonds with others.

- Leadership effectiveness: Leaders with a strong internal locus of control are more effective and successful. This is because they take charge of situations, make confident decisions, and inspire others to act.

CAUSES OF LOCUS OF CONTROL

Person's locus of control can be influenced by a number of factors, including

- Genetics: Research has suggested that genetics can influence an individual's locus of control. According to research, identical twins have similar levels of internal locus of control, whereas fraternal twins do not.

- Parenting practises can also have an impact on an individual's locus of control. Children who are raised in environments where they are encouraged to take responsibility for their actions and make their own decisions tend to develop a more internal locus of control, whereas those who are overprotected or micromanaged tend to develop an external locus of control.

- Culture: Cultural values can shape a person's beliefs about how much control they have over their lives. Individualistic cultures, for example, emphasise personal responsibility and autonomy, which may result in a more internal locus of control, whereas collectivistic cultures emphasise social connections and group harmony, which may result in a more external locus of control.

- Education and life experiences: An individual's locus of control can also be shaped by education and life experiences. People who have had positive experiences in which they were able to exert control over their outcomes tend to have a stronger internal locus of control, whereas those who have had negative experiences in which they felt powerless and helpless may develop a stronger external locus of control.

- Personality traits: Some personality traits, such as self-efficacy, optimism, and resilience, are linked to an internal locus of control, whereas others, such as neuroticism and learned helplessness, are linked to an external locus of control.

Understanding the causes of locus of control can aid in the development of self-awareness and the cultivation of a more internal locus of control.

CONCLUSION

To summarise, a person's locus of control can have an impact on many aspects of their life, including academic performance, health behaviours, career success, relationship

satisfaction and financial management. Developing internal locus of control can assist individual in accepting responsibilities for their outcomes and making positive life changes.

PERSONLITY FUNCTIONING

Personality functioning refers to the various mental processes that underline an individual's personality, including thoughts, feelings, motivations, and behaviours. It is the basic emotion-related perceptions and regulation capacities directing towards self and others. These processes work together to create a cohesive and stable personality that allows individuals to adapt to their environment and interact with others. Personality functioning refers to the overall pattern of

behaviour, thoughts, and feelings that make up an individual's personality. It encompasses various aspects of personality such as emotional regulation, self-esteem, interpersonal relationships, and impulse control. Understanding personality functioning is essential as it helps individuals comprehend their behaviour and emotions better, leading to improved mental health and quality of life. Personality functioning is often evaluated by psychologists using various personality assessments. These assessments aim to identify personality traits that are associated with adaptive or maladaptive functioning.

Healthy personality functioning is characterized by an ability to adapt to life's challenges and to form satisfying relationships with others. It involves a balance between the individual's inner experiences and the demands of the external environment. Individuals with healthy personality functioning have a positive sense of self-worth, can regulate their emotions, and have effective problem-solving skills.

On the other hand, individuals with impaired personality functioning often struggle with maintaining satisfying relationships, regulating their emotions, and managing stress. These individuals may exhibit traits that are associated with personality disorders such as narcissism, borderline personality disorder, or antisocial personality disorder.

Overall, understanding personality functioning is essential for individuals looking to improve their   mental health and well-being. Through self-reflection and the use of personality assessments, individuals can gain insight into their personality traits and work to improve any areas of maladaptive functioning.

Personality functioning is influenced by a variety of factors, including genetics, early childhood experiences, and social and cultural factors. It is also shaped by ongoing life experiences and the individual's own thoughts.

Most common types of personality functioning include

- Five Factor Model (FFM): The Five Factor Model, also known as the Big Five, is a widely used model of personality functioning. It assesses five broad dimensions

of personality: extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. The FFM is used in a variety of contexts, including research, career counselling, and organizational development.

The five dimensions are

1.   Conscientiousness: People with this trait are often described as being organized, responsible, and reliable. They tend to be goal-oriented and are committed to achieving their objectives.

2.   Extraversion: Individuals with extraversion are outgoing, sociable, and energetic. They enjoy being around other people and are often described as being talkative and confident.

3.   Agreeableness: People with agreeableness tend to be friendly, cooperative, and compassionate. They are often described as being warm and empathetic.

4.   Openness: This trait reflects a person's degree of self- discipline, responsibility and dependability. People with trait tend to be organised, reliable and focused on goals.

5.   Neuroticism: This trait reflects a person's emotional stability, anxiety, and tendency to experience negative emotion.

- Myers-Briggs Type Indicator (MBTI): The MBTI is a personality assessment that categorizes individuals into one of 16 personality types based on four dichotomies: extraversion vs. introversion, sensing vs. intuition, thinking vs. feeling, and judging vs perceiving.

Techniques for evaluating personality functioning

- Self-report questionnaires are standardised exams that require participants to respond to a series of inquiries about their feelings, thoughts, and behaviour.

- Behaviour observations: This entails observing a person's behaviour in various contexts and circumstances, whether at home, at work, or at school.
- Clinical interviews: To evaluate a person's personality functioning, a qualified mental health expert will ask them questions about their thoughts, feelings, and behaviour.

Influence and Importance of Personality Functioning:

Personality functioning has a significant impact on an individual's life because it influences their thoughts, feelings, and behaviours in a variety of situations. Understanding one's own personality functions, can be beneficial to personal development, effective communication, and mental health. Personality functioning can also have an impact on an individual's interpersonal relationships, academic and professional success, and overall well-being. Personality functioning has a significant influence and importance in many aspects of life, including personal growth, social interactions, and mental health.

Some factors include

- Personal Development: Personality functioning is critical to personal growth and development. A person's personality functioning can assist them in understanding their own strengths and weaknesses and areas for development, allowing them to set personal goals and work towards them. Positive personality functioning traits such as self-awareness, resilience, and adaptability can help individuals grow and overcome challenges.

- Social Interactions: How people interact with others, including their ability to form and maintain relationships, is influenced by their personality functioning. Positive personality traits such as empathy, compassion, and social skills can promote positive social interactions and relationships. Negative personality traits, on the other hand, such as narcissism, hostility, and impulsivity, can cause problems in relationships and negatively impact social interactions.

o Personality Functioning and Mental Health: Personality functioning and mental health are inextricably linked. Personality functioning can influence an individual's emotional well-being and ability to cope with stress, anxiety, and depression. Individuals suffering from Positive personality traits like emotional stability, self-esteem, and optimism increase the likelihood of having good mental health, whereas negative traits like neuroticism, low self-esteem, and pessimism increase the likelihood of experiencing mental health issues.

Work and Career: The success of one's job and career can be impacted by personality functioning. Conscientiousness, motivation, and perseverance are examples of positive personality traits that are linked to higher job performance and professional success.

Negative personality traits, on the other hand, might result in professional losses and job discontent, such as laziness, a lack of drive, and a bad work ethic.

Assessments of personality functioning in variety of settings

- CLINICAL SETTINGS: Personality assessments are performed in clinical settings by mental health professionals to make a diagnosis mental illness and develop treatment plans.
- EDUCATIONAL SETTINGS: Personality assessments can be used in educational settings to identify students' strengths and weaknesses and to develop strategies for improving their academic performance.
- VOCATIONAL SETTING: Employers may use personality assessments in the workplace to assess job candidates' suitability for various roles and to develop strategies for improving employee productivity.
- CLINICAL SETTING AND TREATMENT: In clinical settings, personality functioning evaluations are commonly used to diagnose and treat personality disorders.

CONCLUSION

Many psychological theories and approaches, including psychoanalysis, cognitive-behavioural therapy, and behavioural therapy, rely on the idea of personality functioning. Understanding a person's level of individuality functioning can aid in the diagnosis and treatment of mental health disorders, as well as the prediction of long-term outcomes.

Assessing personality functioning typically entails looking at a variety of factors, such as the person's capacity for stress management, empathy and self-reflection, and impulsivity or emotional alteration. This data can then be used to create a tailored treatment strategy to address the individual's unique needs and challenges.

Understanding a person's level of personality functioning is critical for promoting psychological well-being and improving their quality of life.

NEED FOR STUDY

Paranormal beleif itself is a significant topic that must be studied. As this study will redound to society's benefit, as it plays an vital role in daily life. The purpose of this study was to find whether an individuals degree of paranormal beleif will affect the individuals locus control and personality functioning.Due its's shortfall number of research and studies it demanded the need for study.

CHAPTER II

REVIEW OF LITERATURE

Waugh. et.al, (2021) conducted research on "Comparative Content Analysis of Self Report Scales for the Level of Personality Functioning". The aim was to assess the severity of PD based on the LPF. People who agreed to AMPD and SV participated. Tools used were the Alternative Model of Personality Disorders and the 8-Self Report Questionnaire. Intraclass Correlations (ICC) were found. Results indicated that instruments were similar in AMPD construct coverage but some important differences emerged.

Kraus, Benjamin. et.al, (2021) conducted research on "Changes in the level of Personality Functioning in Inpatient Psychotherapy". The hypothesis for this study was that inpatient psychotherapy led to significant improvements in the LPF. 156 inpatients with mental retardation, aggression, and psychosis at the Psychiatric Hospital, in Switzerland, participated. Tools used were Operationalized Psychodynamic Diagnosis-Structure Questionnaire and Inventory of Personality Organization. A repeated measures ANOVA was conducted for age, symptoms, treatment duration, and gender. Results showed medium improvements for OPD-SQ between admission and termination of psychotherapy. Inpatient psychotherapy is associated with improvements in LPF.

Sanyar Sohrabi and Ahmad Sohrabi(2020) researched" Paranormal belief and attitudes toward human rights". A sample of 220 Iranian social media users was hired through several Telegram channels and studied. Tools used were The Revised Paranormal Belief Scale and the Attitudes Toward Human Rights Inventory. Results showed that positive attitudes toward human rights among Iranians decreased the belief in paranormal phenomena.

Preti et.al. (2018) "Using the structured interview of Personality organization for the DSM-5 level of personality functioning" rating was performed by inexperienced raters. The hypothesis was the clinical information related to an object relations model of personality pathology can be used by untrained students. 73 clinically inexperienced undergraduate students administered the Level of Personality Functioning Scale. The result showed that students' ratings were associated with clinicians' ratings.

Kirstin Goth. et.al, (2018), conducted research on the "Assessment of Personality Functioning in Adolescents" with LOPF-Q 12-18 Self-Report Questionnaire. Participants ranging from 8 to 18 years were made to administer the Alternative Models for Personality Disorders and levels of Personality Functioning Questionnaire. A systematic variation was found and the results suggested that the questionnaire is a useful instrument and personality functioning is useful in detecting and describing central impairments of PD pathology at an early stage of development.

Adrian F and Furnham(2018) titled "Locus of Control and Theological Beliefs "After indicating their theological position on a fundamentalist-liberal theology scale, forty Church of England clergy members filled out two loci of control scales. As expected, it was discovered that "fundamentalists" believed their locus of control was more internal than "liberals," however this was only true on the Rotter scale. The two loci of control scales did not have a close association with one another. The result was reviewed in relation to techniques for identifying religious beliefs and locus of control beliefs

Van Wijk. et.al, (2017) conducted research on "The Mental Health and Personality Functioning of Naval Specialists working in extreme environments". The aim was to describe the Mental Health profile of South African Navy Special working in extreme environments. About 161 divers and

152 submarines were compared with 139 General Navy Employees. Tools used were Minnesota Multiphasic Personality Inventory, (MMPI -2) to describe the psychopathology & Hypomania Scale. Strong Masculine gender role identification among divers, submariners & the general navy atypical behavior dynamics occurred.

 Reza Nasseri(2016) researched "The Role of Locus of Control and Religious Faith in the Development of Paranormal Beliefs". This study was conducted on 153 healthy participants and it explored the role of individuals in the strength of religious faith, locus of control, as well as their religious affiliation. Tools used were Rotter's Internal-External Locus of Control Scale, the Santa Clara Strength of Religious Faith Questionnaire, and the Revised Paranormal Belief Scale. Results showed that individuals were more likely to have stronger paranormal beliefs with an external locus of control than individuals with an internal locus of control.

Malik Roshan Ara(2016) researched "A Correlational Study of Religious and Paranormal Beliefs among Indians". This study focused to study the correlation between paranormal beliefs and religious beliefs across different religious groups. It comprised 300 people; a hundred each from the three major religious groups Hindus, Muslims, and Christians. Tools used were the Religiosity scale and the Revised Paranormal Belief Scale. Studies showed that there is a significant positive correlation between paranormal beliefs as well as religious beliefs, between religious beliefs and the traditional religious beliefs, psi, and witchcraft subscales of the paranormal beliefs scale.

Hakan Aydoğan et al(2016)researched "Psycholinguistics Case Study: The Relations of Learned Helplessness, Locus of Control, and Attitudes towards English with Academic Success". The sample consisted of 159 university students from the Balkans Region who had participated in the English course. Tools used were the Demographic Information Questionnaire, Learned Helplessness scale, and Trice's Academic Locus of Control Scale. Results indicated that the higher level of learned helplessness and external locus of control, the more negative attitudes toward English among participants from the Balkans.

Khagendra Nath Gangai et al(2016) researched "Association between Locus of Control and Job Satisfaction in Employees: A Critical Review". This study analyzed the association between job satisfaction and locus of control. A total number of 310 employees randomly participated in the study.

The study included the tests of occupational exhaustion, personality type, locus of control, and occupational satisfaction in them. Results showed that there is a positive correlation between the job satisfaction of employees with that and the internal and external locus of control.

Olavi Lindfors 2015conducted a study titled "The effects of two short-term therapies And long-term psychodynamic psychotherapy on patients" personality functioning during a 5-year follow-up" In This study, 326 patients of the Psychotherapy Study, with anxiety or Mood disorder, were randomly assigned to either short-term psychotherapy of about six months. Lasting on an average of three years. Outcomes in personality functioning were Assessed five to seven times using, respectively, questionnaires and interviews during the 5-year follow-up from randomization. In all therapy groups personality functioning was improved. Both short-term therapies fared better than LPP during the first year of follow-up, With faster improvement in self-concept and a decrease in immature defense style.

L J Werner J P Broida (2015) published a paper titled "Adult self-esteem and locus of control as a function of familial alcoholism and dysfunction". This study looks at self-esteem and locus of control in adult children of alcoholics. These measures were evaluated in 195 professional adults in relation to alcoholism and functioning in the family of origin. Although parental alcoholism was not a predictor of significant differences in adult self-esteem or locus of control, familial dysfunction was reflected in significant differences in self-esteem. This suggests that parental alcoholism does not always result in personality differences in adult children.

Elisabetta Sagone et al(2014) researched "Locus Of Control And Beliefs About Superstition And Luck In Adolescents: What's Their Relationship?". The aim of the research was to inspect the relationship of locus of control with personal beliefs about superstition and luck. About 118 Sicilian adolescents were divided into two subgroups middle and late adolescents. Tools used were a self-report questionnaire formed by two Semantic Differentials, referred to the concepts of "luck" and "superstition", the Locus of Control of Behavior Scale, the Personal Beliefs in Superstition Scale, and the Personal Beliefs in Good Luck Scale. Results showed that middle adolescents were more superstitious and greatly believed in good luck than late ones. The more the adolescents were

internally LoC believers, the less they believed in superstition; on the contrary, the more they put their faith in superstition and good luck, the more the adolescents were externally LoC believers.

M Naeem Mohsin(2013) conducted a study titled," Locus of control in graduate students". A 29-item Locus of Control questionnaire (Rotter, 1966) was used to measure locus of control. Sample of (N= 200) individuals (n= 100) men and (n= 100) women selected from different academic institutes of Faisalabad division Punjab Pakistan. An independent sample t-test was used for statistical analysis. This study has consistent results with the earlier studies. Results of this research indicate that men have an internal locus of control and women scored high on external locus of control. So the gender difference is significant in Locus of Control. Implications of these findings and suggestions for future research are discussed.

Author Hannah Darwin Nick Neave (2011) conducted a study titled "Belief in A conspiracy theories of the role paranormal belief, paranoid ideation and schizotype ''the current study investigated the relationship between conspiracy theory belief paranormal belief, paranoid ideation, and schizotypy in a study involving 60 females 60 males aged 18-50. These results suggest paranoid ideation and schizotypy are strongly associated with belief in conspiracy theories these findings suggest that paranoid ideation and schizotypy are strongly associated with belief in conspiracy theories.

Leslie J Francis, et.al (2010) conducted a search on "Personality, Conventional Christian Belief, and Unconventional Paranormal Belief: A Study among Teenagers". A total number of 10,851 pupils attending 9 classes and 9494 pupils attending 10 classes completed the Junior Eysenck Personality Questionnaire with respect to psychoticism and lie scale, which were concerned with Christian and unconventional paranormal beliefs. Results indicated that Christian beliefs were associated with lower psychoticism scores and high lie scale scores. Unconventional paranormal beliefs were associated with high psychoticism and low lie scores.

Green. et.al,(2009) conducted research on "God Locus of Control, Paranormal Beliefs, and Hypnotizability". The hypothesis was extraordinary and magical beliefs had been linked with hypnotizability. 167 undergraduates completed the God of Locus of Health Control Scale and were hypnotized with the HGSHS. Regression was found. Results showed that high and medium-hypnotizable participants agreed more strongly with the statements than those less responsive to hypnosis.

Groth-Marnat. et.al,(2008) conducted research on "Personality correlates of Paranormal Belief: Locus of Control and Sensation Seeking". The aim is to fully understand the relationship between paranormal beliefs, locus of control, and sensation seeking. 81 undergraduate university students were administered Paranormal Belief Scale, Rotter's Locus of Control, and the sensation-seeking scale. Results indicated that greater external locus of control was correlated with an overall number of paranormal beliefs.

Laulik et.al, (2007), conducted an Investigation on "Maladaptive Personality Functioning in Internet Sex Offenders". The hypothesis was whether this applied to those individuals who commit sexual crimes against children through the internet. 30 sex offenders who have completed 3-year community rehabilitation orders were asked to complete the Personality Assessment Inventory and two questionnaires pertaining to demographic characteristics and personal history. Correlations were significantly found. Results indicate that the offenders may experience interpersonal and affective difficulties and they differ from the normal population on the PAI scale, especially in dominance, warmth, and depression.

Desmond Lam (2005) conducted a study titled " The effects of locus of control on word of mouth communication". This research measured the influence of the locus of control on consumer word-of-mouth communications. The results showed that individuals who scored high on their internal locus of control were more likely to engage in word-of-mouth communication with their out-groups. In addition, individuals who scored high on their external locus of control were more likely

to engage in word-of-mouth communication with their in-group. Out-groups are defined as people with weaker ties and relationships.

Jabbar Hicklin and Thomas A Widiger (2005) Conducted a study on" how similarities and differences among them can be meaningfully understood concerning their representation of common personality traits". The current study explored this hypothesis using the Five Factor Model of general personality functioning. Six self-report measures currently. Differences were obtained across the six inventories concerning how they related to the domains and Facets. Implications for the theoretical and clinical understanding of findings obtained with the respective inventories.

Andreas Hergovich, and Rejnhard Schoott (2005) titled "Paranormal. Religiosity Belief and Religiosity" the find of past research on the relationship between paranormal belief and religiosity are inconclusive. The aim of this study was to examine the relationship based on a sample from Austria and also with respect to different aspects of paranormal belief as well as religious belief. A sample of 596 students completed a measure of paranormal belief and a questionnaire on various indices of religiosity. The results revealed low but there are significant correlations between paranormal belief and religiosity.

Ulph et al (2004) conducted a study on "Personality functioning: the influence of stature". This study examined the effect of personality functioning on their stature. This study consists of 48 short normal and 66 control participants. The participants were interviewed using a standard interview schedule—the Adolescent to Adult Personality Functioning Assessment (ADAPFA)—which measures social and interpersonal role performance in six domains: education and employment, love relationships, friendships, coping, social contacts, and negotiations. Results indicated that there is no correlation between stature per se and the functioning of the participants in these areas as young adults.

Amanda Stanke et al(2004) conducted a study on "Religiosity, Locus of Control, and Superstitious Belief" This study examined two possible correlates of superstition: religiosity and locus of control.189 undergraduate students at a mid-sized university in the Midwest were included as participants in this research. Tools used were Superstitiousness Questionnaire, Personal Value Scales, and Paranormal Short Inventory. With ANOVA primary analyses were done. Correlations were done. Results revealed that individuals held a higher degree of belief in superstition with an external locus of control.

Heather R Auton and Jacquline Pope(2003) conducted a study on "It isn't that strange paranormal. belief and personality traits" in This study looked at two opposing perspectives on paranormal belief, both of which suggest that belief in the paranormal is indicative of psychopathology. This study was designed to assess the personality traits of those with high and low parapsychology beliefs. The paranormal Belief scale was completed by 105 participants. The two most commonly used measures of paranormal belief were found to be significantly correlated. On any of the other personality scales, there was no difference. The findings show that high and low believers do not differ in terms of nonpathological traits.

Auton, et.al. (2003) conducted research on "It isn't that Strange: Paranormal Belief and Personality Traits". The aim of this study was to assess the personality of people with high and low paranormal beliefs.105 participants who were high paranormal believers participated in the study. Tools used were Paranormal Belief Scale, Anomalous Experience Inventory, and Personality Research form. The two frequently used measures of paranormal belief were significantly correlated. Results indicated that high and low believers do not differ in the traits that are considered to be non-pathological.

Andreas Hergonich Martin Asendasy(2003) titled "critical thinking ability and belief in the paranormal". A study was conducted to assess the relationship between critical thinking and belief in the paranormal. 180 students from three departments completed one measure of reasoning, the Paranormal Belief Scale, and a scale of paranormal experiences. The results showed that there is no significant correlation between critical thinking and paranormal belief or experiences.

Reasoning ability had a consequential effect on paranormal belief scores, but not on paranormal experiences.

Harvery (2000) researched "Belief in the Paranormal and a Sense of Control over Life". This study examined the hypothesis that paranormal beliefs got stemmed from a need for control over life events. A sample of 174 Australian adults participated in this study. Tools used were an inventory that contained five questionnaires, one was a brief form surveying basic demographic variables; three other questionnaires related to the control domain; and the final scale indexed paranormal belief. Results indicated that in order to relate to the clusters of paranormal beliefs the study reinforced the appropriateness of indexing several aspects of the control domain.

Sherman ,A.C., et al(1997) conducted a study titled," Gender in the locus of control". Factor analyses of locus of control measures indicate that males and females are relatively similar in primary factors but may differ substantially in some secondary factors. Two areas in which males and females appear to differ are our perception of control over interpersonal relationships and our perception of control over essentially uncontrollable life events. Gender differences also emerge in how locus of control relates to comparison variables.

Harvey J Irwin (1993) conducted a study titled, "Belief in the paranormal a review of the empirical literature". In this light, correlates of paranormal belief are surveyed in the domains of demographic variables, other beliefs and activities, and cognitive variables. Personality. Particular emphasis is given to the need for a theory of the psychodynamic functions served by paranormal belief. The objective of this paper is to review the relevant empirical literature in an endeavor to systematize.

Harvey J Irwin (1990) conducted a study titled "Fantasy proneness and paranormal belief". Certainly, some data suggest that paranormal belief is conducive to the report of parapsychological experiences. This study examined the feasibility of the other facet of the issue, namely, that fantasy proneness facilitates paranormal belief. For a group of 92 adults, a measure of fantasy proneness

correlated significantly with belief in traditional religious concepts, psi, witchcraft, spiritualism, extraordinary life forms, and precognition.

Dianne HB Welsh (1995) conducted a study titled," Locus of control and entrepreneurship in the Russian Republic". In changing to a market economy, the Russian Republic may encounter hidden psychological barriers if seventy years of a closely managed economy has persuaded a perception of control located In powerful others preferably than oneself. The findings showed that when compared to most countries, the Russian respondents did possess lower Internal locus of control scores and in some instances higher powerful other scores.

OVERVIEW

There aren't much research regarding paranormal beliefs due to less availability of data and studies and, although for locus of Control and personality functioning we can get a few findings according to it. From the reviews we infer that people who have high external locus of control are vulnerable to the environment and easily affected by paranormal beliefs. People who have internal locus of control have high sense of controllability towards their life and less complaining in nature. Individual who agree more to conspiracy theories may have the chance to develop schizoid disorders which indirectly affect their personality functioning. Most of the researches done by the scholars conclude the same point that our thinking pattern and belief system will be reflected on our behavior.

CHAPTER III

METHODOLOGY

AIM

The aim of this study is to find the relationship between paranormal belief, locus of control, and personality functioning among young adults.

OBJECTIVES

1. The aim of this study is to find the relationship between paranormal belief, locus of control, and personality functioning among young adults.

HYPOTHESES

NULL HYPOTHESES

H_1= There is no significant relationship found between paranormal belief, locus of control, and personality functioning.

ALTERNATIVE HYPOTHESES

H_2= There is a significant relationship between paranormal belief and locus of control.

H_3= There is a significant relationship between paranormal belief and personality functioning.

H_4= There is a significant relationship between locus of control and personality functioning.

SAMPLE

Young adults between the age group of 18 to 25 years from various districts and disciplines were taken as the sample for this study.

INCLUSION CRITERIA

- Individuals of age group between 18-25 years only were included in the study.

EXCLUSION CRITERIA

- Individuals of other age group were not included in the study.

METHOD AND TECHNIQUE

METHOD

Survey method was used to gather data for the study using questionnaire to the young adults.

SAMPLING TECHNIQUE

The sampling technique used in the study was random sampling technique.

STATISTICAL ANALYSIS

SPSS (Statistical Package for Social Science) software was used to assess the overall data and Pearson's correlation was used to find the relationship between the variables.

VARIABLES USED

PARANORMAL BELIEF

Paranormal belief refers to the belief in phenomena that are not supported by scientific evidence or explanation. Paranormal belief can range from mild curiosity or interest to deep conviction and acceptance as truth. There are several factors that can contribute to an individuals belief in the paranormal, including cultural, societal and personal experiences. Paranormal belief can be seen as a reflection of the human desire to understand and find the meaning in the wold around us.

LOCUS OF CONTROL

Locus of control refers to the psychological concept that refers to the degree to which people believe they have control over the events that affect their lives. There are two types of locus of control external and internal. A high level indicates external locus of control and low level indicates internal locus of control.

PERSONALITY FUNCTIONING

Personality Functioning is the basic emotions, thoughts and relationship the individual perceive and regulate with self and others. It involve the interplay between a person's internal experience and external environment. In general, individual with healthy personality functioning have a stable sense of self, are able to form positive relationship and are able to cope with life challenges.

TOOLS USED

Three tools were used in this study.

- A Revised Paranormal Belief Scale by Jerome. J. Tobacyk
- The Internal -External Locus of Control Scale by Julian. B. Rotter
- Level of Personality Functioning Scale by Weekers

TOOL DESCRIPTION

PARANORMAL BELIEF

The Paranormal Belief Scale is a psychological tool designed to measure the extent to which individuals believe in paranormal phenomena. The tool was developed by Tobacyk and Milford in 1983 and has been widely used in research studies. The Paranormal Belief Scale consists of 26 items that assess various aspects of paranormal belief. It is rated on seven point Likert scale. The paranormal belief scale has been used in numerous studies exploring the relationship between paranormal belief and other psychological variables.

LOCUS OF CONTROL

Julian.B.Rotter, a renowned psychologist, developed a scale to measure the locus of control in individuals. The Rotter's locus of control scale consist of 29 items that assess a person's beliefs about the causes of events in their life. The scale measures an individuals internal locus of control, which is the belief that their actions can influence the outcomes they experience, or external locus of control which is the belief that external factors, such as luck or fate, determine their outcomes.

PERSONALITY FUNCTIONING

The Personality functioning Index was-Brief Form 2.0 is a tool developed by Weekers and colleagues in 2019 to measure personality functioning. It is based on the level of Personality Functioning scale described in the DSM- 5 and is designed to be shorter and more user- friendly measure. It consists of 12 items that assess the individual's ability to regulate their emotions, thoughts and behavior in a way that is adaptive and functional. The items are rated on a four- point Likert scale. The PFI-BF 2.0 provides a total score that reflects the individual's overall level of personality functioning. Higher scores indicate better functioning while lower scores indicate greater dysfunction.

PROCEDURE

The paranormal belief, Locus of control and Personality Functioning questionnaire were used to collect the data from samples. The permission for data collection through off-line mode was processed by Mr. Kannan among college students. The samples were gathered in a hall and the questionnaire was explained to them and doubts were cleared and the responses were collected. Data collection was also done through online mode.

ETHICAL CONSIDERATIONS

The participants were explained about the study and purpose of the study. They were also instructed that it is their own interest to participate in the study and can decline it at any stage of the study. They were also instructed that data collected will be kept confidential. In general, the

data was collected from the samples who were interested in the study and no one was forced to participate.

CHAPTER-IV

RESULT AND DISCUSSION

Table 4.1: Descriptive Statistics

Variables	Mean	Standard Deviation
Traditional Belief	19.75	5.516
Psi	13.92	5.960
Witch Craft	15.25	5.720
Superstition	7.43	4.726
Spiritualism	13.91	5.590
Extraordinary Lifeforms	10.79	4.252
Precognition	15.04	5.996
Locus of Control	2.16	0.384
Personality Functionning	2.85	1.092

The Table 4.1 shows the descriptive statistical scores of the three variables Paranormal Belief, Locus of Control and Personality Functioning of young adults participated in the study. The mean value of Traditional Belief for the sample is 19.75 and its standard deviation is 5.516. The mean value of Psi for the sample is 13.92 and its standard deviation is 5.960. The mean value of witch craft for the sample is 15.25 and its standard deviation is 5.720. The mean value of Superstition for the sample is 7.43 and its standard deviation is 4.726. The mean value of Spiritualism for the sample is 13.91 and its standard deviation is 5.590. The mean value of Extraordinary Lifeforms for the sample is 10.79 and its standard deviation is 4.252. The mean value of Precognition for the sample is 15.04 and its standard deviation is 5.996. The mean value of Locus of Control for the sample is 2.16 and its standard deviation is 0.384. The mean value of Personality Functioning for the sample is 2.85 and its standard deviation is 1.092.

Table 4.2: The correlation between Paranormal Beliefs and Locus of Control

Variables	"r" value
Traditional belief	
	-.079
Locus of Control	
Psi	
	-.029
Locus of Control	
Witch Craft	
	-.008
Locus of Control	
Superstition	
	-.192*
Locus of Control	
Spiritualism	
	-.144
Locus of Control	
Extraordinary Lifeforms	
	-.142
Locus of Control	
Precognition	
	-.103
Locus of Control	

*$p<0.05$

Table 4.2 represents the value of the correlation co- efficient for the two variables which shows that there is a negative correlation between Spiritualism and Locus of Control with the r value '-.192' which is significant at 0.05 level. The other variables show weak between Psi and Locus of Control, Witchcraft and Locus of Control, Traditional Belief and Locus of control, Precognition and Locus of control, Spiritualism and Locus of control and also between Extraordinary Lifeforms and Locus of control among young adults.

Therefore, hypotheses (H$_2$) stating, ' There is a significant relationship between paranormal belief and locus of control' is accepted.

Table 4.3: The correlation between paranormal beliefs and personality functioning

Variable	"r" value
Traditional Belief	
	-.090
Personality Functioning	
Psi	
	.027
Personality Functioning	
Witch Craft	
	.020
Personality Functioning	
Superstition	
	.015
Personality Functioning	
Spiritualism	
	.065
Personality Functioning	
Extraordinary Lifeforms	
	-0.09
Personality Functioning	
Precognition	
	.079
Personality Functioning	

Table 4.3 represents that there exist no significant correlation found between Psi and Locus of Control, Witchcraft and Locus of Control, Traditional Belief and Locus of control, Precognition

and Locus of control, Spiritualism and Locus of control and also between Extraordinary Lifeforms and Locus of control and Traditional Belief among young adults.

Therefore, the hypotheses (H₃) stating, ' There is a significant relationship between paranormal belief and personality functioning' is partially accepted. Here null hypothesis is accepted.

Table 4.4 : The correlation between Personality Functioning and Locus of Control

Variables	"r" Value
Personality Functioning	
	.005
Locus of Control	

Table 4.4 represents that there is no correlation found between personality functioning and locus of control among young adults.

Therefore, the hypotheses (H₄) stating, 'There is a significant relationship between locus of control and personality functioning' is partially accepted. Here the null hypothesis is proven.

Table 4.5: Independent t- test

Variable	N	Mean	Standard deviation	"t" value
Traditional Belief	140	19.74	5.516	-.290
Psi	140	13.92	5.960	-2.299
Witch Craft	140	15.25	5.720	-.191
Superstition	140	7.43	4.726	-2.630

Spiritualism	140	13.91	5.590	-2.399
Extraordinary Lifeforms	140	10.79	4.252	-2.259
Precognition	140	15.04	5.996	-1.157
Locus of Control	140	2.16	.384	2.697
Personality Functioning	140	2.85	1.092	-.695

Table 4.5 shows the results of gender difference in Traditional Belief, Spiritualism, Superstition, Witch Craft, Extraordinary Lifeforms, Precognition, Locus of Control and Personality Functioning among young adults. The mean and standard deviation values of male and female young adults for the variables were listed above. The result revealed that there is a significant difference in Traditional Belief (t= -.290), Spiritualism (t= -2.399), Superstition (t= -2.630), Witch Craft (t= -.191), Extraordinary Lifeforms (t=-2.259), Precognition (t= -1.157), Locus of Control (t= 2.697) and Personality Functioning (t= -.695) between male and female young adults.

DISCUSSION

Paranormal belief is contrast to normal and scientific theories and locus of control is the perception of an individual of relating their life events with the cause i.e external or internal factors. Personality Functioning refers to the various mental processes that underline an individual's personality, including thoughts, feelings, motivations, and behaviors.

From the table 4.1 the following mean value for traditional belief, psi, witchcraft, superstition, extraordinary lifeforms, and precognition are 19.74, 13.92, 15.25, 7.43, 13.91, 10.79 and 15.04

respectively. The standard deviation for the variables is 5.516, 5.960, 5.720, 4.726, 5.590, 4.252, and 5.996 respectively. Interpreting the results from table 4.1 the mean of the study shows that in paranormal belief, the variable traditional belief is predominant and in locus of control majority of the people have external locus of control and in personality functioning most of the people exhibit low level.

From analyzing the results from the table 4.2 it is observed that, there exist a relationship between paranormal belief and locus of control. This is because everything that is happening in our life is influenced by the irrational beliefs and portrayed in our perceptual views. Paranormal beliefs are usually the folklore reasons which are believed from generations to generations so the reasonings are stored in the mind and exerts in the cognition pattern. Reza Nasseri (2016) researched "The role of Locus of Control and Religious Faith in the development of Paranormal Beliefs". This study was conducted on 153 healthy participants. Result showed that the individuals more likely to have stronger paranormal beliefs with an external locus of control than individuals with an internal locus of control.

Interpreting the results from table 4.3 we find that there is no correlation between paranormal belief and personality functioning. The extent to which the individual agree to paranormal beliefs doesn't control people's emotions and feelings. In addition, there is no visible behavioral changes are found because of their irrational thoughts. Iindividuals who have impaired personality functioning often struggle with maintaining satisfying relationships, regulating their emotions, and managing stress. These individuals may exhibit traits that are associated with personality disorders such as narcissism, borderline personality disorder, or antisocial personality disorder, still there is no relation between paranormal belief and personality functioning.

From analysing the table 4.4 the result shows that there is no correlation between locus of control and personality functioning. Majority of the participants have external locus of control and low personality functioning which implies that people who exhibit external locus of control doesn't have much control towards their personality functioning. And also, there aren't many researches regarding locus of control and personality functioning.

Overall the result of the study shows that there is a positive correlation between paranormal belief and locus of control. There is a weak correlation between personality functioning and locus of control and also found there is a weak corelation between paranormal beliefs and

personality functioning. There is a significant difference between boys and girls.   There are no researches that support this result, as this is first of its kind.

CHAPTER-V

SUMMARY AND CONCLUSION

The present study was to find the relationship between paranormal belief, locus of control and personality functioning, as well as to explore gender variation among young adults. The independent variable of the study was paranormal belief and dependent variable was locus of control and personality functioning. The sample was obtained through purposive random sampling method. The participants in the study were 140 young adults (70 girls and 70 boys) from various districts and disciplines. Young adults between the age group of 18 to 25 were chosen as sample.

The following standardized tools were used in this study:

- A Revised Paranormal Belief Scale by Jerome. J. Tobacyk

- The Internal -External Locus of Control Scale by Julian. B. Rotter

- Level of Personality Functioning Scale by Weekers

- Data was collected with the previously mentioned tools

The following null hypotheses were adapted in the study:

- There is no significant relationship found between paranormal belief, locus of control, and personality functioning.

The following alternative hypotheses were adopted in the study

- There is a significant relationship between paranormal belief and locus of control.

- There is a significant relationship between locus of control and personality functioning.

- There is a significant relationship between paranormal belief and personality functioning.

Pearson's correlation coefficient and the independent sample T- test were the statistical technique employed in the study. SPSS (Statistical Package for Social Science) software version 26 was used to analyze the data.

CONCLUSION

The study formulated the following conclusions:

- There was a significant correlation between paranormal belief and locus of control among young adults.
- There was a weak correlation between personality functioning and locus of control.

- There is a weak corelation between paranormal beliefs and personality functioning.

LIMITATIONS

Limitations of this study have been explained below:

- Sample (N =140) is relatively small. The study would have more reliable if it was done on a larger sample.
- This study required respondents to complete 67 questions, which would have been exhausting for them.
- Only few demographical variables were collected.
- Only three variables were used in the study.
- The result of the study cannot be generalized to the entire populations.
- The samples from age group 18 to 25 were only included in the study.

IMPLICATIONS:

- This is a significant contibution to the field of research concerning young adults paranormal belief, Locus of control and Personality functioning.

- The present study suggests that there is a significant relation between paranormal belief and Locus of control which paves way for the future research.

- Finding the relationship gives a new dimension to the understanding of human functioning.

- By understanding the relationship between variables, we will be able yo understand ouselves better and enhance our behaviour and thought pattern into a more constructive and productive one.

SUGGESTIONS FO FUTURE REFERENCE:

- The research could include statistical analyzes like regression to further understand the variables.

- Samples from broader geographical location could included to generalize the results.

- The tools used to measure the variables could be constructed based on the Indian population which would be more relevant to generalize the results.

- The researcher included only two variables. More variables could have been include to improve the study.

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APPENDICES

APPENDIX A

INFORMED CONSENT FORM

I ------------------------------------ understand that I am being asked to participate in a survey or questionnaire activity that forms part of required course work in the paranormal belief research. It is my understanding that this survey or questionnaire has been designed to gather information about the following subjects or topics of paranormal belief, locus of control and personality functioning. I have been given some general information about this project and the type of questions that I am expected to answer. I understand that the survey or questionnaire will be conducted in person or online and it will take approximately 15 to 20 minutes to complete .I understand that my participation in this project is completely voluntary and that I'm free to decline to participate without consequence at any time prior to or at any point during the activity. I understand that any information I provide about me will be kept confidential. I also understand that there is no risk involved in participating in this activity. I have read the information above. By signing below and returning this form and consenting to participate in this survey or questionnaire project as designed by the students of St. Mary's College (Autonomous), Thoothukudi.

SIGNATURE:

DATE:

DEMOGRAPHIC DETAILS

NAME:

AGE:

GENDER:

EDUCATION QUALIFICATION:

MARITAL STATUS:

APPENDIX B

The Internal -External Locus of Control Scale

For each question select the statement that you agree with the most
1. a. Children get into trouble because their parents punish them too much.
   b. The trouble with most children nowadays is that their parents are too easy with them.

2. a. Many of the unhappy things in people's lives are partly due to bad luck.
   b. People's misfortunes result from the mistakes they make.

3. a. One of the major reasons why we have wars is because people don't take enough interest in politics.
   b. There will always be wars, no matter how hard people try to prevent them.

4. a. In the long run people get the respect they deserve in this world
   b. Unfortunately, an individual's worth often passes unrecognized no matter how hard he tries

5. a. The idea that teachers are unfair to students is nonsense.
   b. Most students don't realize the extent to which their grades are influenced by accidental happenings.

6. a. Without the right breaks one cannot be an effective leader.
   b. Capable people who fail to become leaders hive not taken advantage of their opportunities.

7. a. No matter how hard you try some people just don't like you.
   b. People who can't get others to like them don't understand how to get along with others.

8. a. Heredity plays the major role in determining one's personality
   b. It is one's experiences in life which determine what they're like.

9. a. I have often found that what is going to happen will happen.
   b. Trusting to fate has never turned out as well for me as making a decision to take a definite course of action.

10. a. In the case of the well prepared student there is rarely if ever such a thing as an unfair test.
    b. Many times exam questions tend to be so unrelated to course work that studying in really useless.

11. a. Becoming a success is a matter of hard work, luck has little or nothing to do with it.
    b. Getting a good job depends mainly on being in the right place at the right time.

12. a. The average citizen can have an influence in government decisions.
    b. This world is run by the few people in power, and there is not much the little guy can do about it.

13. a. When I make plans, I am almost certain that I can make them work.
    b. It is not always wise to plan too far ahead because many things turn out to- be a matter of good or bad fortune anyhow.

14. a. There are certain people who are just no good.
    b. There is some good in everybody.

15. a. In my case getting what I want has little or nothing to do with luck.
    b. Many times we might just as well decide what to do by flipping a coin.

16. a. Who gets to be the boss often depends on who was lucky enough to be in the right place first.
    b. Getting people to do the right thing depends upon ability. Luck has little or nothing to do with it.

17. a. As far as world affairs are concerned, most of us are the victims of forces we can neither understand, nor control.
    b. By taking an active part in political and social affairs the people can control world events.

18. a. Most people don't realize the extent to which their lives are controlled by accidental happenings.
    b. There really is no such thing as "luck."

19. a. One should always be willing to admit mistakes.
    b. It is usually best to cover up one's mistakes.

20. a. It is hard to know whether or not a person really likes you.
    b. How many friends you have depends upon how nice a person you are.

21. a. In the long run the bad things that happen to us are balanced by the good ones.
    b. Most misfortunes are the result of lack of ability, ignorance, laziness, or all three.

22. a. With enough effort we can wipe out political corruption.
    b. It is difficult for people to have much control over the things politicians do in   office.

23. a. Sometimes I can't understand how teachers arrive at the grades they give.
    b. There is a direct connection between how hard 1 study and the grades I get.

24. a. A good leader expects people to decide for themselves what they should do.
    b. A good leader makes it clear to everybody what their jobs are.

25. a. Many times I feel that I have little influence over the things that happen to me.
    b. It is impossible for me to believe that chance or luck plays an important role in my life.

26. a. People are lonely because they don't try to be friendly.
    b. There's not much use in trying too hard to please people, if they like you, they like you.

27. a. There is too much emphasis on athletics in high school.
    b. Team sports are an excellent way to build character.

28. a. What happens to me is my own doing.
    b. Sometimes I feel that I don't have enough control over the direction my life is taking.

29. a. Most of the time I can't understand why politicians behave the way they do.
    b. In the long run the people are responsible for bad government on a national as well as on a local level.

APPENDIX C

A Revised Paranormal Belief Scale

Please put a tick mark next to each item indicate how much you agree or disagree with the statements.

S.No.	Statements	Strongly Disagree	Moderately Disagree	Slightly Disagree	Uncertain	Slightly Agree	Moderately Agree	Strongly Agree
1	The soul continues to exist through the body may die.							
2	Some individuals are able to lift objects through mental forces.							
3	Black magic really exists.							
4	Black cats can bring bad luck.							
5	Your mind or soul can leave your body and travel.							
6	The abominable snowman of Tibet exists.							
7	Astrology is a way to accurately predict the future.							
8	There is a devil.							
9	Psychokinesis, the movement of objects through psychic powers, does exist .							
10	Witches do exist.							
11	If you break a mirror, you will have a bad luck.							
12	During altered state such as sleep or trances the spirit will leave the body.							
13	The Loch Ness monster of Scotland exist.							
14	The horoscope accurately tells a person's future.							

15	I believe in God.							
16	A person's thought can influence movement of physical object.							
17	Through the use of formulas and incantations it is possible to cast spells on person.							
18	The number 13 is unlucky							
19	Reincarnations does occur.							
20	There is life on other planet.							
21	Some psychics can predict the future.							
22	There is a heaven and a hell.							
23	Mind reading is not possible.							
24	There are actual cases of witch craft.							
25	It is possible to communicate with the dead.							
26	Some people have an unexplained ability to predict the future.							

APPENDIX D

Level of Personality Functioning Questionnaire

For each question select the option you agree with

S.no	Statements	Strongly Disagree	Disagree	Agree	Strongly Agree
1	I often do not know who really, I am				
2	I often think very negatively about myself				
3	My emotions change without me having a grip on them				
4	I have no sense of where I want to go in my life				
5	I often do not understand my own thoughts and feelings				
6	I often make unrealistic demands on myself				
7	I often have difficulty understanding the thoughts and feelings of others				
8	I often find it hard to stand it when others have a different opinion				
9	I often do not fully understand why my behavior has a certain effect on others.				
10	My relationships and friendships never last long.				
11	I often feel very vulnerable when relations become more personal.				
12	I often do not succeed in cooperating with others in a mutually satisfactory way.				

St. Mary's College (Autonomous), Thoothukudi

Affiliated to

ManonmaniamSundaranar University,

Tirunelveli

THE RELATIONSHIP BETWEEN LOVE LANGUAGES AND CONFLICT MANAGEMENT STYLES

St. Mary's College (Autonomous), Thoothukudi

Affiliated to

Manonmaniam Sundaranar University,

Tirunelveli

in partial fulfilment of the award of the degree of

Bachelor of Science in Psychology

Submitted By

Aishwarya Durga S (20SUPS02),

Dhasnevis Udhithaa H (20SUPS07)

Priyanka K (20SUPS14),

Resha Simeen M K (20SUPS15),

Under the Supervision of

Dr.Jeya Bharathi S Ph.D.,

Department of Psychology

St. Mary's College (Autonomous)

Re-accredited with 'A+' Grade by NAAC

Thoothukudi – 628001.

April – 2023

CERTIFICATE

This is to certify that this project work entitled 'The relationship between love languages and conflict management styles' is submitted to St. Mary's College (Autonomous), Thoothukudi affiliated to Manonmaniam Sundaranar University, Thirunelveli in partial fulfilment of the award of the degree of Bachelor of Science in Psychology done during the year 2020-2023 by Aishwarya Durga S (20SUPS02), Dhasnevis Udhithaa H (20SUPS07), Priyanka K (20SUPS14) and Resha Simeen MK (20SUPS15). This dissertation has not formed the basis for the award of any Degree/ Diploma/ Association/ Fellowship or other similar title to any candidate of any university.

Signature of the Guide

Signature of the Coordinator

Dr.S.JEYA BHARATHI
Co-Ordinator
Department of Psychology
St.Mary's College (Autonomous)
Thoothukudi - 628 001

Signature of the Director
Director
Self Supporting Courses
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

Signature of the Principal
Principal
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

Signature of the Examiner
Dr. N. SUDHA KUMARI

DECLARATION
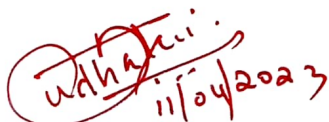
We do hereby declare that the project entitled "Love Languages and its relation with the Conflict Management Styles" submitted for the degree of Bachelor of Science in Psychology is our original work carried out under the guidance of Dr. S. JeyaBharathi, PhD, NET, MEd, PGD in Victimology and Victim Assistance, PGDHR, Head of the Department of Psychology, St. Mary's College (Autonomous) Thoothukudi and has not previously formed the basis for award of any degree.

Place: Thoothukudi

Date: 3/4./2023

Signature of the candidates

Aishwarya Durga.S
Aishwarya Durga S(20SUPS02)

H. Dhasnevis Udhithaa
Dhasnevis Udhithaa H (20SUPS07)

K. Priyanka.
Priyanka K (20SUPS14)

Sim
Resha Simeen M K (20SUPS15)

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"Every great achievement is the victory of a flaming heart"

- Ralph Waldo Emerson

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TABLE OF CONTENTS

Table of Contents

LIST OF TABLES

List of Tables

LIST OF FIGURES

LIST OF FIGURES

CHAPTER I

INTRODUCTION

"Live what you Love"

Love languages

The term love language refers to the way a person prefers to express love and receive love. The term 'Love Language' was introduced by author and counselor Dr. Gray Chapman, who proposed specific five love languages. They are

1. Words of affirmation
2. Quality time
3. Acts of service
4. Gifts
5. Physical touch (Dr. Gray Chapman)

Words of affirmation

One of the ways to express love emotionally is to use words of affirmation. Solomon, author of the Hebrew wisdom Literature, wrote, "The tongue has the power of life and death". Words of appreciation are powerful communicators of love. Verbal compliments is greater than nagging words. Affirming words are motivated to do something our loved ones desire. Giving verbal compliments is one of the ways to encourage those whom we love. Encouragement helps in seeing the world from their perspective. Forgiveness is not a feeling; it is a way of love. Psychologist William James said that the deepest human need is the need is to feel appreciated. It is the only Love Language that is concerned with verbal expression. The individuals who have words of affirmation as their primary love language value verbal acknowledgments of affection, including frequent "I love you's," compliments, words of appreciation and verbal encouragement. They are the ones who use frequent digital communication like texting and social media engagement. Whatever their loved ones say about them means a lot to them. Words of Affirmation is the act of knowing if their dear ones are noticed every minute and appreciating them, thereby making them feel special. Their ultimate goal is to show how much the person means to you and how much they care about you. It has the ability to uplift someone through positive phrases and words. It need not be communicated directly, a small hand written note is more than enough for them. People with Words of Affirmation as their primary love language seem to remember and care about the details of other persons lives. Words of

Affirmation makes the individual feel loved, satisfied and valued. Being in the receiving end it will help us gain greater sense of self-worth. It serves as a way to boost self-esteem and intimacy. Responding with gratitude can encourage the person to offer more words of affirmation. People who have Words of Affirmation as their Love Language are very sensitive to false statements, so the one offering it should make sure the words are directly from their heart. During their down phase of life pointing out their strengths can help them to cope with it successfully. Having a sweet pet name can be special for them. People who have words of affirmation as their love language are very sensitive to negative words, narcissism, emotional abuse and criticism. They feel a dagger in their heart when they encounter over critical statements. (Sherri Gordon 2022, Sabrina Talbert 2022)

Quality time

Quality time means giving your undivided attention to your loved ones. If primary love language is quality time, the person expects you to being with her/him, spending time with her/him. Giving one's time is a powerful communicator of love. Quality time does not mean spending time it means maintaining eye contact while talking and listening to each other's conversation. It includes sharing experience, thoughts and feelings. Quality time also includes quality activities like putting in a garden, working out together, going for a vacations etc.

People with quality time as their primary love language is well aware of the fact that time is a finite resource and it is irreplaceable. According to them the most valuable gift to give or receive is time. Even though they appreciate other forms of love, nothing seems to be meaningful as time for them. Quality time doesn't simply mean to spend hours along. It focuses on the level of attention given and received. If people have quality time as their primary love language they find it important to have their loved ones' undivided attention and want to feel prioritized. This also includes ensuring their presence even if not physically present. Eye contact acts as the key for this love language. If they maintain eye contact the person feels connected, important and understood. If their loved ones is distracted then the individual feels not loved or cared. In maximum situations they pause when they have to say something because they feel that their loved ones has no concern over them. These individuals look for empathy and compassion and rarely look for answers to fix their problem. They focus on the quality of the time spent rather than on the quantity. Fun and exciting plans can be of great boost to them. Taking steps to spend time in innovative ways will mean a lot to the individuals. Having something to connect on a daily basis can make them fulfilled. When these individuals

encounter tough times, the mere presence of their loved one can strengthen them. People whose love language is quality time feel the most adored when their partner actively wants to spend time with them and is always ready to hang out. They particularly love when active listening and full presence are prioritized in the relationship. Any regrets or complaints spelled out against the time spent together will create a great disadvantage for the person. (Sherri Gordan 2022, Michael Benninger 2019)

Acts of service

Acts of service means doing things for your loved ones. It includes some actions like cooking meals, cleaning the rooms, changing the baby's diapers etc. It is not forced to do and love is always freely given. The individuals with acts of service as their primary love language find it more valuable when their dear ones go out of their way to show certain acts of love towards them. This love language focuses on the fact that actions speak louder than words. This is a non-verbal form of love language that can be time consuming or exhausting for the other. But if their loved ones like it then it is worth the effort. These individuals feel they are loved when their dear ones take steps to ease their responsibilities and burdens. These people gain emotional strength once they establish the trust that the other person has their back, no matter the circumstances. Even if they have any other love language as their primary one, acts of service can be more beneficial in making them feel loved. Doing the things that your loved ones feel irritated or get agitated can make them feel unloved. Mutually desired results should be framed with the involved peoples consent, to make acts of service effective. This is the most difficult of the five love languages, as it requires time and energy even in a tight schedule. But these efforts help them to recognize the love their dear ones have for them. It doesn't mean that the person can demand anything as his love language is acts of service. (Sarah Sheppard 2022, Aryelle Siclait and Naydelie Mejia 2022)

Gifts

Physical touch is powerful way for communication in intimate relationships. Physical touch including kissing, hugging, holding hands and embracing are an effective means of sharing love. These are the ways of communicating emotional love. Human body has many tiny tactile receptors. Some body parts are more sensitive. Physical touch communicate both love and hate. Sometimes it makes the relationship sometimes it breaks the relationship. The two types of touches are implicit and explicit. Visual symbol of love is gifts. It is more important to some people. Gifts need not to be expensive, it can also be handmade gifts. If your

dear one's primary love language is receiving gifts you should become a gift giver. It is the easiest love language when compared to others. If she/he is not accepting or not interested in receiving gifts it is not that person's primary love language. This is the most straightforward and the most misunderstood method of communicating love. The people who have giving gifts as their primary language rely on visual symbols of love. They value the symbolic thought behind the item and not the monetary value. These individuals believe that the gifts represent the relationship. They enjoy receiving gifts that reflect their values and are meaningful. The gift carries the message that the person was thinking about you no matter the distance. The time spent in the gift matters a lot than the size or the prize of the gifts. The process of giving gifts totally is concerned about the sentimentality behind the gift. Small tokens of love can be valued greatly by them. Not gifting them on their special days like birthday or anniversary will definitely hurt them. (Wendy Rose Gould 2022, Kelly Gonsalves 2021)

Physical touch

Individuals with physical touch as their primary love language feel loved when they receive physical signs of affection. This includes kissing, holding hands and cuddling. People with this love language find physical intimacy to be strongly affirming. The physical forms of affection serves as an emotional connector. These people feel loved and cared when they are touched or kissed. Only when they feel appreciated for communicating their love through physical signs they proceed with it. According to them the feeling of warmth and comfort are of more value. Small gestures like a pat on the shoulder and a shoulder squeeze can be great expressions of love. There are intimate and non-intimate touches to make these individuals feel loved. There are other forms like toughing the bare foot, holding hands, playing with the hands and kissing. Cuddling can be of great importance as it helps to release oxytocin-the feel good hormone. These signs convey a range of meaning to them. Holding hands can give them secureness, Kissing is considered the act of expressing affection, Cuddling improves the physical and emotional bond with their loved ones, Skin to skin touching carries the message they are there for them and love them. This love language helps to create emotional intimacy in the easiest way. Non-intimate touches like sitting side by side, tickling and giving a warm hug can help to develop the feeling of connectedness. The best way to patch up after a fight is to have physical intimacy. Ignoring their signs can be hurtful for them. (Sarah Sheppard 2022, Gabrielle Kassel 2022)

Conflict management

In 2011, Rahim defined conflict management as designing effective strategies to minimize dysfunctions of conflict and enhancing the constructive functions of conflict in order to improve learning and effectiveness in an organization or a relationship.

THEORIES OF CONFLICT MANAGEMENT

Traditional view

In 1940s all the people mostly believed that conflict in any form is harmful. They also considered that it is the job of the management to remove the factors causing conflict. This is what the traditional view exactly states. It stated that conflict was a result of a dysfunctional outcome. It also included that poor communication and trust issues formed the base of all conflicts. It focused entirely on the negative features. The ultimate goal of this theory was to move towards conflict avoiding situation. But these theories faced serious downfall as many positives of conflict started to emerge. (Raj Verdhan 2021)

Human Relations theory

This theory emerged in 1940s and stood strong till the mid of 1970s. According to this theory, conflict is a natural occurrence especially in places where people work together. It is an inevitable one. The higher place holders accept this reality and try to find the proper cause for the problematic behaviour. This theory doesn't blame any individual for the conflict. It also includes that conflict need not be a negative force, it can be sometimes produce positive effects in the performance. They accept the fact that conflict is an advantageous factor in increasing productivity. (Raj Verdhan 2021)

Interactionist theory

This theory suggests that conflict has the power to improve efficiency. The base of the theory is the fact that human beings are social animals who love to interact with the world. Their decision making process is enhanced by these interactions. It also provides them meaning to their lives. Minimal conflict is necessary to be creative and positive according to this theory. This theory discusses about two types of conflict, practical and useless. Practical conflicts helps to push the group in a more positive way while the useless one hinders and interrupts the performance. Maintaining a group in a calm and harmonious way makes the team feel static.

This theory is widely accepted and applied throughout many organizations. It is applicable to maintaining effective relationships too. (Raj Verdhan 2021)

Contemporary theory

This theory views conflicts as an unavoidable part of human nature. According to them change is the main reason that causes conflict. They consider mechanisms that help to bring together various ideas and viewpoints. This theory also states the fact that conflict is important in increasing the productivity. (New Zealand Digital Library 2021)

Keneth Model

Kenneth Thomas and Ralph Kilmann created a model for conflict resolution. The Thomas-Kilmann model is the name given to this model. Conflict arises when people disagree with one another. Their perceptions, ideas, values, motivations or desires may be at odds. This model is based on two conflict resolution dimensions: assertiveness and empathy. There are five conflict resolution strategies based on these two dimensions: competing, avoiding, accommodating, collaborating, and compromising.

Two Dimensions of Conflict Management (Assertiveness and Empathy)

The first aspect of conflict resolution is assertiveness. The ability to speak up and stand firm in your beliefs is referred to as assertiveness. Depending on the context, it can be used positively or negatively. While assertive behavior may appear aggressive, it is actually a method of effectively expressing yourself. The second dimension of conflict resolution is empathy. Understanding another person's point of view and feelings is what empathy entails. When you empathize with someone else, you are able to put yourself in their shoes. As a result, you'll find it easier to resolve the conflict.
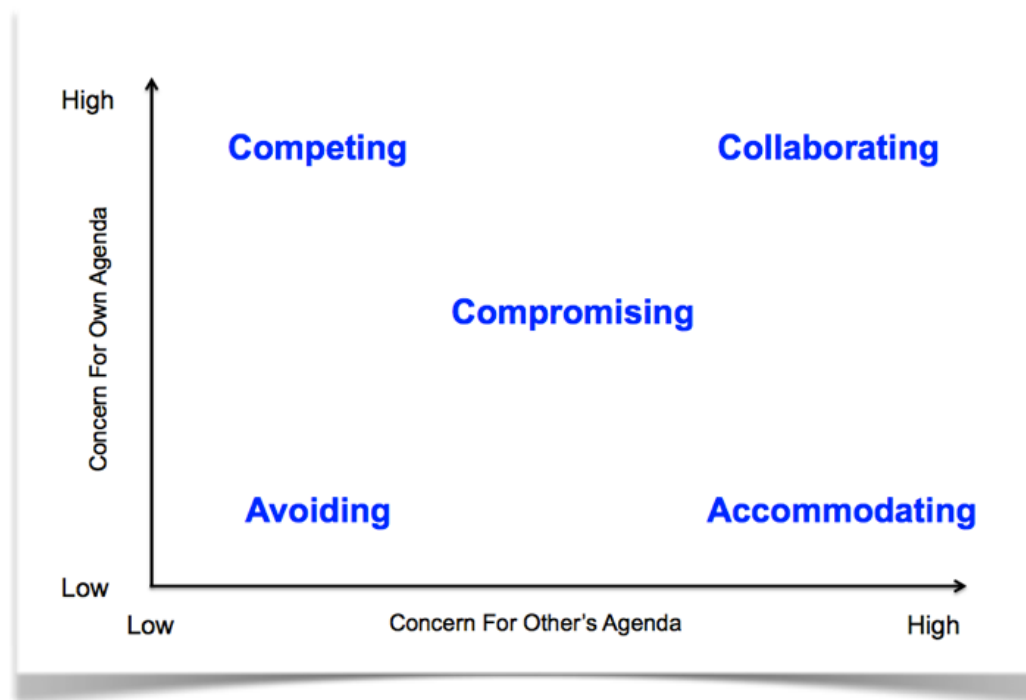
Five Conflict Resolution Techniques

1. Competing
2. Avoiding
3. Accommodating
4. Collaborating
5. Compromising

These five strategies represent various approaches to conflict resolution. They each have unique strengths and weaknesses. The best approach is based on assessing the need of the

situation. They all have various strengths and shortcomings. The optimal technique is determined by the individual conditions at hand. (Sean McPheat 2021)

FIGURE 1.1: Conflict management styles

1. Competing

Competing is the initial conflict resolution approach. When you are in a dominating position and have limited time and resources to end the dispute, this technique works effectively. We have strong assertiveness and low empathy at the upper left end of the chart. Moreover, we become uncooperative with the opponent. Competition isn't necessarily a terrible thing it helps us attain our objectives. Individuals with competing as their primary conflict management style are self-centred. They believe their stand points to be correct and show no interest in budging. They gain control over the conflict through aggression, so they make decisions with no discussion. They don't have any desire to collaborate. These people seem to be intimidating and confrontational. This style is effective and efficient in bringing a conflict to end. The major focus of these people are their goals. The act of pleasing or being accepted by others is not their concern. Forcing opponents to accept their solution makes them overpowering in that situation. They earn a lot of respect as they depict strength and confidence. But these individuals are subjected to a lot of misperceptions. They are usually given the aggressive and unreasonable figure. This conflict management style interrupts with

collaboration, communication and problem solving skills. It compromises productivity and morale. Creating harm to relationship is the major drawback of this conflict management style. This is more apt for situations where there is a doubt for safety. This technique, however, has certain limitations. For starters, competition frequently result in negative feelings like anger, impatience, violence, and hatred. Second, it does not assist in developing positive connections since what others have to say is neglected. Finally, one may lose possibilities since the other party no longer wants to deal with oneself. (Sean McPheat 2021, Emily May 2021, Dr. Christine Fiori 2021)

2. Avoiding

The second strategy for dealing with conflict involves avoiding it. People use this conflict management strategy when they know that they don't have any authority over the other person. Here, they avoid confrontation by ignoring or avoiding the conflict entirely. They also choose to ignore the issue altogether. Avoiding is often seen as passive and weak. The least assertive and uncooperative conflict management style is avoiding. The individuals using this style are non-confrontational. In case of unavoidable situation they delay the process of encountering the conflict. They wait for others to solve the issue. Trivial matters give rise to this conflict management style. This is a risky way of handling conflicts as it may convey a lack of interest. Both positive and negative aspects are present in avoiding conflict management style. This style provides the space to calm down and think deeply on the issue, thus rushed decisions are not taken. Usually these people require a mediator to solve their problems. These mediators are neutral. Occasionally they may take extreme steps like breaking the relationship or conflict that is linked with the conflict. (Sean McPheat 2021, Dr. Christine Fiori 2021, Swetha Amaresan 2022)

3. Accommodating

The third technique for dealing with disagreement is to accommodating. This strategy is based on making compromises. This conflict management style falls low in assertiveness and high in cooperation. They want to maintain relationships and keep peace so they pay heed to others interest. Goodwill and appreciation from others are earned by acting selflessly. These people may play the role of martyr or complainer. Relationship is more valued by them than the goals. These people try to smooth the situation to prevent damage to the relationship. This style usually emerges when a mistake have been committed, while speaking to an authority or when you don't have opinion in a particular topic. This conflict management style can

effectively diffuse a conflict. Over usage can result in conveying that the individual is less interested in the work. This style helps to break the long going conflict. Anger is triggered because of the power imbalances. Their performance in work is greatly influenced because of their low self-confidence. The ability to solve complex conflict is limited. False solution may emerge as a result of harmonizing the situation. (Sean McPheat 2021, Emily May 2022, University of Texas system 2021)

4. Collaboration

We notice great assertiveness and empathy in the upper right corner. When we collaborate, we take a more moderate approach to resolution. They also try to establish common ground and collaborate to achieve a common goal. It's an excellent option if both people are devoted to achieving an agreement. The people who use this style work on the possibilities of coming up with solution that satisfies the concerns of everyone. Negative feelings involved in this style is at a minimum level. The root cause for the conflict can be identified effectively in this management style. Collaboration style involves open discussion about the root cause, active listening to each other and arriving at a solution that delights everyone. These people genuinely pay head to all the alternatives available. It is a time consuming process which requires lot of energy. It serves as a platform to maintain mutual trust, respect and empathy. It has its own drawbacks. The decision making process is prolonged and provokes trivial issues. The individual who uses this style to manage conflicts value their goals and relationships. According to them conflict is a powerful weapon in improving relationships as they reduce tension between the people. (Sean McPheat 2021, Dr. Barbara Benoliel 2021, Emily May 2021, Swetha Amaresan 2022)

5. Compromising

The fifth approach, compromise, is located in the Centre of the model. This rating is in the midway of the assertiveness and empathy scales. When we compromise, one adopt the middle path between conflicting points of view. This method frequently offers the impression of a win-win situation, in which both parties believe they have won something from the disagreement. The main aim of this conflict management style is to arrive at a mutually desirable solution. It is usually found in situations which are not of much importance to them. Certain things have to be sacrificed by both the parties involved in the conflict. The major cause of the conflict is left unsolved which results in temporary solution. Relationships are maintained better which in turn reduces tension and stress. If one party gives in too much then

they are unsatisfied and unwilling to compromise again. To make the process efficient we should be aware of what the individuals are willing to give up. Evaluating the process before committing to it is important. People skills are required in this management style. The main advantage of this management style is the people involved gain a sense of accomplishment and success. Maturity and the team player spirit is conveyed through this management style. These people are characterised by good listening skills. Resentment is possible in compromising management style. In the compromising process if individual who possess a hidden motive is involved then the complete process gets a negative shade. In issues involving legal problems compromising is not possible. (Sean McPheat 2021, Dr. Christine Fiori 2021, Lainie Peterson 2019. Dr. Barbara Benoliel 2021)

Insights from Chapman's Book

Need for the study

Love language is a trending concept in the field of Psychology. It was developed by Gray Chapman. The prime motive of this concept is to improve and strengthen the relationship between people. In today's modern world there exists misconceptions about love and the way of expressing it. Individuals vary in their primary love language which must be understood and acknowledged. When we fail to acknowledge the love language of our dear ones, we fail to satisfy them however deeply we express our love for them. The five types of love language identified by Gray Chapman refer to the ways in which we prefer to be loved. In today's world filled with relationship issues, it has been identified that lack of knowledge about love language is the main contributory reason for relationship issues. All these factors motivated us to get ourselves involved in getting an in-depth knowledge about this new concept.

Conflict management styles are necessary strategies to deal with our everyday life. Identifying the conflict management style exhibited by a person will help in understanding and handling a person effectively. Practicing an efficient conflict management strategy will ensure the success of managing a conflict.

Analyzing the effect of love language on the conflict management style of a person is the most interesting part of our study. Various disputes can be avoided and solved and inter personal relationships can be nurtured by having knowledge about these concepts. We were highly attracted to this concept because of its widespread application and importance in nurturing relationships. The deficit number of studies and researches in this field demands the need for the study. Just as EI and SI are important for a successful social functioning,

knowledge about Love language and conflict management styles are also considered to be essential for maintaining and enhancing the quality of healthy inter personal relationships. All these factors have made our study inevitable.

CHAPTER II

REVIEW OF LITERATURE

Love doesn't erase the past. But it makes the future different.

- Gary Chapman

This chapter contains various earlier research relevant to the study. It provides an overview of existing research and presents alternative methods to analyse prior findings, This chapter's review of literature includes the following:

- Love Languages
- Conflict Management Styles

LOVE LANGUAGE

In 2022, Ince,s ,& Isik E., conducted a research on topic "The Mediating role of five love languages between differentiation of self and marital satisfaction". 161 Turkish heterosexual couples were taken as the sample. The results proved that differentiation of self-had a positive influence on martial satisfaction.

In 2022, Stolarski, M., Wojtkowska, K., & Kwiecińska, M. conducted a study titled "I love the way you love me: Responding to partner's love language preferences boosts satisfaction in romantic heterosexual couples". The study was designed to investigate performance and behavioral tendencies for expressions of love and reception of signs of affection, for each of the dg3e4five proposed love languages. Relationships satisfaction and empathy were also assessed. The degree of the within couple mismatch was calculated separately for each individual based on the discrepancies between the person's felt (preferred) and their partner's expressed love languages. The joint mismatch indicator was a sum of discrepancies across the five love languages. Matching on love languages was associated with relationship satisfaction. In particular, people who expressed their affection in the way their partners preferred to receive it, experienced greater satisfaction with their relationships. Empathy was expected to be a

critical factor for better understanding of and responding to the partner's needs. Results provided some support for this hypothesis among male but not female participants.

In 2021, Pascual, E. A., Gadlan, G. A. A., Bugia Jr, M. C., Suazo, E. G., & Burbos, J. B. conducted a study titled "Love language in social leadership: teacher, student, parent, politician and church". This article focused on knowing the love languages of leaders at various levels and on helping to motivate the leaders of Nagcarlan Laguna and Philippines. From the many aspects of social leadership, five were selected – teachers, students, parents, politician and church. Survey questions were distributed to selected leaders to conduct this research. In all aspects of leadership, it was found that there was the highest number who desires the love languages through meaningful time, there were average number of those who desired practical service, the number was not so great for those who desired physical, and lowest count for loving the love language was by the word of affirmations.

In 2021, Lee F.C conducted a study titled "Five Love Language: assessment of martial satisfaction in African American couples". The sample of this study were 10 heterosexual African American couples. The results indicated that a spouse's love language was positively related to higher levels of martial satisfaction.

In 2020, Hughes, J.L., Camden A.A. conducted a study titled "Using Chapman's five love languages theory to predict love and relationships satisfaction". A total of 981 samples were collected. As a result, the women who thought their partners were using their preferred love languages well, reported greater feelings of love when compared to men.

In 2019, Al-Mohtadi, R., Al- Darabah, I.T., & Hamaden, K.M., conducted a study on the topic "Which love language you speak with your child? What are the effects of your age, level of education, work status, and the number of children in the family on the used love languages". A sample of 729 mothers were used for the study. The results provided that mothers reported high usage in acts of service and very low usage in words of affirmations. There were significant differences in the effects of the love languages used because of the other factors like age, level of satisfaction, work status and the number of children.

In 2019, Kaley Breann Doster conducted a study titled "The role of love languages characteristics on responses to marketing stimuli". In this study, the relationship between each love language and consumer preference for various marketing stimuli was analyzed. The sample for this study included 143 participants. The findings highlighted those four of the five love languages had relationships with consumer shopping behavior. Knowledge of any

relationships that existed between Chapman's five love languages and various marketing stimuli will provide useful information for marketers and provide insight into methods for marketing strategy.

In 2018, Nicholas, A., Riffe, J., Kaczor, C., Cook, A., Crime, G., Hoover, A., Peck, T. & Smith R. conducted a study on the topic "The five-love language program: an exploratory investigation points to improvements in relationships functioning". Two groups were chosen. One group participated only in the final program. The other received more knowledge about the five love languages. The booster group showed improvements in partner empathy as a result of the five-love language program.

In 2018, Bland, A. M., & McQueen, K.S, conducted a study titled "The distribution of Chapman's love languages in couples: An exploratory cluster analysis". The results provided a foundation for further research, particularly on how Chapman's model contributed to understanding the relationships between intimate relationships, self-development and self-expansion.

In 2017, Selena Bunt and Zoe conducted research on the topic "Walking the walk, talking the talk: Love language, self-regulation, and relationships satisfaction". A total of 67 heterosexual couples were taken as the sample. The results provide that love language alignment promotes satisfaction and self-regulation.

In 2017, Edwin Adrianta Surijah and I Made Feby Anggara conducted a study titled "Measuring love languages and relationships quality". Relationships assessment showed that 73.74% of samples were satisfied/ highly satisfied with their relationships.

In 2016 Maximo, S. I., & Carranza, J. S conducted a study on the topic "Parental attachment and love languages as determinants of resilience among graduating University students". 843 samples were collected for the study. The results proved that secure attachment and receiving love from parents boosted their resilience. Boys and girls demand different love languages from their father

In 2016, Stolarski, M., Wojtkowska, K., & Kwiecińska, M conducted a study titled " Time for love: Partner's time perspective predict relationship satisfaction in romantic heterosexual couples". The results provided evidence for the role of psychological temporality in relationships functioning and suggested potential utility of time perspectives theory in practical intervention aimed to improve romantic relationship's quality.

In 2015, A Baugh, S. conducted a study titled "The soft side of leadership: Principal's enactment of the love languages and relationships frames in influencing school culture". The research focused primarily on the principal's academic intelligence and how it impacted school culture. This study findings expanded the knowledge of the soft skills of leadership that Principals are utilizing as tools to naturally influence their schools to accomplish their vision and mission. The varied ways in which the principal's enacted their love language and leadership frames re-emphasized that there were multiple ways to enhance relationships with teachers, students and the community and that there was not a one size fits all formula for an effective leader to follow.

In 2014, Mackay, P. S. E. conducted a study titled "Psychological determinants of emotional eating: the role of attachment, psychopathological symptom distress, love attitudes and perceived hunger". The study aimed to investigate the psychological determinants of emotional eating in national and international sample of healthy weight, overweight and obese adults. Specifically, attachment styles, psychopathological symptom distress and love attitudes were explored for their ability to predict emotional eating. Findings supported the suggestion symptom distress may particularly predispose individuals to engaging in emotionally motivated overeating, with a large effect size observed. Preoccupied attachment was also a significant predictor of emotion eating, even after controlling for state-based inferences. However, there were no significant contributions of secure, fearful avoidant, or dismissive avoidant attachment styles in the prediction of emotional eating. Similarly, none of the five primary love languages (e.g., words of affirmations, physical touch, receiving gifts and physical touch) accounted for a significant amount of variance in emotional eating. A mediating role of perceived hunger in the prediction of emotional eating from attachment anxiety was also observed.

In 2000, Gary D Chapman and Chris Fabry conducted a study titled "The five love languages of teenagers". The study was designed to investigate "Chapman's five love languages theory to predict love and relationships satisfaction". The study predicted that partners who perceived that their partners used their preferred love language well would report greater feelings of love and relationships satisfaction. This would be the same for both women and men, as well as those in heterosexual and gay relationships.

In 2000, Corcoran, K. O. C., and Mallinckrodt, B. conducted a study titled "Adult attachment, self-efficiency perspective taking and conflict resolution". A total of 125 samples were

collected. The results identified mediating effects of social competencies on specific combination of attachment and conflict styles – thus suggesting avenues for counseling intervention.

Overview of the reviews of researches on love language

The above reviews are a beautiful consolidation of numerous studies that have been done on love language using different types of samples. Only very few studies that were done on life partners have been included, and that adds value to the current research that is done not on life partners. Almost all the studies state that there is a high correlation between the person's love language and the way they handle things and relationships. The studies also state the importance of understanding the love language of our dear ones. For, providing love in the way they expect is as important as loving them in the first place. In that context the above reviewed studies support our current research and add value to it.

CONFLICT MANAGEMENT STYLES

In 2020, Rispens. S, Jehn. K. A and Steinel. W conducted a study on "conflict management styles asymmetry short term project groups''. A sample of 94 students from the Dutch university were taken. The results proved that asymmetry between competitive and cooperative conflict management styles either creates a negative effect on the group performance or boosted the performance. This study proved that conflict management style definitely had an impact on the employee performance, be it positive or negative

In 2019 N. Aqqad, B. Obeidat, A. Tarhini, R. Masadeh conducted a study titled "The relationship among emotional intelligence, conflict management styles, and job performance in Jordanian banks''. The results showed that both emotional intelligence and conflict management styles were significantly and positively related to job performance. So higher the emotional intelligence better was the conflict management style.

In 2017 Ayub, N., AlQurashi, S. M., Al-Yafi, W. A., & Jehn K conducted a study titled "personality traits and conflict management styles in predicting job performance and conflict''. This study aimed at exploring the role of personality traits in determining conflict and performance. The authors also studied the moderated mediated relationship between

personality and performance through conflict and conflict management styles. As hypothesized, agreeable persons perceive less conflict and extraverts were more likely to use integrating, obliging, compromising and avoiding styles. Emotionally stable people opted for integrating style whereas neurotics opted for dominating style Conscientiousness, openness and emotional stability had a direct effect on performance, but the interactions between conflict and conflict management styles determined the relationship between personality traits and performance.

In 2016, A Gonçalves, G., Reis, M., Sousa, C., Santos, J., Orgambídez-Ramos, A., & Scott, P. conducted a study titled "cultural intelligence and conflict management styles". This study aimed at evaluating the extent to which variables such as cultural intelligence and self-monitoring can positively influence the ability to solve interpersonal conflicts more effectively. The results showed that self -monitoring exhibited itself as an important predictor of conflict management, but on the other hand, it had an influence on the choice of the dominating style in conflict situations.

In 2016, Masood. M. T and Javed. S conducted a study on the topic "Impact of conflict management styles on cognitive and affective trust: moderating role of transformational leadership". Ten companies from Islamabad were included in the study. The results proved that integrating and compromising were the most preferred styles of conflict management used by employees to handle interpersonal conflicts at work. The reason for the effectiveness of the strategy may be attributed to the sense of belonging and commitment that these strategies provoke in the attitude of the employees

 In 2014 Saiti, A. conducted a study titled "conflict in schools, conflict management styles and the role of the school leader" This empirical study investigate the potential sources of conflict in Greek primary schools, determining appropriate approaches for the handling of conflicts and offered recommendations, based on the findings, for a more creative conflict management style in order to enhance school performance .The results showed that there was a greater likelihood for these conflicts to arise in urban schools than in other regions. This study supported the view that integration, collaboration, and coherence were the key factors for cultivating a constructive conflict management strategy and enhancing better school performance

In 2014 Saeed. T and Almas. S, Anis-ul-Haq. M and Niazi. G. S. K conducted a study titled "Leadership styles – relationship with conflict management style". The purpose of the study was to examine the relationship between leadership styles and conflict management. The

results showed that Managers who were perceived to exhibit more of a transformational leadership style, opted for compromising style of conflict management. Whereas, managers who were perceived to exhibit laissez- faire leadership style adopted avoiding style to manage conflicts with subordinate styles among managers, while handling interpersonal conflict (managers and subordinates)

In 2012, J.H. Lim, and R. Yazdanifard conducted a study on the topic – "the difference of conflict management styles and conflict resolution in work place" This paper reviewed the conflict management styles used by employees and supervisors. The result proved that supervisor's technique of solving conflict plays a role in the employees' performance and affective component.

In 2012 Montes C, Rodríguez. D and Serrano. G conducted a study titled "affective choice of conflict management styles". The sample of this study included 358 undergraduate students. The purpose of this study is to identify the affective factors underlying conflict behavior. Traditional conflict research assumes that when individuals face conflicts they follow a rational process, thus denying the role of emotion-relevant variables. The results of this study showed that affective groups statistically differ in their self- reported conflict management styles.

In 2010 Chung – Van G. A and Moeller. C conducted a study titled "The psychosocial costs of conflict management styles. The sample of this study included 311 employed young adults. The result of this study showed that a moderate of integrating / compromising conflict management style was found to be psychosocially beneficial for workers and can buffer negative impact in the work conflict. Beyond a certain point integrating /compromising is associated with an increase in psychosocial strain when work conflict is high.

In 2010, I. Ahmed, M. Musarrat, Nawas, M. Z. Shaukat and A. Usman conducted a study titled "personality does affect conflict handling styles: study of future managers". A Total of 300 samples were collected. The results showed that, there was a significant relationship between personality type and conflict handling styles adopted by individuals.

 In 2007 Kim. T. Y, Wang. C, Kondo. M and Kim. T. H conducted a study titled "The conflict management styles: the differences among Chinese, Japanese and Koreans. The sample of this were 275 employees from China, Japan and South Korea. The results of this study proved Koreans were more likely to use compromise styles in comparison to Chinese and Japanese; Japanese were less likely to be dominate and were more likely to oblige to their superiors in comparison to Chinese and Koreans.

In 2002, N. Brewer, P. Mitchell and N. weber conducted a study titled "Gender role in organizational status and conflict management styles" the results showed that, upper organizational status individuals were higher on then integrating style, while lower status individuals were higher on the integrating style, while lower status individuals reported greater use of avoiding and obliging styles. Upper and lower organizational status jobs included.

In 1999 Afzalur Rahim. M, Buntzman. G. F and White. D conducted a study on the topic "Empirical study in the stages of moral development and conflict management styles." a sample of 443 employed business students were taken. The results proved that the conventional, whereas post conventional used fewer dominating styles than conventional. There was no significant difference found in the obliging style among the three moral stages.

In 1998 Morris. M. W, Williams. K. Y, Leung. K, Larrick. R, Mendoza. M. T, Bhatnagar. D and Hu. J. C conducted a study on "conflict management styles accounting for gross national difference". Survey among the young managers of the US rated high on competitive style. The reason for this choice may be attributed to the highly individualistic attitude of western culture.

In 1998 Antonioni D et.al; conducted a study titled "Relationship between big five personality factors and conflict management styles". The sample of this study were 351 students. The result of this study showed that extroversion, conscientiousness had a negative relationship with avoiding, while agreeableness and neuroticism had a positive relationship with avoiding.

Overview of the researches done on Conflict Management Styles:

Conflict management studies have been done for a while in the field of psychology unlike love language which is a recently probed topic. Conflict management styles are essential components of maintaining a conflict free interpersonal relationship, be it personal or professional. The researches that have been quoted above include the ones done in professional as well as personal settings. There are also studies quoting the impact of conflict management styles on the personality types and traits and the leadership styles of the persons. On the whole, all the studies are in line, supporting our current research by showing the impact of a person's conflict management style on his/her personality traits and social interaction patterns.

CHAPTER III

METHODOLOGY

Aim

The aim of this study is to determine the relationship between the various love languages and conflict management styles.

Hypotheses

- There is no significant relationship between love language and conflict management style.

Variables

Dependant variable

Conflict management style

Independent variable

Love language

Population Sample

The study's sample comprised of 140 young adults from various colleges. Young adults between the age of 18-25 were chosen as the sample. This study relied on primary data.

Sampling Method

A Purposive sampling method was used to obtain the sample. The majority of data was collected in person by handing out questionnaires to college students in Thoothukudi. Other data was collected by using online google forms. The responses were gathered only from girls.

Inclusion criteria:

- Individuals between the age group of 18 – 25 years were included in the study.
- Only literates were included.

Exclusion criteria:

- Individuals of age group less than 18 years or above 25 years were excluded.
- Illiterates were excluded.

Measures

In this research, the following standardized tools were used:

- The Five Love Languages Assessment by chi Alpha Christian Fellowship (2017)
- Conflict styles Assessment by United States Institute of Peace (2014)

Tool Description

Love Language

The Five Love Languages Assessment developed by Chi Alpha Christian Fellowship (2017) is used to identify the primary love language of individuals. This scale measures the primary love language of an individual among the five love languages: Words of Affirmation, Quality time, Gifts, Acts of Service and Physical Touch. It consists of 30 items. Each item has two statements. The respondents have to choose the option that suits them the best. Each statement represents one of the love language. This scale was constructed on the basis of Dr. Gray Chapman's work. Various sources report high validity and reliability for the scale.

Conflict Management Styles

The Conflict Styles Assessment by United States Institute of Peace is used to identify the primary conflict management style of an individual. There are five conflict management styles, they are Accommodator, Avoider, Competer, Compromiser and Problem solver. By understanding this concept it helps us to know our choices of managing conflict. This scale consists of 30 items each with two statements. The statements represents the various conflict management styles. This scale has high validity and reliability.

Procedure

Participants from age group 18 to 25 years were selected for our research and the responses were collected. After obtaining the participants' consent to take part in the study, they were requested to fill in their responses to the set of questionnaires, which included demographic data and self-reported measure intended to measure the variables: Love languages and conflict management style. The participants were instructed to read the items carefully and respond to each question by selecting the option that comes first to their mind without over thinking it and they were informed that their responses will be kept confidential. The participants took 15 to 20 minutes to complete the questionnaires.

Ethical Consideration:

The participants were assured confidentiality regarding the data provided by them. Voluntary participation of the samples were also assured. An informed consent was obtained from each subject. The participants were debriefed about the research at the end.

Statistical analysis:

The collected data was analysed statistically using Karl Pearson's correlation coefficient to determine the relationship among the research variables. The analyses was carried out with the Statistical Package for the Social Sciences software (SPSS).

CHAPTER IV

Results and Discussion

This chapter summarizes the findings of the current study. It examines the link between love languages and the conflict management styles of individuals. The hypothesis was tested using statistical analysis such as Pearson's correlation coefficient and linear regression test. The results, discussion and additional research reflect the quality of the study and the possibilities for future research in this area.

Table 4.1: Descriptive Statistics

Variables	Mean	Standard Deviation
Words of affirmation	5.17	1.568
Quality time	8.41	1.815
Gifts	4.29	2.265
Acts of services	6.33	1.817
Physical touch	5.61	2.287
Accommodator	7.56	2.462
Avoider	5.56	1.979
Competer	5.22	2.414
Compromiser	4.78	2.085
Problem solver	6.73	1.666

The table 4.1 shows the descriptive analysis of the variables. The data displays the mean and standard deviation for words of affirmation, quality time, gifts, acts of service, physical touch, accommodator, avoider, competer, compromiser and problem solver.

Table 4.2: The correlation between the dimensions of love language and conflict management style

Variables	'r' value
Words of affirmation .099 Accommodator	
Words of affirmation 0.71 Avoider	
Words of affirmation 0.78 Competer	
Words of affirmation -.225** Compromiser	
Words of affirmation -0.38 Problem solver	
Quality Time -0.09 Accommodator	
Quality Time -.049 Avoider	
Quality Time -.141 Competer	
Quality Time -.059 Compromiser	
Quality Time .185* Problem Solver	

Gifts	-.089	
Accommodator		
Gifts	-.069	
Avoider		
Gifts	.158	
Competer		
Gifts	.028	
Compromiser		
Gifts	-.066	
Problem Solver		
Acts of service	.110	
Accommodator		
Acts of Service	.022	
Avoider		
Acts of service	-.080	
Compromiser		
Acts of service	.071	
Problem solver		
Physical Touch	-.067	
Accommodator		
Physical touch	-.010	
Avoider		

|	
Physical Touch Competer	.019
Physical Touch Compromiser	.222**
Quality Time Problem Solver	.185*
Words of affirmation Compromiser	-.225**
Physical Touch Problem Solver	-.119

p<0.05

**p<0.01*

The Table 4.2 reveals the relationship between the dimensions of Love Language and Conflict Management Styles. This table shows that there exists a highly positive correlation between physical touch and compromising style which is .222 significant at *p<0.01*. A highly negative correlation is found in between words of affirmation and compromising style which is -.225 significant at *p<0.01*. At *p<0.05* significance there exists a positive relationship between quality time and problem-solving style. There exists no significant relationship between the other dimensions.

TABLE 4.3: Regression analyses for Dimensions of love language as predictors of Accommodator

Predictor Variables	Standardized Coefficient Beta	R	R^2	Adjusted R^2	F value
Words of Affirmation	.019				

Quality time	-.120	.178	.032	-.004	.878
Gifts	-.152				
Acts of Service	.002				
Physical Touch	-.206				

Table 4.3 shows the result of regression analyses for dimensions of Love Language as predictors of Accommodator. The results revealed that words of affirmation and acts of service predicted accommodating attitude of young adults positively whereas quality time, gifts and physical touch negatively predicted the accommodating style in young adults and F – value (1, .878) at $p < 0.001$ shows that the regression model has a good fit. The adjusted R^2 value indicates that the dimensions of Love Language accounted for -0.04 percentage of the variance in Accommodating style in young adults. No variables have been excluded from the regression model. The Beta value implies that for every one unit increase in words of affirmation and acts of service there is a .019 and .002 increase in Accommodating style; for every unit increase in quality time, gifts and physical touch there is a -.120, -.152, -.206 decrease in accommodator style.
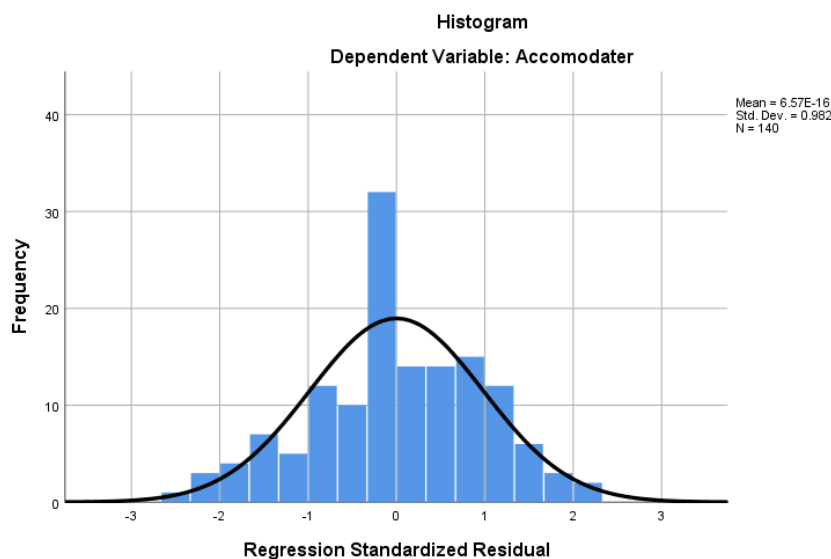
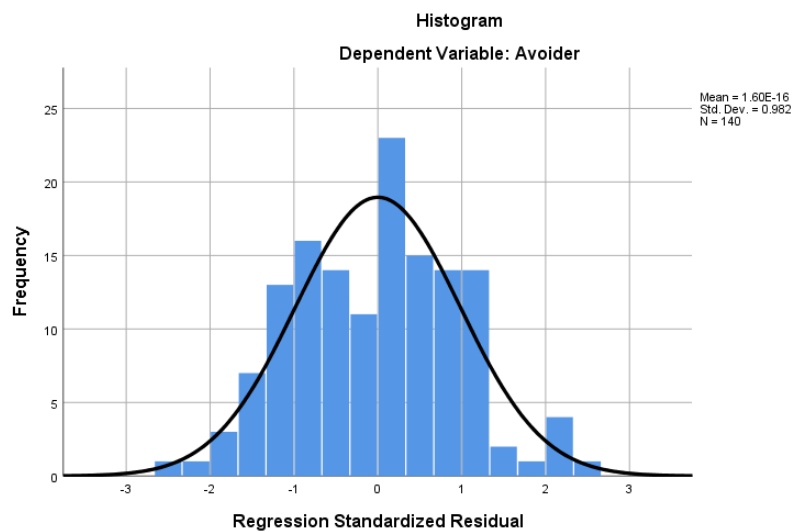*Figure 4.3.a: Histogram of regression analysis for love languages and Accommodator*

The diagram shows the pictorial representation of the data discussed in the table 4.3. It reveals that the distribution is normal, as the curve is bell shaped.

Table 4.4: Regression analyses for Dimensions of love language as predictors of Avoider

Predictor Variables	Standardized Coefficient Beta	R	R^2	Adjusted R^2	F value
Words of Affirmation	.499				
Quality time	.421	.147	.022	-.015	.593
Gifts	.389				
Acts of Service	.388				
Physical Touch	.331				

Table 4.4 shows the result of regression analyses for dimensions of Love Language as predictors of Avoidant style. The results revealed that words of affirmation, acts of service, quality time, gifts and physical touch predicted avoidant style of young adults positively and F – value (1, .593) at $p \leq 0.001$ shows that the regression model has a good fit. The adjusted R^2 value indicates that the dimensions of Love Language accounted for 0.22 percentage of the variance in avoiding of young adults. No variables have been excluded from the regression model. The Beta value implies that for every one unit increase in words of affirmation, quality time, gifts, acts of services and physical touch there is a .499, .421, .389, .388 and .331 increase in avoidant style.
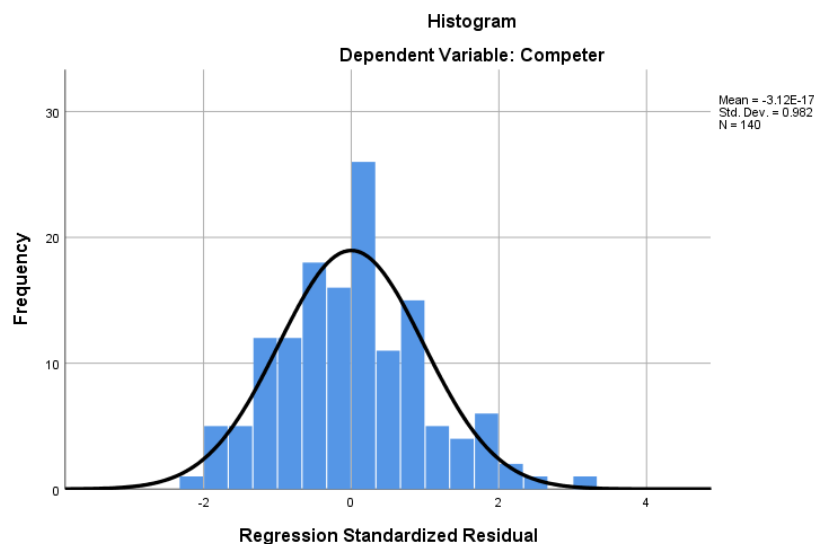
Figure 4.4.a: Histogram of regression analysis for love languages and Avoider

The above diagram is a pictorial representation of table 4.4. It shows the distribution and frequency of the variables discussed. This helps in understanding the table easily.

Table 4.5 Regression analyses for Dimensions of love language as predictors of Competer

Predictor Variables	Standardized Coefficient Beta	R	R^2	Adjusted R^2	F value
Words of Affirmation	.391				
Quality time	.232	.205	.042	.006	1.172
Gifts	.407				
Acts of Service	.275				
Physical Touch	.474				

Table 4.5 shows the result of regression analyses for dimensions of Love Language as predictors of competing style. The results revealed that words of affirmation, acts of service, quality time, gifts and physical touch predicted competing style of young adults positively and F – value (1, 1.172) at $p \leq 0.001$ shows that the regression model has a good fit. The adjusted R^2 value indicates that the dimensions of Love Language accounted for 0.42 percentage of the variance in competing style of young adults. No variables have been excluded from the regression model. The Beta value implies that for every one unit increase in words of affirmation, quality time, gifts, acts of services and physical touch there is a .391, .232, .407, .275 and .474 increase in competing style.
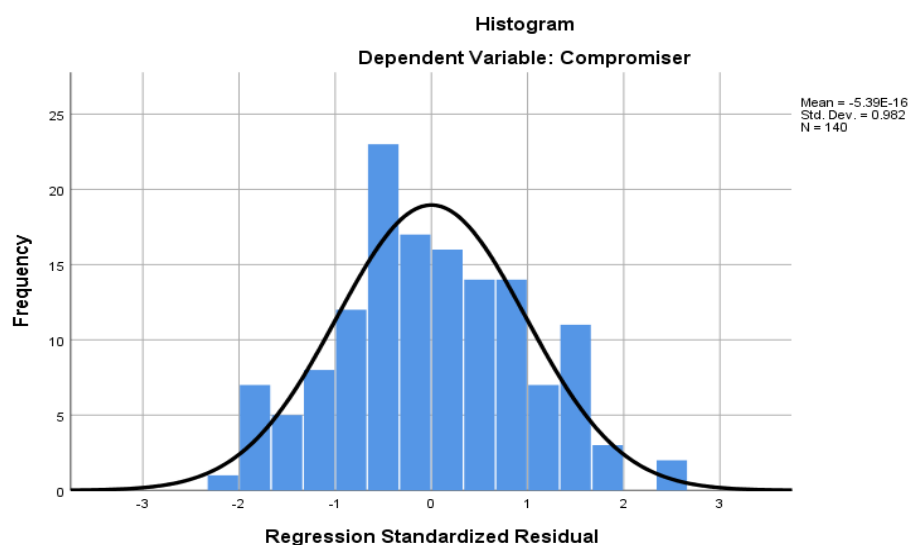

Figure 4.5.a: Histogram of regression analysis for love languages and Competer

The figure 4.5.a shows the regression analyses of love languages and Competer. This is the graphical representation of the above table 4.5. It also gives the Frequency and distribution of the data.

Table 4.6 Regression analyses for Dimensions of love language as predictors of Compromising

Predictor Variables	Standardized Coefficient Beta	R	R^2	Adjusted R^2	F value
Words of Affirmation	-.466				
Quality time	-.367	.299	.089	.055	2.623
Gifts	-.267				
Acts of Service	-.376				
Physical Touch	-.340				

Table 4.6 shows the result of regression analyses for dimensions of Love Language as predictors of compromising style. The results revealed that words of affirmation, acts of service, quality time, gifts and physical touch predicted compromising style of young adults negatively and F – value (1, 2.623) at $p \leq 0.001$ shows that the regression model has a good fit. The adjusted R^2 value indicates that the dimensions of Love Language accounted for 0.89 percentage of the variance in compromising style of young adults. No variables have been excluded from the regression model. The Beta value implies that for every one unit increase in words of affirmation, quality time, gifts, acts of services and physical touch there is a -.466,-.367,-.267,-.376 and -.340 decrease in compromising style.

Figure 4.6.a: Histogram of regression analysis for love languages and Compromise
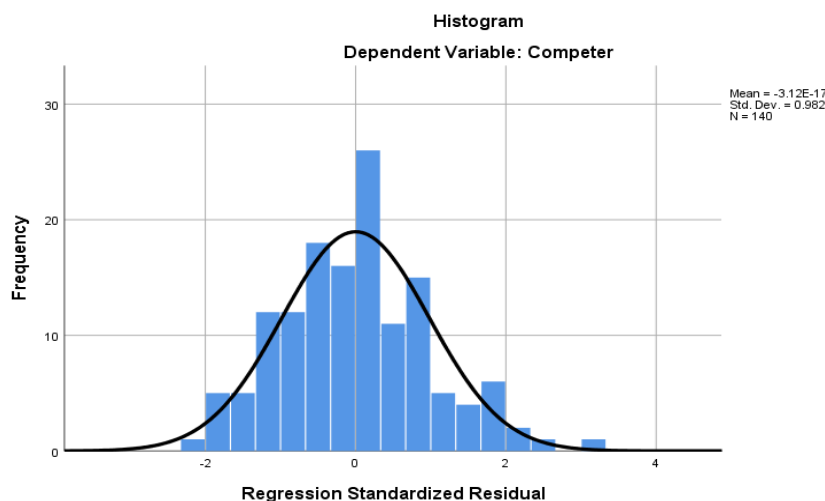
This histogram gives the regression analysis for the love languages and compromiser. It also makes it understandable of the frequency and distribution.

Table 4.7 Regression analyses for Dimensions of love language as predictors of Problem Solving

Predictor Variables	Standardized Coefficient Beta	R	R^2	Adjusted R^2	F value
Words of Affirmation	-.094				
Quality time	.113	.221	.049	.013	1.376
Gifts	-.172				
Acts of Service	.009				
Physical Touch	-.076				

Table 4.7 shows the result of regression analyses for dimensions of Love Language as predictors of problem solver. The results revealed that quality time, acts of service predicted

Problem solving attitude of young adults positively whereas words of affirmation, gifts and Physical touch negatively predicted the problem solving style in young adults and F – value (1, 1.376) at $p \leq 0.001$ shows that the regression model has a good fit. The adjusted R^2 value indicates that the dimensions of Love Language accounted for 0.49 percentage of the variance in Problem solving style in young adults. No variables have been excluded from the regression model. The Beta value implies that for every one unit increase in quality time and acts of service there is a .113 and .009 increase in Problem solving style; for every unit increase in words of affirmation, gifts and physical touch there is a -.094, -.172, -.076 decrease in problem solving style.

Figure 4.7.a: Histogram of regression analysis for love languages and Problem solver

The histogram shows the normal distribution of data as the curve is a bell shaped. It is a pictorial representation of the above table 4.7.

DISCUSSION:

Love Language refers to the way a person prefers to express love and receive love. This concept helps us to improve and strengthen relationships. Conflict management style refers to the way a person responds and reacts when a conflict rises. The current study investigates the relation between various love languages and conflict management style.

The mean and standard deviation of the measured variables are tabulated in Table 4.1. The mean scores for Words of affirmation, Quality time, Gifts, Acts of services, Physical

Touch, Accommodator, Avoider, Competer, Compromiser and Problem Solver are 5.17, 8.41, 5.61, 6.33, 4.29, 7.56, 5.56, 5.22, 4.78 and 6.73 respectively. The Standard Deviations of the measured variables are 1.56, 1.81, 2.28, 1.81, 2.26, 2.46, 1.97, 2.42, 2.08 and 1.66 respectively. According to the mean results, many young adults have Quality time as their primary love language. From the mean we can also infer that majority young adults have Accommodating as their primary conflict management style.

According to the result shown in table 4.2 Words of Affirmation has a significant negative relation with compromising conflict management style. This portrays that when an individual has scored more in words of affirmation the scores in compromising tend to decreases and the vice versa. Words of affirmation enhances the positive aspects of a person. It helps them to understand their worth and the capabilities they own. In this case they do not indulge in acts that question their self -worth.

From this table we can also infer that quality time is positively correlated with problem solving style of handling conflicts. This reveals that if the primary love language of an individual is quality time then they tend to have more scores in problem solving. The people with quality time as their primary love language value time. Problem solving also requires patience to sort out issues by taking all the aspects into consideration. These individuals do not want to hurt or create an unpleasant feeling so they always are conscious in working on same grounds.

This table also provides the data that Physical touch is highly positively correlated with Compromising conflict management style. This shows that as compromising nature increases, they may mostly have physical touch as their primary love language or the vice versa. Individuals who possess Physical touch as their primary love language feel secure when they are touched. They value intimate relationships more. So in phase of conflict they do not want to spoil the relationship, this makes them to give up few of their standpoints.

From the table 4.2 we can infer that other dimensions are not correlated. There may be external and internal factors that influence the correlation between variables. There are no studies related to Love Language and conflict management styles. So this research can be used for further studies, because this is first of the kind, increasing the importance of this study.

The table 4.3 reveals that words of affirmation and acts of service exert a positive effect in accommodating style of individuals. There exist a minimal level of correlation found between these variables. Individuals who have words of affirmation or acts of service as their

primary love language value relationship more than anything, they cannot take in negative comments, they always want people to be there to hold their back so naturally this encourages their tendency to act selflessly giving up their views to resolve conflicts, thus enhancing their role as an accommodator. The other love languages cause a decrease in accommodating style of individuals. These individuals with other love languages to be their primary one do not want to give up their views at any point so they do not exercise accommodating style of conflict management.

From the table 4.4 we can infer that all the love languages exert a positive influence in avoiding attitude of individuals. This is human nature to safeguard their relationship from breakdown. By practicing avoiding style they can ignore the problematic phase and move on with their normal routine. But this is not an effective strategy and may cause various ill effect on the person as an individual and also on their relationship.

The table 4.5 gives the result that all the love languages exert a positive influence on competer. The reason for the increase in competer attitude by the love languages is to bring the conflict to an end immediately. Practicing this style is not very healthy. In majority of the cases this style is exhibited when they feel a threat to their relationship or to their loved ones.

The table 4.6 portrays that all the love languages exert a negative effect on compromising style of conflict management. This style has its positives but they have many vulnerable spots which can enlarge the conflict resulting in breakups. Usually this style is used for trivial matters but when it comes to relationship there is nothing as trivial. If the underlying cause is not understood and sorted out it can lead to conflicts later. Because of the various drawbacks in this style there exist a negative effect.

The table 4.7 shows that quality time and acts of service have a positive effect on Problem solving style of conflict management. These variables are highly correlated. Individuals with these primary love language value time and relationship. They prefer to sort out the main root cause of problems so they have a positive effect on the problem solving attitude of young adults. The other love languages have a negative effect on problem solving attitude because the other love languages cannot provide the required time to sort out the issue so they use some other conflict management style that directly solves the issue.

This entire research is the first of its kind. So further in depth researches are required to study this topics thoroughly. The weak correlations are to be learnt further to find the actual causes and reasons for the poor relationship among the types.

CHAPTER V

<h1 style="text-align:center">Summary and conclusion</h1>

Summary

The purpose of the study was to examine the relationship between love language and conflict management among young adults. The independent variable of the study was love language and conflict management pattern was the dependent variable. The sample was obtained through Purposive sampling method. The participants of the study included 140 young adults from various colleges in Thoothukudi, Tamil Nadu. Data was collected both by using google forms and by collecting in person. The responses were gathered only from girls.

In this research the following standardized tools were used:

- The Five Love Languages Assessment by chi Alpha Christian Fellowship (2017)
- Conflict styles Assessment by United States Institute of peace (2014)

The following null hypothesis was adapted in this study:

- There is no significant relationship between love language and conflict management style.

The collected data was analyzed statistically using Karl Pearson's correlation coefficient to determine the relationship among the research variables. The analyses were carried out with the Statistical Package for the Social Sciences software (SPSS).

Conclusion

- There is a significant relationship between Words of Affirmation and Compromising management style.
- There is a significant relationship between Quality Time and Problem-Solving management style.
- There is significant relationship between Physical Touch and Compromising management style.
- There exists a predictive relationship between the love languages and conflict management styles.

Limitation and Implications

Limitations

- Small sample size (N= 140)
- Samples were collected predominantly only from Thoothukudi district of Tamil Nadu
- Only girls have been included in the study.
- Only college students have been included for the study and this omits a large population of young adults who live outside the college premises.

Implications

Few implications of the current study are:

- The current study is advantageous to young adults because it would help them in strengthening their communication skills.
- These findings may provide useful information to counsellors who work with relationship issues of young adults.
- This study paves way for further research on the ways and means of improving relationships between loved ones.
- The research results help in developing insights into one's conflict management styles which is an essential component of problem-solving skills.

Suggestions for future research

- Future research could be performed to investigate the gender difference in love language.
- Research could utilize statistical methods such as t-test for better understanding of variables.
- Future researchers may consider investigating the cross-cultural studies regarding variables and also focus on the weak correlation.
- Future researches can focus on the therapeutic strategies that may help people in choosing efficient love language and effective conflict management styles.

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APPENDICES

INFORMED CONSENT FORM

We, the students pursuing third year in B.Sc Psychology from the Department of Psychology, St.Mary's College, Tuticorin carrying out a research study for academic purpose. We seek your consent to be a part of this research work. Your kind cooperation will be highly appreciated. This will take approximately 5 to 10 minutes of your time. The response obtained will be kept completely confidential.

Consent:

I have been informed about the procedures of this study. The possible risks have been explained to me in the language I understand. I understand that I have the right to refuse concern or to withdraw from the study at any time. I have understood that there are no financial benefits or forcible risks of participating in this research. I am aware that participation is purely voluntary. I agree to participate in this study. I, _____ , the undersigned, give my concern to participate in the study.

                                                                  Signature of the participant

Demographic Details

Name:

Age:

Educational Qualification:

Marital Status:

Family Type: Nuclear / Join

APPENDIX-B

Of the two choices, circle the option you most prefer and fits you best currently.

1. I like to receive notes of affirmation.
   I like to be hugged.

2. I like to spend one-on-one time with people who are close to me.
   I feel loved when someone gives me practical help.

3. I like it when people give me gifts.
   I like leisurely visits with friends and loved ones.

4. I feel loved when people do things to help me.
   I feel loved when people touch me.

5. I feel loved when someone I love or admire puts his or her arm around me.
   I feel loved when I receive a gift from someone I love or admire.

6. I like to go places with friends and loved ones.
   I like to high-five or hold hands with people who are special to me.

7. Visible symbols of love (gifts) are very important to me.
   I feel loved when people affirm me.

8. I like to sit close to people whom I enjoy being around.
   I like for people to tell me I am beautiful/handsome.

9. I like to spend time with friends and loved ones.

   I like to receive little gifts from friends and loved ones.

10. Words of acceptance are important to me.

    I know someone loves me when he or she helps me.

11. I like being together and doing things with friends and loved ones.

    I like it when kind words are spoken to me.

12. What someone does affects me more than what he or she says.

    Hugs make me feel connected and valued.

13. I value praise and try to avoid criticism.

    Several small gifts mean more to me than one large gift.

14. I feel close to someone when we are talking or doing something together.

    I feel closer to friends and loved ones when they touch me often.

15. I like for people to compliment my achievements.

    I know people love me when they do things for me that they don't enjoy doing.

16. I like to be touched as friends and loved ones walk by.

    I like it when people listen to me and show genuine interest in what I am saying.

17. I feel loved when friends and loved ones help me with jobs or projects.

    I really enjoy receiving gifts from friends and loved ones.

18. I like for people to compliment my appearance.

    I feel loved when people take time to understand my feelings.

19. I feel secure when a special person is touching me.

    Acts of service make me feel loved.

20. I appreciate the many things that special people do for me.

    I like receiving gifts that special people make for me.

21. I really enjoy the feeling I get when someone gives me undivided attention.

    I really enjoy the feeling I get when someone helps me make decisions.

22. I feel loved when a person celebrates my birthday with a gift.

    I feel loved when a person celebrates my birthday with meaningful words.

23. I know a person is thinking of me when he or she gives me a gift.

    I feel loved when a person helps with my chores.

24. I appreciate it when someone listens patiently and doesn't interrupt me.

    I appreciate it when someone remembers special days with a gift.

25. I like knowing loved ones are concerned enough to help with my daily tasks.

    I enjoy extended trips with someone who is special to me.

26. I enjoy kissing or being kissed by people with whom I am close.

    I enjoy receiving a gift for no special reason.

27. I like to be told that I am appreciated.

    I like for a person to look at me when we are talking.

28. Gifts from a friend or loved one are always special to me.

    I feel good when a friend or loved one touches me.

29. I feel loved when a person enthusiastically does some task I have requested.

I feel loved when I am told how much I am needed.

30. I need to be touched every day.

I need words of encouragement daily.

APPENDIX-C

Conflict Management Assessment by United States Institute of Peace

Of the two choices, circle the option you most prefer and fits you best currently.

1. Occasionally I hold back and let others figure out how to resolve the conflict.

   I am able to focus on similarities rather than differences in views.

2. I like to resolve problems through negotiating.

   I try to make sure everyone's concerns are addressed.

3. I know what I want and I go for it.

   I sometimes aim to make the other person feel better in order to end a conflict.

4. I like to resolve problems through negotiating.

   I'm willing to give up my own views if it will help the other person feel better.

5. I always try to work together to solve problems.

   I aim to avert uncomfortable situations when possible.

6. I do what I can to avoid tension.

   I aim to convince others that I am right.

7. I stall in order to take some time to think about problems before approaching them.

   I am willing to compromise when others do.

8. I know what I want and I go for it.

   I aim to discuss problems openly so that they can be worked out right away.

9. Sometimes conflicts are better left not discussed.

   I try to get what I want.

10. I know what I want and I go for it.
    I like to resolve problems through negotiating.

11. I aim to discuss problems openly so that they can be worked out right away.
    I sometimes aim to make the other person feel better in order to end a conflict.

12. At times I keep my views to myself in order to avoid conflict.
    I prefer a "give and take" solution to problems where both sides make adjustments.

13. If the other person can agree to disagree, I can do the
same
I make sure others know my views.

14. I share my thoughts and ask others to share theirs

    I aim to convince others that I am right.

15. I sometimes aim to make the other person feel better in order to end a conflict.

    I aim to avert uncomfortable situations when possible.

16. I try make sure the other person does not get upset.

I try to make sure others understand my reasoning and why I am right

17. I know what I want and I go for it.

I aim to avert uncomfortable situations when possible.

18. I allow others to voice their opinions without objecting if it makes them feel better.

I prefer a "give and take" solution to problems where both sides make adjustments.

19. I try to work out problems with others right away.

I sometimes stall in order to take some time to think about problems before   approaching them.

20. I try to work out problems with others right away.

I prefer to figure out what the fairest outcome would be from everyone's perspective

21. I try to pay attention to the other person's opinions when we are working out problems.

I prefer to talk about problems directly

22. I take a problem-solving approach where all sides figure out what we can agree on and what we are willing to give up.

I tell others what I want.

23. I tend to worry about making everyone happy.

Occasionally I hold back and let others figure out how to resolve the conflict.

24. I try to please others if it seems important to them.

I aim to work together to settle our differences through a bargaining approach.

25. I try to convince people to agree with me.

I try to pay attention to the other person's opinions when we are working out problems.

26. I try to find a way for different sides to meet half way in a conflict.

I tend to worry about making everyone happy.

27. At times I keep my views to myself in order to avoid conflict.

 I allow others to voice their opinions without objecting if it makes them feel better.
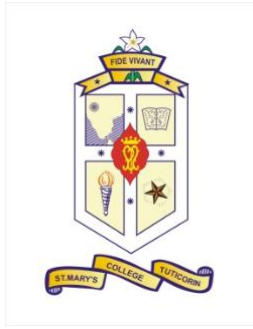

28. I know what I want and I go for it.

I always try to work together to solve problems.

29. I try to find a way for different sides to meet half way in a conflict.

Sometimes conflicts are better left not discussed.

30. I try make sure the other person does not get upset.

I tell others when something is wrong so that we can work together to make it right.

St. Mary's College (Autonomous), Thoothukudi

Affiliated to

Manonmaniam Sundaranar University,

Tirunelveli

THE EFFECT OF NOSTALGIA ON EMPATHY AND PRO-SOCIAL BEHAVIOUR AMONG YOUNG ADULTS

St. Mary's College (Autonomous), Thoothukudi

Affiliated to

Manonmaniam Sundaranar University,

Tirunelveli

in partial fulfilment of the award of the degree of

Bachelor of Science in Psychology

Submitted By

Bhavani K (20SUPS05),

Durga Gayathri M (20SUPS09)

Kavya Meera M (20SUPS11),

Sharly J (20SUPS17),

Under the Supervision of

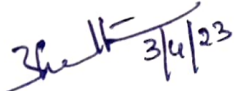**Rev. Dr. Fr. John Suresh A Ph.D.,**

Department of Psychology

St. Mary's College (Autonomous)

CERTIFICATE

This is to certify that this project work entitled "The effect of nostalgia on empathy and pro-social behaviour among young adults" is submitted to St Mary's College (Autonomous), Thoothukudi affiliated to **ManonmaniamSundaranar University,Tirunelveli** in partial fulfilment of the award of the degree of**Bachelor of Science in Psychology**done during the year 2020 – 2023 by **Bhavani K (20SUPA05),DurgaGayathri M (20SUPS09),KavyaMeera M(20SUPS11) andSharly J (20SUPS17).**This dissertation has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or other similar title to any candidate of any University.

Signature of the Guide

Signature of the Coordinator

Dr.S.JEYA BHARATHI
Co-Ordinator
Department of Psychology
St.Mary's College (Autonomous)
Thoothukudi - 628 001

Signature of the Principal
Principal
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

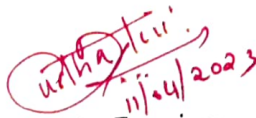Signature of the Director
Director
Self Supporting Courses
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

Signature of the Examiner
Dr. N. SUDHA kumari

DECLARATION

We do hereby declare that the project entitled "The effect of nostalgia on empathy and pro-social behaviour among young adults" submitted for the degree of Bachelor of Science in Psychology is our original work carried out under the guidance of Rev. Dr.Fr.John Suresh A Ph.D., Guest Faculty, Department of Psychology, St Mary's College (Autonomous), Thoothukudi and that it has not previously formed the basis for award of any degree.

Place: Thoothukudi

Date: 03·04·23

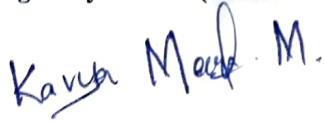Signature of the Candidates

Bhavani K (20SUPS05)

Durga Gayathri M (20SUPS09)

Kavya Meera M (20SUPS11)

Sharly J (20SUPS17)

Table of Contents

TABLE OF CONTENTS

List of Tables

LIST OF TABLES

CHAPTER I

INTRODUCTION

Nostalgia

"There is no greater sorrow than to recall a happy time when miserable."

– Dante Alighieri

We often romanticise our fond memories and feel as though we are reliving them when we hear about them. Nostalgia is a sentimental yearning for the past, usually for a time or place that has pleasant personal memories. The word nostalgia was first used in a Basel dissertation by Johannes Hofer (1669-1752) in 1688. It is a learned combination of two Greek words: (nóstos), which means "homecoming," a Homeric word, and (álgos), which means "sorrow" or "despair." Hofer coined the term "homesickness" or mal du pays (French for "homelessness") to describe the illness as well recognised as mal du Suisse (French for "Swiss illness"), which was a common occurrence in Swiss commandos who were yearning for their homeland's landscapes while on the Swiss plains. Fainting, a high fever, and death were also considered to be symptoms.

Nostalgia used to be dismissed as a simple addiction with the past and then even labelled as a disease. It is not always a bad thing, though, as researches over the past decade have revealed that nostalgia has significant effects on our emotional and mental health. In contrast to Kaplan (1987), who claims that nostalgic memories also preserve something of the early childhood self, a feeling of a much loved child, Batcho (2007) claims that nostalgia promotes psychological well-being by countering alienation and strengthening community. As a form of reparative narcissism, nostalgia soothes the sense of loss in this way by boosting self-esteem and easing depression. Wernman (1977), who holds a similar perspective, states that nostalgia can be a pathological alternative for deep despair and a loss of the ability to disassociate the libido or modify the instinctual aim. He also claims that nostalgia is built by an ambivalent interplay for both cognition and affections and that unsalvageable past acceptance creates the bittersweet element. In morbid states, what was once a compromise formation made up of nostalgic feelings for the good old days. According to the vast majority of studies, nostalgia rise positive affect, instances of enhanced negative affect, including sadness, intensified social connectedness, consistency of self, enhanced self-esteem, dynamic coping mechanisms, a sense of purpose, and comfort in the face of approaching mortality.

Depending on a person's personality or the situation, nostalgia may be uplifted and productive or bitter and detrimental.

Your brain's memory and reward mechanisms are very active when you feel nostalgic. Nostalgia-related behaviour occurs primarily in the hippocampus, ventral striatum, and substantial nigra/ventral tegmental area. Although they are unsure exactly how these systems interact to cause nostalgia, scientists think that they do. Historical and personal nostalgia are the two subcategories of nostalgia.

A person experiences historical nostalgia when they yearn for a period of time or a society that may have existed before them. According to research, feeling nostalgic for the past may be a sign that you are dissatisfied with the present.

When someone relives past experiences or yearns for critical points from their own life, they are experiencing personal nostalgia. One study found that when contrasting historical and personal nostalgia, the latter causes people to feel warmth, softness, elation, loss, and regret extra strongly.

Nostalgia sets off feelings, actions, and objectives that have a positive influence on the following areas of life:

Emotions - Feelings of nostalgia can lead to upbeat emotional states like increased inspiration and optimism, increased self-esteem, and emotions of purpose and youth. In ambiguous, stressful, or overwhelming circumstances, it can also offer a calming outlet.

Behaviour- A powerful source of inspiration, nostalgia can both inspire you and push you to behave on that motivation. For instance, a study discovered that positivity about overall fitness induced by nostalgia increased physical activity. Another study found that nostalgia is fueling a revival in post-pandemic personal travel after identifying it as a key survival strategy during the COVID-19 pandemic.

Social cognition - Nostalgia can motivate you to resolve interpersonal conflicts, get in touch with old friends, and give priority to your most significant relationships. Overall, nostalgia helps to strengthen the essential to the human experience feelings of social connection.

Creativity- Nostalgia is said to stimulate creativity, according to studies. In one study, participants wrote more imaginative prose when they were feeling nostalgic. Their level of creativity was determined by how open they were to new experiences.

There are some things that can trigger nostalgia, including music, Television shows, game consoles, movies, and books. Environment also has a significant impact.

We can see how these factors led to nostalgia in the paragraphs that follow.

Books- By hearing to popular songs, perusing old photographs, or travelling to familiar places in the past, one can purposefully arouse feelings of nostalgia. Given the widespread availability of this information, a large number of books have been written with the intention of triggering nostalgia.

Music-A person's memories can be triggered by an old song. A song that is once heard at a particular time and then isn't heard again for a very long time will make the listener nostalgic for the remembered date and the things that happened on that day. It might lose its connection to any particular time or experience, though, if it is understood repeatedly over the course of a lifetime.

Movies-Old movies can make you nostalgic. This is especially true for generations that were born during particular periods in film history, like the 1990s animation renaissance. Re-watching old films can have a healing effect by bringing back fond childhood memories and mending emotional wounds.

TV shows-Old television programmes can evoke nostalgia. Since the memories from one's childhood are frequently the most important of their lives, people tend to gravitate towards the displays they witnessed as kids.

Video Games – Our computer games can evoke fond memories. Older folk who got to play them as kids now enjoy playing them recreationally.

Environmental -Nature-based elements like the climate and weather can cause nostalgia. According to scientific research, people feel warmer when they are nostalgic than when it is cold outside. A longing for earlier times when environment played a more significant cultural role is frequently sparked by nature in some societies. The term "solastalgia" was initially coined by environmental philosopher Glenn Albrecht in his 2003 novel Solastalgia: a New Concept in Human Health and Identity. The word, which is used to describe a kind of mental or existential distress brought on by environmental destruction, is derived from the Latin word 'slcium' (comfort) and the Greek root o (pain, suffering).

We are an existential species, humans. We need to feel like we're making a constructive contribution to the world and developing meaningful relationships with others in order to thrive. The pursuit of nostalgia helps these existential goals.

On this are three major reasons and strategies for managers to implement this adaptable element of human psychology in their workplaces.

1. *Nostalgia can strengthen bonds between people and teams*. The majority of nostalgic memories incorporate many persons, and when people think back on them, they feel more sociable and supported. The social self comes online because of nostalgia. It boosts social agency and channels it towards fostering stronger interpersonal and group ties and helping others.

2. *Nostalgia can lower turnover and contribute to making work feel meaningful*. When people think about prior memorable ways, they become inspired to set priorities meaning in the present, which is how nostalgia functions as an introspective asset to preserve and strengthen purpose in the current.

3. *Organizations can benefit from nostalgia by being more inspired and creative*. These feelings are brought on by nostalgia, which makes it possible to direct workers towards innovative thinking and problem-solving. Sadness, loneliness, emptiness, uncertainty, and boredom are some common psychological precursors to nostalgia. Because nostalgia is healing, these unfavourable psychological states make people feel more nostalgic.

Theories of Nostalgia

We can infer about nostalgia in literature, motivation, and consumer branding when we discuss the theories of nostalgia, but in this case, we'll discuss them in terms of society.

Effect of nostalgia recognition (NRE)

The desire to reminisce about the past and go back to that time period for solace increases in unstable societies, and the urge to flee reality only fuels nostalgia. In other words, acknowledging nostalgia helps to control people's anxious psychological states.

Social nostalgia theory

The article "Social nostalgia: sociological theoretical aspects of research" draws attention to the social nostalgia phenomenon, which is relatively new in sociology. It is defined as a general social condition that is present in some social communities (groups) and

is motivated both emotionally and rationally by an idealised social order from the past. For arguably large social groups, social nostalgia would develop into an enduring and consistent behaviour component, especially if certain political forces eventually developed an interest in this phenomenon. Social nostalgia is also understood as a post-factum myth concerning social order, social relationships, ideals and goals, atmosphere, and feelings typical for the past societal conditions.

Theory of attachment in nostalgia

It was speculated that nostalgia can be a repository of this social connectedness because people with low attachment-related avoidance rely on social bonds to manage their distress. As in social connectedness, nostalgia's positive effects were significantly stronger once attachment-related avoidance was low (compared with high).

Nostalgia is an emotive yearning for one's past. Nostalgia-prone people are more empathic and engage in more pro-social behaviour due to their increased secure attachment.

Empathy

"Anger is Easy, Empathy takes Practice"

-Kathy Sisson

Titchener coined the term "empathy" to describe the capacity of human beings to be In tune with another's emotions and to know and understand one another through Reflection and shared experience. According to Freud's (1921) definition of empathy, empathy is that is "the mechanism by means of which we are enabled to take up any attitude at all towards another mental life".

There are different sorts of empathy that one can encounter. The three different types of empathy are as follows:

- *Affective empathy* is the capacity to recognise and appropriately respond to the emotions of another person. An individual may experience personal distress or feelings of concern for another people's well-being as a result of such emotional understanding.

- ***Somatic empathy*** entails having a physical response to another person's experience. Sometimes people can actually feel what another individual is experiencing. For instance, if you notice somebody else blushing, you might start giggling or feel queasy.
- ***Cognitive empathy*** Understanding another individual's psychological state and potential responses to a situation is referred to as cognitive empathy. This is associated with the theory of mind, also known as thinking about how other individuals are pondering.

Empathy is a skill with many useful applications.

• ***Empathy enables you to develop interpersonal relationships with others***. You can respond properly in social situations if you are aware of what other individuals are believing and feeling. Social connections are critical for both mental and physical well-being, according to research.

• ***Developing empathy for others teaches you how to control your own emotions***. Emotional control is crucial because it enables you to control your emotions even under extreme stress without becoming overwhelmed.

• ***Empathy encourages pro-social behaviour***. When you have empathy for many other people, it makes you quite likely to act in a helpful manner, but some persons are additionally more likely to assist you.

Theories of Empathy

Appraisal theory Of Empathy

The theory holds that whenever an observer assesses a target situation, empathy is possible. When the observer evaluates the analysis is the evaluation in an identical manner as the target does, empathy is generated. A distinct intense reaction happens if the observers have different perspectives on the target's circumstance. Emotion is a typical emotional process; it isn't a special process**.**

Simulation Theory

Based on the Simulation Theory, empathy is conceivable because we "simulate" or "represent" an emotion when we see another person experiencing it, allowing us to

experience it for ourselves. Matter of fact, initial research indicates that "mirror neurons" in humans fire during the process of observing and experiencing of actions and emotions. There are additional brain regions in the medial Prefrontal cortex (held to account for relatively high types of thought) that show initiation overlap both for Self-focused and other-focused thinking and decisions. On an intuitive level, Simulation Theory Makes sense because it appears self-evident that knowing what another person is feeling needs Simulation.

Hoffman's Theory

While empathy and empathic discomfort are the main focuses of Martin Hoffman's theory of moral psychology and development, it also considers traditional conditioning, cognitive reasoning, and the ethical values of justice and compassion. In the later stages of empathy development, Hoffman's supposition particularly encompasses cognitive thinking and justice. Empathic Distress vs Egoistic Motives Central to Hoffman's theory is the emergence of empathic distress in response to other's distress

Where,

1) empathic distress is linked with helping,

 2) empathic distress precedes helping,

 3) Observers feel great after helping

. Five Categories of Development

Hoffman has five categories for how empathic distress develops:

1) new born reactive cry,

2) Egocentric empathic distress,

3) quasi-egocentric empathic distress,

4) veridical empathic distress,

5) empathic distress beyond the situation.

The first category, the new born reactive cry, is most likely to cause by a "…combination of mimicry and Conditioning, with each aided by imitation." Hoffman (2000), p. 65 At this point, there is only distress, but no attempt to alleviate it. The reaction to other infant's distress is mostly the same in egocentric empathic distress, which begins at the end of the

first year, With the exception of behaviour intended to lessen one's own distress (not really the distress of the other infant).In the beginning of second year, a sense of self arises, combined by quasi-egocentric empathic distress The child will attempt to assist the other person in distress when they are experiencing quasi-egocentric empathic distress, but only from their perspective.. Children start to notice that the inner states of others may change from their own by the end of the Second year.. At some point in development, empathic distress extends beyond the situation to include the Circumstances of others. A victim's behaviour is often contradictory, like when a victim of a serious illness will laugh out loud or seems to be very happy.

Pro-social

"When we help others, we are helping ourselves. Every single time you help somebody stand up you're helping humanity rise."

-Dr. Steve Maraboli

Pro-social behaviour was defines" as behaviour through which people benefit others including helping, co-operating, comforting, sharing, and donating" (Eisenberg,1982). Pro-social behaviours are those aimed to assist other people. These actions are described by a consideration for the privileges, emotions, and wellbeing of other individuals. Habits that can be explained as pro-social involve experiencing compassion and worry for others.

A wide range of behaviours are categorised as pro-social behaviour, including helping, sharing, consoling, and cooperating. Social scientists first used the phrase in the 1970s as an alternative to the term "antisocial behaviour."

Pro-social behaviour is defined as" 'voluntary behaviour intended to benefit another' (Eisenberg et al., 2006). It is characterised by acts of kindness, compassion, and helping behaviours, which many take into account to be among the best traits found in human nature".

Pro-social behaviours can have a variety of positive effects for the "helper," in addition to the basic good they do for their recipients:

- *Mood Boosting Effects* : Studies have demonstrated that individuals who practise pro-social behaviour are much more likely to experience happier moods. In addition, those who assist others are prone to negative emotional states less commonly.
- *Social support benefits*: Having social support can be important for getting through crucial times. According to research, social support can significantly impact a wide range of facets of wellness, including lowering the risk of depression, alcohol use, and loneliness.
- *Stress-reducing effects*: Pro-social behaviour has been shown in research to help reduce the detrimental emotional effects of stress.

Whereas pro-social behaviour is frequently depicted as having just one distinct dimension, some research indicates that there are actually several different types.

Based on the reasons they are produced, these types can be divided into the following:

• *Proactive:* These are pro-social behaviours done for one's own advantanges.

• *Reactive*: These are actions that are performed in action of individual needs.

• *Altruistic*: This comprises actions that have no regard for individual benefit and are tried to advantage others.

Pro-social behaviour can have a number of advantages. It claims that those who ask for assistance receive the support they need and that it can also make those who engage in pro-social behaviour feel good about themselves. Despite the difficulties that can occasionally prevent such behaviours, research indicates that being kind to others and engaging in other pro-social behaviours spread quickly..

Kin Selection Theory

The study of kin selection was originally put forth in the 1960s. It's a form of environmental selection where People will help family members even at their own money, From the research perspective the likelihood that someone will get help rises with proximity.

Consider, a physical confrontation between a sibling and a friend; kin selection states that, Despite the occurance of injury, the friend would assist the sibling. But, it is low experienced that someone would step in if two friends were having a physical fight. This results from the closeness of the brother bond and gene protection. They want to protect their family's DNA makeup.

Reciprocal altruism Theory

The study of reciprocal altruism says that sacrificing some of one's own interest to advantage others has an evolutionary benefit. This is due to the first organism will advantage even more, even if it is only marginally better. Several conditions must be met for reciprocal altruism to occur, including:

• Repetitive intercommunication among altruistic organisms.

• The ability of knowing individual in order to differentiate among loyal and disloyal actors.

• The advantage to the recipient must over expected the actor's sacrifice.

• In vital role, there is no need for family or even external species connections.

The current study examines how nostalgia affects a person's pro-social and empathic behaviour. A significant portion of the research that has already been done has looked at behaviours that cause nostalgia and all the other aspects that can make people feel nostalgic as well as all the behaviours that can be caused by nostalgia. According to this study, nostalgia could encourage pro-social and empathic behaviour. The long-lasting or cumulative impact of emotional stories, particularly those that express personal meaning, has not yet been sufficiently explored. Stories that are personally relevant can have a significant, long-lasting impact, according to qualitative analyses. People of the rebellion during World War II described in their memoirs how childhood experiences with stories sparked nostalgia and played important roles in their commitment to the opposition, even to the point of going through hardships and risking their lives. The current study explores the impact that nostalgia has on young adults' pro-social and empathic behaviour. Most universities place a high value on their alumni and frequently host a variety of alumni events to strengthen ties between former students and one's alumnus and encourage them to support the institution. Nostalgia and this sentiment are inseparable. A psychological study discovered that nostalgia can

encourage people to engage in pro-social behaviours like charitable giving and helpful altruism. Helping habits are examples of altruistic, pro-social behaviour; they are frequently seen in society; and, more specifically, they involve advancing and defending the rights of others. There is no question that nostalgia can affect one's emotions; in fact, some academics have labelled nostalgia as an intense expression. Batcho discovered that individuals with a good propensity for nostalgia have more intense emotional reactions, meaning they feel happier and sadder emotions in response to happy and unhappy events, respectively. One's ability to empathise with others is increased when immersed in a nostalgic experience. The empathy-altruism hypothesis was first put forth in a study by Zhou et al., which discovered that empathy (and not sadness) complies as a mediating factor of the nostalgia impact on charitable giving. Therefore, the possible explanation why nostalgia can encourage pro-social behaviour is because it brings back positive memories of interpersonal interactions, strengthens social bonds, and ultimately increases personal empathy for others.By concentrating on one's inner self, one becomes less concerned about living up to others' expectations and standards. Additionally, studies show that when people express their true selves, they also develop empathy and a greater concern for other people's well-being. Altruism, which is regarded as one of the qualities of the authentic, is encouraged by empathy.

Need for the study

Nostalgia is the memory of prior events, people, or emotions. Numerous studies have demonstrated the beneficial effects of nostalgia on one's physical and mental health, but few of these studies have focused on the relationship between nostalgia and pro-social behaviour.

Numerous fields have conducted studies on nostalgia, but psychology hasn't widely standardized on it yet. It is a potent emotion that will bind us to our true selves and make us feel secure and loved. The main objective was to establish a link between people's pro-sociality and empathy and nostalgic memories. This study will discuss the overall impact of nostalgia on a person's social and personal life, which is an important topic for research in the area.

Theoretically and practically, concentrating on nostalgia as well as pro-social behaviour does have broad implications. On the one hand, it can expand the research areas in the field of nostalgia. On the other hand, research on nostalgia and pro-social behaviour helps foster

harmony and peace. Engaging in pro-social behaviour can also boost positive interactions and the sense of self - esteem of ourselves. It not only benefits the givers but also others.

CHAPTER II

REVIEW OF LITERATURE

Nostalgia

In a study on how nostalgia can boost gratitude, Bin Li, Qin Zhu, Aimei Li, and Rubo Cui (2023) found that it can improve people's subjective well-being. There hasn't been much investigation into the mechanisms underlying the link between nostalgia and subjective well-being. This study examined the beneficial effects of gratitude on the emotional (both positive and negative) and cognitive (life satisfaction) well-being) of individuals who experience nostalgia. Young adults who were randomly assigned to experimental or control conditions participated in two experiments. Both group comparisons and analyses of mediation based on regression were performed. According to the research, nostalgia may not affect cognitive wellbeing but could enhance emotional wellbeing by fostering gratitude.

An investigation into the connection between nostalgia and life satisfaction was done by Daosheng Xu and Yiwen Chen (2023). This study looked at how nostalgia and life satisfaction among college students are mediated by multiple chains of positive affect and self-esteem. The Southampton Nostalgia Scale, the Positive Affect Scale, the Rosenberg Self-Esteem Scale, and the Life Satisfaction Scale were all completed by 477 college students. According to the research, life satisfaction may be impacted by nostalgia through both a direct and indirect pathway of positive affect and self-esteem.

The impact of nostalgia on college belonging and college optimism among first-generation college students was studied by Nafisa Hasna and Andrew A. Abeyta (2022). This study's main hypothesis is that among first-generation college students, nostalgia can foster a sense of belonging and academic optimism. On the topics of nostalgia manipulation, college belonging certainty, and college optimism, a total of 137 first-generation college students (study 1) and 129 first-generation college students (study 2) completed an online survey. More feelings of belonging to the college were reported by participants in the nostalgia condition than by participants in the control condition. The results showed that the nostalgia manipulation's impact on college optimism was still statistically significant. Through belonging to a college, nostalgia has a major repercussion on optimism.

Krystine Irene Batcho researched the function of nostalgia in resistance (2021). This study used narrative analysis of three memoirs to examine how personal nostalgia fueled and sustained the Ukrainian resistance during World War II. The similarities between the memoirs' recurring themes and the results of recent empirical psychological research were compared. Findings discussed the relationship between social identity and personal identity, the connection between historical and personal nostalgia, and the difference between healthy and unhealthy nostalgia.

A study on the impact of nostalgia and relive intention in experiential gifts as meaningful moments and memories was conducted by Rogelio Puente-Daz and Judith Cavazos-Arroyo (2021). This study looked at one effect of nostalgia, relive intentions, and compared the effects of experiential gifts versus material gifts on perceptions of special occasions and memories. On the consumers, four studies were conducted. Participants in Study 1 were given the opportunity to complete a measure of nostalgia, a perception of a meaningful moment, and a relive intention while recalling and writing about an experiential or material gift they had received. The findings indicated that nostalgic feelings and experiential gifts have a relationship. Reliving intentions was positively correlated with nostalgia. Study 2 was a duplicate of Study 1 in every way. The correlation between meaningful moments and the relationship between experiential gifts and nostalgia was significant, according to the results. Reliving intentions was positively correlated with nostalgia. In Study 3, the study conducted a second replication with older participants. Results indicated that the relationship between experiential gifts and nostalgia was also mediated by meaningful moments. In Study 4, participants undertook the same assessments as Study 2 while being randomly assigned to recall and write about a gift that symbolised a meaningful or an ordinary moment. Results indicated that remembering a gift that symbolised a special moment had a positive impact on nostalgia.

Effect of nostalgia as a motivating factor for depressed students to seek professional psychological assistance was the focus of a study conducted by Syed Ali Hussain Saleem Alhabash (2020). This study investigated how behavioural intentions to contact the counselling centre on a college campus are improved by experimentally induced nostalgia. A public service announcement (PSA) for the campus counselling centre was shown to 148 depressed students at random, either with or without a narrative and imagery intended to evoke nostalgia. When compared to the control condition, participants exposed to the

nostalgic PSA displayed more positive emotions. Mediation analyses revealed that participants' attitudes towards the campus counselling centre were positively correlated with their levels of positive emotions, which in turn increased their behavior-related intention to seek assistance. This study recommended using messages with a nostalgic theme to encourage students who are depressed to seek help.

Researchers Leila Khoshghadam, Elika Kordrostami, and Yuping Liu-Thompkins (2019) examined the relationship between nostalgia and life satisfaction. In this essay, we will examine how consumers' attitudes towards a brand and their intention to make a purchase are influenced by their level of life satisfaction. For 208 participants, two experiments were conducted. The research hypotheses were tested in the first study, which used a 2 (nostalgic vs. non-nostalgic music) 2 (high vs. low involvement) between-subjects design. The second study examined the underlying mechanism underlying the hypotheses and had two involvement conditions (high vs. low). In both studies, the data were analysed using linear regression. According to the results, nostalgic music was more effective than non-nostalgic music in the low involvement product category for customers who had high levels of life satisfaction, while non-nostalgic music was more effective for customers who had low levels of life satisfaction. In terms of life satisfaction, consumers' responses to nostalgic music are insignificant in the high involvement product category.

An investigation into the causes and effects of nostalgia was conducted by Ayesha Batool Muhammad Saleem Areeba Shafqat Ali Raza Siddique (2019). The goal of this study was to concentrate on the causes and effects of nostalgia on university students. A total of 16 students took part in the two focus group talks, with 9 females and 7 males in each group. The research employed a qualitative approach. The replies to the four questions were recorded, and thematic analysis was used to collect the data. The research further studied how one's nostalgia includes in the degree of confidence of their social relationship and that unpleasant emotions and discontent in the present were the main causes of nostalgia.

Hyun-Woo Lee DeWayne Moore, Heetae Cho Theodore C. Norman Gregory Ramshaw (2017) studied scale development in sports tourist nostalgia using a multilevel approach. The goal of this study was to create the Nostalgia Scale for Sport Tourism (NSST), a valid and reliable tool for assessing nostalgia among sport tourists. The technique of multilevel analysis used. This scale demonstrated adequate psychometric properties in assessing sport-specific nostalgia and conceptualised sport nostalgia as a five-dimensional construct reflecting sport

tourists' nostalgia of sport team, environment, socialisation, personal identity, and group identity. In line with the results, the NSST scale can be a useful tool for future empirical studies aiming to comprehend sport spectator nostalgia and specify its function in sport tourism.

The subjective wellbeing of undergraduates is improved by nostalgia instruction, according to a study by Tao Xiaoli Hongge Liang Huimin Zeng (2014). 396 undergraduate students were divided into the instruction and control groups at random. In the control group, they were tasked with remembering commonplace items. The participants' subjective well-being and life satisfaction were assessed. The findings showed that compared to the participants in the control group, participants in the instruction group produced more positive words and fewer neutral and negative words. Thus, nostalgic instruction increased their level of happiness and life satisfaction. The findings suggested that nostalgic instruction may be a useful psychological tool and has a mix of positive, neutral, and adverse effects.

The personal nostalgia scale was constructed and confirmed in a research by Christopher Marchegiani and Ian Phau (2013). In order to construct and establish a six-item, seven-point Likert scale that can quantify a personal nostalgic response to an advertisement, this research conducted five experiments and accumulated 1185 responses. A multitrait-multimethod matrix, t-tests, correlation, regression, confirmatory factor analysis, and other statistical methods are used in this work. This paper asserts accuracy in behaviour prediction and fills a discrepancy in the scale because it has ramifications for how personal nostalgia influences buyer behaviour.

A study on the feelings of nostalgia that music evokes was undertaken by Alycia J. Sterenberg Mahon and Edward A. Roth (2012). This study looked at the relationship between song and familiarity, enjoyment, autobiographical salience, and emotional arousal, as well as a person's current mood and nostalgic propensity. This study also assessed how well self-reports of arousal correlated with electro dermal activity (EDA). Thirty participants from a sample of college students were used in the multilevel model with repeated measures methodology. Data were gathered as participants listened to customised playlists designed to evoke reminiscence and measure changes in emotional arousal. This study agreed with the hypothesis of a link between self-reports of arousal and EDA, but it disagreed with the theory that autobiographical salience predicted musically elicited nostalgia.

Filippo Cordaro conducted research on the connections between empathy, social exclusion, and nostalgia (2011). This study used experiments to determine the connection between empathy, social exclusion, and nostalgia. In Studies 1 and 2, participants were asked to think back on a sentimental or everyday autobiographical experience before reading an essay purportedly written by another participant that detailed a physically uncomfortable experience. Participants in Studies 3 and 4 received feedback that was either randomly assigned as future alone, future belonging, or control. Participants who received future alone feedback as opposed to future belonging or control feedback expressed nostalgia at significantly higher rates. Study 5 looked at nostalgia's capacity to directly fend off social dangers. The findings suggested that nostalgia may serve as an adaptive response to social exclusion and help people avoid becoming emotionally numb as a result of being excluded.

Wijnand A. P. van Tilburg Wildschut, Tim A (2018) study by Constantine Sedikides examined the position of nostalgia among self-relevant emotions. This study looked at six studies to see which self-relevant emotions were compared to nostalgia the most and least, and what caused these similarities and differences. In order to highlight perceived similarities or differences among self-relevant emotions, this study used multidimensional scaling, which produced two-dimensional models. The findings showed that nostalgia is among the self-relevant emotions that are positive in valence, approachable in nature, and low arousal. In contrast to shame and embarrassment, nostalgia most closely resembled pride and self-compassion.

Heetae Cho, Kah Min Tan, and Weisheng Chiu (2020) carried out research on the experiences of memorable exchange programmes that evoked nostalgia among college students. This study looked at the connections between memorable experiences, nostalgia, pleasure, and intent to return for international exchange students. 169 students who had recently participated in an international exchange programme were the participants. Data was gathered through snowball sampling on several internet platforms, and hypotheses were tested using partial least squares structural equation modelling (PLS-SEM). The findings demonstrated a positive relationship between nostalgia and satisfaction, with nostalgia having a considerable negative impact on satisfaction. Remarkable experiences and nostalgia had indirect effects on contentment and intention to visit a host nation again soon, although satisfaction was also found to have a beneficial impact on this intention.

Aarti Iyer and Jolanda Jetten (2011) conducted research on how identity continuity moderates the impact of nostalgia on happiness and life decisions. According to this study, nostalgia for the past has a favourable impact on people's psychological health and their capacity to deal with difficulties in the present, but only in specific situations where identity continuity between the past and the present is preserved. The longitudinal survey and two experiments both provided evidence in favour of this moderation hypothesis. Participants are college freshmen. When identity continuity is maintained, there is a beneficial influence, whereas when identity continuity is low, there are detrimental effects on an individual's well-being and capacity for coping. The findings show that people's level of nostalgia for the past depended on how they saw the relationship between the past and the present.

Tim Wildschut and Wing-Yee Cheung Constantine Sedikides (2017) carried out a study titled Nostalgia proneness and reduced prejudice. The study looked at the connection between prejudice and a propensity for nostalgia. This paper evaluated nostalgia propensity, empathy, motivation to control prejudiced reactions, and overt as well as covert expression of prejudice in four correlational studies. Studies 1-4 have been conducted on African Americans and motivation, prejudice, nostalgia propensity, and blatant discrimination. The research demonstrates how nostalgia affects intergroup perception, particularly prejudicial attitudes.

Pro-social

To measure and examine the study of costly prosocial behaviour in romantic relationships, Francesca Righetti, Mariko L. Visserman, and Emily A. Impett (2022) conducted a study titled Sacrifices: Costly Prosocial Behaviors in Romantic Relationships. Prosocial behaviour improves one's own well-being and the well-being of those with whom they interact. However, one particularly expensive prosocial behaviour, sacrifice, can occasionally have unfavourable effects and is the subject of the current review. We discuss how crucial it is to use the appropriate strategies (such as alternate approaches, partner comparisons of costs and benefits, and reappraisals) to deal with these challenging interpersonal situations where partners' goals and preferences diverge.

A study was carried out by Tracy KY Wong, Chiaki Konishi, and Xiaoxue Kong (2021) to assess parenting and prosocial behaviour. With a sample of 124 children and adolescents, multilevel meta-analyses were performed to examine the relationships between parenting and prosocial behaviour while controlling for demographic and research factors.Prosocial

behaviours were positively associated with authoritative parenting (r =.174, p .001) and negatively associated with authoritarian parenting (r =.107, p .001).According to the study's findings, authoritative parenting was positively associated with altruistic prosocial behaviours, but negatively with general, public, emotional, anonymous, dire, and other specific types of prosocial behaviours (like sharing).There is discussion of the implications for theories, research, and practise.

Researchers Frank Krueger, Simon B. Eickhoff, Julia A. Camilleri, and Gabriele Bellucci (2020) studied the neural signatures of pro-social behaviour. to quantify and analyse research on pro-social behavior's neutral signatures. Pro-social behaviour is thought to require social cognition and empathy, involving brain areas linked to the mentalizing and empathy networks. This claim is supported by a coordinate-based meta-analysis of 600 studies on pro-sociality, mentalization, and empathy involving 12,000 people. We offer information that could help with a better understanding of both normal and abnormal social cognition by characterising the multidimensional construct of pro-sociality at the neural level (e.g., psychopathy).

Happiness and pro-social behaviour: An assessment of the evidence was the focus of a study by Lara B. Aknin, Ashley V. Whillans, Michael I. Norton, and Elizabeth W. Dunn (2019) to quantify and analyse research on pro-social behaviour and happiness. Being extremely social creatures, humans. Humans help family, friends, and strangers more frequently than the majority of primates, even when it is expensive. The study concludes by briefly highlighting a number of levers that can be used to promote pro-social behaviour and possibly enhance wellbeing.

A needs-supportive intervention to help PE teachers enhance students' pro-social behaviour and diminish antisocial behaviour was studied by Sung Hyeon Cheon, Johnmarshall Reeve, and Nikos Ntoumanis (2018). The study's goal was to measure and examine prosocial behaviour and diminish antisocial behaviour.The 1824 students of these teachers completed tests of need satisfaction, need frustration, prosocial behaviour, and antisocial behaviour at the start, middle, and end of the semester.According to the findings, ASIP-enabled advantages go beyond gains in student personal functioning (such as engagement) to include gains in student social functioning.

A study on child development perspectives was done by Markus Paulus(2014) to quantify and investigate the importance of prosocial behaviour. Developmental psychology now

places a lot of emphasis on the early development of pro-social behaviour.However little known about the mechanisms and motivations that lead to the initial emergence of these pro-social actions, despite findings on the early presence of pro-social tendencies in infants and toddlers receiving considerable attention and the examination of their subsequent developmental pathways encouraging ample research. The findings of this study demonstrate that early pro social behaviour takes many different forms and was supported by a variety of social-cognitive mechanisms.

Research on pro-social behaviours of young adolescents was done by Christi Bergin, Susan Talley, and Lynne Hamer (2003). The goal of this study was to assess young adolescents' pro-social behaviour. In this study, looked at how young adolescents perceived the pro-social behaviour of their peers. 53 children aged 11 to 13 described specific pro-social behaviours among their peers in eight focus groups. The study's findings indicate that the youth neither emphasise nor engage in pro-social behaviour. These actions included advocating for others, motivating others, assisting others in developing skills, embracing those who are marginalised, and being humorous.

Empathy

A study on the correlation of affective and cognitive empathy among incarcerated male and female youth offenders was conducted by Pedro Pechorro, Darrick Jolliffe, and Cristina Nunes (2021). This study's primary objective was to investigate potential correlates of the Basic Empathy Scale (BES) in a Portuguese sample of 270 young offenders, 216 who were male and 54 out of which were female. Males performed significantly worse than females on tests of affective and cognitive empathy, according to the results. The results suggest that the BES is a useful and promising tool for examining youths involved in the justice system's sense of empathy.

Empathy has been studied by Marlon Goering and Sylvie Mrug (2021) as a potential mediator of the link between authoritative parenting and adolescent delinquency. The prospective association between authoritative parenting at age 11 and delinquency at age 18 was studied in this three-wave longitudinal study with 704 adolescents. An authoritative parenting style has a significant indirect impact on delinquency through empathy, according to the findings of a structural equation model. Increased empathy at age 13 was predicted by authoritative parenting at age 11, and decreased delinquency at age 18 by authoritative parenting at age 13.

In a study on the effects of cognitive and affective components on Internet Gaming Disorders symptoms, Bryant PH Hui, Anise M S. Wu, and Ngai Pun (2019) proposed affect-oriented mediation pathways between them. 3,348 students from Chinese vocational schools made up the sample. Only personal distress positively predicted IGD symptoms, not empathy or perspective-taking, according to the findings. However, the gaming motive of escape from reality was negatively and positively predicted by both empathic concern and personal distress, which in turn predicted IGD symptoms. Additionally, we discovered an indirect impact of perspective-taking on IGD through feelings of empathy and a subsequent desire to escape reality through gaming.

A study on adolescent purpose development: Discovering empathy, finding roles, shifting priorities, and making pathways was conducted by Heather Malin, Timothy S. Reilly, Brandy Quinn, and Seana Moran (2016).Assessing the naturally occurring changes in cognitive empathy that occur during the transition from elementary to middle school, as well as looking into the impact of bullying and victimisation involvement, were the two main goals of the current study. Data gathering was used to collect a sample from 431 students using latent growth curve modelling. The results show that cognitive empathy declined over time, and the best fit for these data was a linear trajectory. Throughout the study, cognitive empathy was linked to lower levels of bullying and victimisation.

Anita DeLongis, Edith Chen, and Erika M. Manczak (2016) conducted research on the varied psychological and physiological effects in families with empathy. In 247 parent-adolescent dyads, the current study investigated the psychological and physiological correlates of parental empathy. Parents self-reported on their own levels of empathy, wellbeing, and self-esteem as well as on how well their kids controlled their emotions. Teenagers completed a two-week daily diary reporting exercise on their capacity for emotion regulation after their visit to the lab. Parental empathy was strongly linked in adolescence to improved emotion control and reduced systemic inflammation. Being empathic was linked to higher levels of systemic inflammation in parents, as well as higher levels of self-worth and life purpose.

A cross-temporal meta-analysis on changes in dispositional empathy in American college students over time was conducted by Sara H. Konrath, Edward H. O'Brien, and Courtney

Hsing (2011). Student samples from 72 American colleges The Interpersonal Reactivity Index (IRI) four's subscales (Empathic Concern, Perspective Taking, Fantasy, and Personal Distress) were all completed by students (total N = 13,737). The IRI's most typical empathic subscales, empathic Concern and Perspective Taking, both showed changes overall, as noted by the authors.

Keith Stevenson, Paula Nunes, Stella Williams, Bidyadhar Sa (2011). The said cross-sectional study compares undergraduate students' self-reported empathy levels before and after a year of training in five distinct health sciences disciplines. At the start of their first year of training, students enrolled in the schools of dentistry, pharmacy, medicine, veterinary medicine, and nursing self-administered the Jefferson Scale of Empathy (n=355).Female and older than 27 were found to be more empathic than those who were male and younger than 21.

Cross-sectional study was conducted on the students at the Boston University School of Medicine by Daniel Chen, Robert Lew, Warren Hershman, and Jay Orlander (2006).The validated 20-item self-administered Jefferson Scale of Physician Empathy-Student Version questionnaire was used. The study had 658 students in it. According to the results, the first-year medical student class ranked highest on empathy, while the fourth-year class scored poorly. JSPE-S scores were higher for females than for males. Empathy test results were unaffected by age or debt.

Overview

From the research papers that have been presented in this chapter, it has been identified that nostalgia is one of the self-relevant emotions that is positive in valence, approachable in nature, and low arousal. It can also help in positive affect and self-esteem by improving subjective well-being and also serve as an adaptive response to social exclusion and allows people prevent becoming emotionally numb as a result of being excluded. Nostalgia resembled pride and self-compassion more than shame and embarrassment. Our sense of gratitude and overall well-being are impacted by nostalgia Empathy was significantly higher in females; cognitive empathy was associated with decreased rates of victimisation and bullying; empathy in parenting was also associated with a greater likelihood of systemic inflammation in parents; empathy was also linked to higher rates of self-worth and life purpose; and pro-social behaviour aids in raising a child's self-worth. Teachers can analyse improvements in student personal functioning, such as engagement, to include improvements in student social functioning by using pro-social behaviour. as well as contributes to general happiness. According to the information above, individuals' overall life satisfaction and well-being were also increased by nostalgia, empathy, and pro-social behaviour. These behaviours also assist individuals in cultivating positive traits and foster gratitude.

CHAPTER III

METHODOLOGY

Research Questions

- Why do we long for a certain memory?
- Why do we have it, if so?
- What behaviours are connected to nostalgia?
- How empathy evolved and how did nostalgia affect it?
- Why does nostalgia affect how people act towards one another?

Aim:

To get the answers for the above research questions the aim of the study is formulated as "To examine how nostalgia affects young adults pro-social and empathic behaviour.", with the following specific objectives.

Specific Objectives

1. To research young people' behaviour related to nostalgia.

2. To comprehend and evaluate how nostalgia affects young adults' empathy

3. To comprehend and evaluate how nostalgia affects young adults' pro-social behaviour.

Hypotheses:

- H1-There is no significant difference between female and male in feelings of nostalgia, empathy, pro-social behaviour
- H2-There is a significant relationship between nostalgia and empathy
- H3-There is a significant relationship between nostalgia and pro-social behaviour.
- H4-There is a significant relationship between empathy and pro-social behaviour.
- H5-There is a significant relationship among age, nostalgia, empathy and pro-social behaviour.

Variables

Independent Variable

- Nostalgia

Dependent Variable

- Empathy
- Pro-social behaviour

Sample size

Data were collected using the purposive random sampling method from 150 participants, all of whom were in the 18–25 age range.

Area of study

The information was gathered from colleges in the Thoothukudi area much of it from Kamaraj College's Department of Criminology and Police Administration, as well as via online channels at other colleges in the region. The former Tirunelveli District was split off to become the Thoothukudi district, also known as Tuticorin, in 1986. It is located in Tamil Nadu's southeast. The Gulf of Mannar, the districts of Tirunelveli, Viruthunagar, and Ramanathapuram, and Tirunelveli district form its northern, eastern, and southeast borders, respectively.

Sampling method

The study used a method of purposeful random sampling. The method of identifying a population of interest and creating a systematic procedure for choosing cases that is not based on in-depth knowledge of how the findings would show up can increase the credibility..

Procedure

For our study, participants between the ages of 18 and 25 were chosen, and questionnaire responses were gathered both directly and online. After receiving their consent to participate in the study, participants were asked to complete a series of questionnaires that included demographic questions as well as self-reported tests intended to gauge traits like nostalgia, empathy, and pro-social behaviour. The participants were told to carefully read the items and answer each question by choosing the first opinion that came to mind, without giving it too much thought. They were also told that their answers would be kept private. The questionnaires were filled out by the participants in 10-15 minutes.

Measures

The following standardized tools used in this study includes:

- Batcho Nostalgia Inventory

- Toronto Empathy Questionnaire
- Pro-social Orientation and Altruism Questionnaire.

Tool description

Batcho Nostalgia Inventory

Krystine Batcho, a psychologist, created the Nostalgia Inventory in 1995. Her objective was to gauge how frequently and intensely people experience nostalgia. On a scale from 1 to 9, respondents indicate how much they miss each of 20 things from their younger years (1 = Not at all to 9 = Very much). The Inventory is scored by averaging the ratings given to each item, and each item is given a positive score. The more points received, the more sentimental a person is likely to be. The inventory reportedly has an acceptable level of internal consistency of 0.86 as measured by Cronbach's alpha, a split-half reliability of 0.78, and a 1-week test-retest reliability of 0.84.

Toronto Empathy Questionnaire

In 2009, Spreng, McKinnon, Mar, and Levine created the Toronto Empathy Questionnaire. It has demonstrated to be a valid indicator of empathy across age groups with acceptable psychometric properties. It consists of 16 items that are scored on a 5-point Likert scale, as follows: 0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Always. It encompasses a wide range of typical traits connected to the emotional component of empathy. The questions cover emotional contagion (for example, "When someone else is excited, I tend to get excited too"), emotion comprehension (for instance, "I can tell when others are sad even when they do not say anything"), sympathetic physiological arousal (for instance, "It upsets me to see someone being treated disrespectfully"), and con-specific altruism (for instance, "When I see someone being taken advantage of, I feel kind of protective towards him/her"). Eight items—2, 4, 7, 10, 11, 12, and 14—are in the reverse position. High scores indicate higher levels of empathy. The TEQ scores are added up to determine the final score, which can range from 0 to 64. It had a high level of internal consistency, ranging from 0.85 to 0.87, and test-retest reliability of 0.81.

Pro-social Orientation and Altruism

Rushton J. P., Chrisjohn R. D., and Fekken G. C. developed the pro-social orientation and altruism in 1981. There are 22 items included in this syudy with ideas about human nature, social values, and altruism. According to the authors, a person's enduring dispositional tendency to consider others' rights and well-being, to experience empathy and worry for others, and to act in a way that benefits others is known as a pro-social personality orientation. The original instrument has a

reliability of 0.84 and was found to have good validity with regard to adults. This is given a score on a continuous scale.

Inclusion criteria

- Only those between the ages of 18 and 25 were chosen as study participants.
- Male and female participants were present**.**

Exclusion criteria

- The study excluded people who were younger than 18 and older than 25.
- People who were of a gender other than male or female were not included.

Ethical consideration

Regarding the data individuals provided, the participants were given the assurance of confidentiality. The sample's voluntary participation was also guaranteed. At the conclusion, the participants were horrified by the research.

Statistical analysis

For the statistical analysis, SPSS 26 was used. A statistical indicator of the strength of the association between the variations of two variables is the correlation coefficient. The T-test, an inference statistic that used to decide whether there is a significant variation in the averages of two groups that may be related in some ways, was used to determine the variance between samples.

CHAPTER IV

Results and Discussion

Table 4.1: shows the mean and standard deviation of male and female with the variables

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Age	MALE	75	19.57	1.416	.163
	FEMALE	75	19.92	1.333	.154
Empathy	MALE	75	46.39	6.085	.703
	FEMALE	75	47.31	6.188	.715
Nostalgia	MALE	75	122.67	26.980	3.115
	FEMALE	75	121.33	29.101	3.360
Pro-social	MALE	75	76.08	8.100	.935
	FEMALE	75	70.55	6.769	.782

Table 4.1 shows that there is no significant change in the mean value between male and female with the nostalgia, empathy and pro-social behaviour and there also exists no significant change in the standard deviation value between male and female in the study.

Table 4.2: The relationship between nostalgia and empathy among young adults

		Age	Empathy	Nostalgia	Pro-social
Age	Pearson Correlation	1	-.023	-.018	-.192(*)
	Sig. (2-tailed)		.782	.826	.018
	N	150	150	150	150
Empathy	Pearson Correlation	-.023	1	.045	.061
	Sig. (2-tailed)	.782		.586	.458

		Age	Empathy	Nostalgia	Pro-social
Nostalgia	Pearson Correlation	-.018	.045	1	.005
	Sig. (2-tailed)	.826	.586		.951
	N	150	150	150	150
Pro-social	Pearson Correlation	-.192(*)	.061	.005	1
	Sig. (2-tailed)	.018	.458	.951	
	N	150	150	150	150

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

Table 4.2 highlights the relationship between nostalgia and empathy among young adults. The correlation value (r) is found to be .045. The results indicate that nostalgia and empathy among young adults are positively correlated, but there is no significant correlation visible between the variables nostalgia and empathy. It is clear that any change in one variable has an impact on the other.

Table 4.3 The relationship between nostalgia and pro-social behaviour among young adults

		Age	Empathy	Nostalgia	Pro-social
Age	Pearson Correlation	1	-.023	-.018	-.192(*)
	Sig. (2-tailed)		.782	.826	.018
	N	150	150	150	150
Empathy	Pearson Correlation	-.023	1	.045	.061
	Sig. (2-tailed)	.782		.586	.458
	N	150	150	150	150
Nostalgia	Pearson Correlation	-.018	.045	1	.005
	Sig. (2-tailed)	.826	.586		.951

		Age	Empathy	Nostalgia	Pro-social
	N	150	150	150	150
Pro-social	Pearson Correlation	-.192(*)	.061	.005	1
	Sig. (2-tailed)	.018	.458	.951	
	N	150	150	150	150

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

Table 4.3 highlights the relationship between nostalgia and pro-social behaviour among young adults. The correlation value (r) is found to be .005. The results indicate that nostalgia and pro-social behaviour are positively correlated but there is no significance between these two variables. It is clear that any change in one variable has an impact on the other.

Table 4.4 The relationship between empathy and pro-social behaviour among young adults

		Age	Empathy	Nostalgia	Pro-social
Age	Pearson Correlation	1	-.023	-.018	-.192(*)
	Sig. (2-tailed)		.782	.826	.018
	N	150	150	150	150
Empathy	Pearson Correlation	-.023	1	.045	.061
	Sig. (2-tailed)	.782		.586	.458
	N	150	150	150	150
Nostalgia	Pearson Correlation	-.018	.045	1	.005
	Sig. (2-tailed)	.826	.586		.951
	N	150	150	150	150
Pro-social	Pearson Correlation	-.192(*)	-.061	.005	1
	Sig. (2-tailed)	.018	.458	.951	
	N	150	150	150	150

Table 4.4 highlights the relationship between empathy and pro-social among young adults. The correlation value (r) is found to be .061.The results indicate that the empathy and pro-social behaviour is positively correlated, but there exists no significance between these two variables. It is clear that any change in one variable has an impact on the other.

Table 4.5 shows the significant difference in relationship among age, nostalgia, empathy and pro-social behaviour.

		t-test for Equality of Means		
		T	**Mean Difference**	**Std. Error Difference**
Age	Equal variances assumed	-1.544	-.347	.225
	Equal variances not assumed	-1.544	-.347	.225
Empathy	Equal variances assumed	-.918	-.920	1.002
	Equal variances not assumed	-.918	-.920	1.002
Nostalgia	Equal variances assumed	.291	1.333	4.582
	Equal variances not assumed	.291	1.333	4.582
Pro-social	Equal variances assumed	4.540	5.533	1.219

	Equal variances not assumed	<mark>4.540</mark>	5.533	1.219

Table 4.5 shows the significant relationship between the age, nostalgia, empathy and pro-social behaviour among young adults. The mean differences are -.347, -.920, 1.333 and 5.533 respectively and by using t-test the t value is found to be -1.544, -.918, .291, 4.540.This implies that there is a difference among the nostalgia, empathy and pro-social behaviour among young adults.

Discussion:

The current study aims to ascertain the impact of nostalgia on young adults' pro-sociality and empathy, as well as to quantify the variation in the variable between samples.

Table 4.1 reveals that there are no statistically significant variations between the mean values of the male and female samples, and the standard deviation scores similarly don't reveal any further disparities. This demonstrates that there are no significant variations in the emotions of nostalgia, empathy, and pro-social behaviour between the male and female group, and they consistently display these emotions throughout the study.

Table 4.2 shows a correlation between the variables nostalgia and empathy, but it is not statistically significant. There are a few studies on the connection between nostalgia and empathy (Juhl, J., Wildschut, T., Sedikides, C., Diebel, T., Cheung, W. Y., & Vingerhoets, A. J., 2020), as well as how these factors increase charitable intentions (Zhou, X., Wildschut, T., Sedikides, C., Shi, K., & Feng, C. (2011). Our optimism, social connectivity, self-esteem, and sensations of youth can all be increased by nostalgia and empathy. These variables are positively correlated in this study.

The variables nostalgia and pro-social are connected, but not significantly so, according to table 4.3. Here are a few studies that discuss the relationship between these characteristics and their psychological underpinnings (Li, Y. 2015) as well as research on how a specific location influences charitable behaviour and enhances tourist experiences (Nee, M. 2018). (Christou, P. A. 2020). A pleasant mood, less stress, and the development of keep fit and interpersonal skills are all influenced by nostalgia and pro-social behaviour. These behaviours also sustain healthy social interactions and promote social adjustment. These two factors have a positive correlation in this study.

Table 4.4 shows a weak association, while not statistically significant, between the variables

pro-social behaviour and empathy. There are a few studies that discuss these two variables and their relationships (Eisenberg, N., & Miller, P. A. 1987), how emotional regulation mediate this association (Lockwood, P. L., Seara-Cardoso, & Viding, E. 2014), and how it changes in monozycotic and dyzycotic twins (Zahn-Waxler, C., Schiro, K., Robinson, J. L. (Deschamps, P. K., Been, M., & Matthys, W. 2014). When sensitivity to others' suffering is coupled with a desire to ensure their wellbeing, the capacity to empathy, in both humans and animals, mediates pro-social behaviour. It also enhances your ability to interact with people, work as a team, and develop your leadership abilities. In this study, these two factors have a positive correlation.

Correlation between two variables does not necessarily imply that one variable is the cause of changes in the other. Only the relationships between the variables are assessed; the relationships themselves may be the result of other factors.

Also, a research investigation discovered a negative significant link between pro-social behaviour and age(-.192), with younger persons exhibiting less pro-social behaviour. (Foulkes, L., Leung, J. T., Fuhrmann, D., Knoll, L. J., & Blakemore, S. J. 2018) shows that children (8–11 years), young adolescents (12–14 years) and mid-adolescents (15–18 years) all significantly high, while young adults (19–25 years) and adults (26–59 years) did not and across the three youngest age groups, children showed the most susceptibility to pro-social influence, changing their reporting of pro-social behaviour the most.

In accordance with table 4.5 Using the t-test, it was discovered that there is a substantial correlation between age, nostalgia, empathy, and pro-social behaviour. It has been discovered that there is a correlation between age, nostalgia, empathy, and pro-social behaviour. The t-test reveals that the t value is -1.544, -.918,.291, 4.540. The mean differences are -.347, -.920, 1.333, and 5.533.The t-value of pro-social variable is evident that there is a significance.

CHAPTER V

SUMMARY AND CONCLUSION

The present study was to find the relationship among nostalgia with empathy and pro-social behaviour among young adults. It is also aimed to examine how nostalgia affects young adults pro-social and empathic behaviour.

The independent variable used in this study was nostalgia and the dependent variable was empathy and pro-social behaviour. The sample were drawn using purposeful random sampling method. The sample population was 150 young adults (75 males, 75 females)

The following standardized tools were used in the study:

- Batcho Nostalgia Inventory (BNI) by Krystine Batcho (1995) was used to measure their nostalgia
- Toronto Empathy Questionnaire (TEQ) by Spreng , McKinnon , Mar , and Levine (2009) was used to measure the level of empathy
- Pro-social Orientation and Altruism by Rushton J.P.,Chrisjohn R.D., and Fekken G.C (1981) was used to measure the level of pro-social

Data was collected through direct administration with the previously mentioned tools and also through online application

The following hypothesis was adopted for the study,

- There is no significant difference between female and male in feelings of nostalgia, empathy, pro-social behaviour
- There is a significant relationship between nostalgia and empathy
- There is a significant relationship between nostalgia and pro-social behaviour.
- There is a significant relationship between empathy and pro-social behaviour.
- There is a significant relationship among age, nostalgia, empathy and pro-social behaviour.

SPSS 26 was used for the statistical analysis. The statistical techniques used for data analysis were Pearson correlation and independent sample t-test.

Conclusion

1. There is a positive relationship between nostalgia and empathy among young adults.

2. There is a positive relationship between nostalgia and pro-social behaviour among young adults.

3. There is a positive relationship between empathy and pro-social behaviour among young adults.

4. There is a evident significance in the pro-social behaviour among young adults.

5. There is no significant difference between female and male in feelings of nostalgia, empathy, and pro-social behaviour.

Limitations and implications

Limitations :

- Sample size (N=150) is relatively small .
- Samples were collected only from whom were in the 18 – 25 age
- Socio demographic data category could have been increased

Implications :

- This is a significant contribution to the field of research concerning young adults
- The present study is supplement to the research regarding nostalgia and it's evoking behaviour

Suggestions :

- Researchers should employ a variety of techniques to evoke nostalgia. The majority of techniques involve instructing subjects to recall nostalgia-related events, but this approach is uncommon in daily life. Future work should expand the technique to suggest more objective factors provoking nostalgia, which also enhances the experiment's external validity.
- It is also necessary to improve how each person investigates their own prosocial and empathic behaviour. In the laboratory, assessments of such variables are all made using self-reported test procedures, but behavioural intentions differ from actual behaviour, so we should use more authentic test procedures in their place.

- To understand the situations in which nostalgia will have a positive influence on pro-social behaviour and empathy. When the target out group is interpreted as relatively unthreatening and relatively similar to participants, nostalgia may be most successful in improving intergroup attitudes.

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APPENDICES

Appendix A

DEMOGRAPHIC   DETAILS

NAME:

AGE:

GENDER:

EDUCATION QUALIFICATION:

MARITAL STATUS:

PLACE:

AREA:

Information to the participants:

 We, the students pursuing third year in B.Sc Psychology carrying out a research study for academic purpose. We seek your consent to be a part of this research work. Your kind cooperation will be highly appreciated. We have been given some general information about this project and the type of questions that you are expected to answer .This will take approximately 10 to 15 minutes of your time. The response obtained will be kept completely confidential.

Consent:

I ------------------------------------- understand that I am being asked to participate in a survey or questionnaire activity that forms part of required course work in the Nostalgia research. It is my understanding that this survey or questionnaire has been designed to gather information about the following subjects or topics of nostalgia, empathy and pro-social behaviour. I understand that my participation in this project is completely voluntary and that I'm free to decline to participate without consequence at any time.. I understand that any information I provide about me will be kept confidential. I also understand that there is no risk involved in participating in this activity. I have read the information above. By signing below and returning this form and consenting to participate in this survey or questionnaire project as designed by the students of St. Mary's college (Autonomous), Thoothukudi.

SIGNATURE:

DATE:

Appendix B

Toronto Empathy Questionnaire

Please read each statement below carefully and rate how frequently you feel or act in the manner described. Tick your answer on the response form. There are no right or wrong answers or trick questions. Please answer each question as honestly as you can.

S.no	Statements	Never	Rarely	Sometimes	Often	Always
1.	When someone else is feeling excited, I tend to get excited Too					
.2.	Other people's misfortunes do not disturb me a great deal					
3.	It upsets me to see someone being treated disrespectfully					
4.	I remain unaffected when someone close to me is happy					
5.	I enjoy making other people feel better					
6.	I have tender, concerned feelings for people less fortunate than me					
7.	When a friend starts to talk about his\her problems, I try to steer the conversation towards something else					
8.	I can tell when others are sad even when they do not say anything					
9.	I find that I am "in tune" with other people's moods					
10.	I do not feel sympathy for people who cause their own serious illnesses					
11.	I become irritated when someone cries					
12.	I am not really interested in how other people feel					
13.	I get a strong urge to help when I see someone who is upset					

14.	When I see someone treated unfairly, I do not feel very much pity for them					
15.	I find it silly for people to cry out of happiness					
16.	When I see someone being taken advantage of, I feel kind of protective towards him\her					

Batcho Nostalgia Scale

Using the following scale, CIRCLE a number to indicate what you miss about when you were younger and how much you miss it.

$$1 = \text{Not at all} \qquad\qquad 9 = \text{Very Much}$$

1. **Family**

    1   2   3   4   5   6   7   8   9

2. **Heroes or Heroines**

    1   2   3   4   5   6   7   8   9

3. **Not having to worry**

    1   2   3   4   5   6   7   8   9

4. **Places**

    1   2   3   4   5   6   7   8   9

5. **Music**

    1   2   3   4   5   6   7   8   9

6. **Someone you loved**

    1   2   3   4   5   6   7   8   9

7. **Friends**

    1   2   3   4   5   6   7   8   9

8. **Things you did**

    1   2   3   4   5   6   7   8   9

9. **Toys**

    1   2   3   4   5   6   7   8   9

10. The way people were

     1   2   3   4   5   6   7   8   9

11. Feelings you had

     1   2   3   4   5   6   7   8   9

12. TV shows, movies

     1   2   3   4   5   6   7   8   9

13. School

     1   2   3   4   5   6   7   8   9

14. Having someone to depend on

     1   2   3   4   5   6   7   8   9

15. Holidays

     1   2   3   4   5   6   7   8   9

16. The way society was

     1   2   3   4   5   6   7   8   9

17. Pet or pets

     1   2   3   4   5   6   7   8   9

18. Not knowing sad or evil things

     1   2   3   4   5   6   7   8   9

19. Church or Temple, etc.

     1   2   3   4   5   6   7   8   9

20. Your house

     1   2   3   4   5   6   7   8   9

Pro-social Orientation And Altruism Scale

Using the following scale, please select the category that conforms to the frequency with which you have carried out the following acts.

S.NO	Statements	Never	Once	More than Once	Often	Very Often
1.	I have helped push a stranger's car that was broken down or out of gas.					
2.	I have given money to a charity.					
3.	I have donated blood.					
4.	I have allowed someone to go ahead of me in a line-up (in the supermarket, at a copy machine, at a fast-food restaurant).					
5.	l have pointed out a clerk's error (in a bank, at the supermarket) in undercharging me for an item					
6.	I have let a neighbour whom I didn't know too well borrow an item of some value to me (eg, a dish, tools, etc).					
7.	I have helped a classmate who I did not know that well with an assignment when my knowledge was greater than his or hers.					
8.	I have offered to help a handicapped or elderly stranger across a street					

9.	I have helped an acquaintance to move households.					

For each of the choice situations below, circle A, B or C, depending on which column you prefer most. Please proceed in the order the choices appear

	A	B	C
You get	480	540	480
Others gets	80	280	480

	A	B	C
You get	560	500	500
Others gets	300	500	100

	A	B	C
You get	520	520	580
Others gets	520	120	320

	A	B	C
You get	500	560	490
Others gets	100	300	490

	A	B	C
You get	560	500	490
Others gets	300	500	90

Read each statement carefully. Then indicate the extent to which you agree or disagree by circling each statement.

S.no	Statements	Disagree strongly	Disagree somewhat	Disagree slightly	Agree slightly	Agree somewhat	Agree Strongly
1.	Most people do not hesitate to go out of th[eir] way to help someone in trouble.						
2.	"Do unto others as you would have them d[o] unto you" is a motto most people follow.						
3.	The typical person is sincerely concerned [about] the problems of others.						
4.	The average person is conceited.						
5.	It's pathetic to see an unselfish person in today's world because so many people take advantage of him.						
6.	People pretend to care more about one another than they really do.						
7.	Most people exaggerate their troubles in order to get sympathy.						

8.	People are usually out for their own good.						

St. Mary's College (Autonomous), Thoothukudi

Affiliated to

Manonmaniam Sundaranar University,

Tirunelveli

A study on the role of personality in defense mechanisms among young adults

A project submitted to

St. Mary's College (Autonomous), Thoothukudi

Re-accredited with 'A+' Grade by NAAC

Affiliated to

Manonmaniam Sundaranar University,

Tirunelveli

in partial fulfillment of the award of the degree of

Bachelor of Science in Psychology

Submitted By

DURGA M (20SUPS08)

JERIN MINISHA R (20SUPS10)

MUTHUSUNDARI SATHIYA S (20SUPS13)

SYED ALI FATHIMA M (20SUPS20)

Under the Supervision of

Ms. Pon Bala Priya G M.Sc.,

Department of Psychology

St. Mary's College (Autonomous)

Re-accredited with 'A+' Grade by NAAC

Thoothukudi – 628001.

April-2023

CERTIFICATE

This is to certify that this project work entitled "A study on the role of personality in defense mechanisms among young adults" is submitted to St Mary's College (Autonomous), Thoothukudi affiliated to **Manonmaniam Sundaranar University, Tirunelveli** in partial fulfillment of the award of the degree of **Bachelor of Science in Psychology** done during the year 2017 – 2020 by **Durga M (20SUP08), Jerin Minisha R (20SUPS10), Muthusundari Sathiya S (20SUPS13), Syed Ali Fathima M (20SUPS20).** This dissertation has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or another similar title to any candidate of any University.

Signature of the Guide

Dr. S. JEYA BHARATHI
Co-Ordinator
Department of Psychology
St. Mary's College (Autonomous)
Thoothukudi - 628 001

Signature of the Coordinator

Signature of the Director
Director
Self Supporting Courses
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

Signature of the Principal
Principal
St. Mary's College (Autonomous)
Thoothukudi - 628 001.

11/04/2023
Signature of the Examiner
Dr. N. SUDHA KUMARI

DECLARATION

We do hereby declare that the project entitled "A study on the role of personality in defense mechanisms among young adults" submitted for the degree of Bachelor of Science in Psychology is our original work carried out under the guidance of Ms. Pon Bala Priya G, M. Sc., Assistant Professor, Department of Psychology (SSC), St Mary's College (Autonomous), Thoothukudi and that it has not previously formed the basis for award of any degree.

Place: Thoothukudi

Signature of the Candidates

Date: 3. 4. 2023

M. Durga.

Durga 20SUPS08)

R Jerin Minisha.

Jerin Minisha R (20SUPS10)

S. Muthusundari Sathiya

Muthusundari Sathiya S (20SUPS13)

M. Syed Ali Fathima.

Syed Ali Fathima M (20SUPS20)

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TABLE OF CONTENTS

TABLE OF CONTENTS

LIST OF TABLES

LIST OF TABLE

CHAPTER I

INTRODUCTION

Personality

Definition and Meaning

Personality is defined as the more or less stable and enduring organization of a person's character, temperament, intellect, and physique, which determine his unique adjustment to the environment. (Eysenck, 1971)**.** According to R.M. Ogsten, "Personality is the expression of man's inner life, the character is the expression of what he does or achieves." According to Schoen, "Personality is the organised system, the functioning whole or units of habits, disposition and sentiment that mark off any one member of a group being different from other members of the same group."

Psychodynamic perspective of personality

According to Freud, our personality develops from a conflict between two forces: our biological aggressive and pleasure-seeking drives versus internal (socialized) control over these drives. He stated that personality is comprised of 3 parts, which include the id, ego and super-ego. Id is related to the pleasure principle. Through social interactions, the ego and superego develop to help control the id. The super-ego is related to the morality principle. It follows moral values and guides the id. The ego is related to the reality principle. The id and superego are in constant conflict, because the id wants instant gratification regardless of the consequences, but the superego guides us to behave in socially acceptable ways. Thus, the ego acts as a mediator to satisfy the id's desires and also follows the norms of the super-ego. According to Freud, a healthy personality is one when a person has a strong ego, which can balance the demands of the id and the superego whereas imbalances in the system can lead to neurosis, anxiety disorders or unhealthy behaviours.

Freud believed that feelings of anxiety result from the ego's inability to mediate the conflict between the id and superego. When this happens, he believed that the ego seeks to restore balance through various protective measures known as 'defense mechanisms'. In order to reduce anxiety, an individual's unconscious mind uses ego defense mechanisms, unconscious protective behaviours that aim to reduce anxiety. The ego, usually conscious, resorts to unconscious strivings to protect the ego from being overwhelmed by anxiety. Defense mechanisms operate in various ways

that distort reality. According to Freud, all individuals use ego defense mechanisms. He also believed that overuse of them may be problematic.

Cognitive Affective Theory:

Walter Mischel criticized trait theories of personality and developed the cognitive affective theory. The cognitive-affective processing system (CAPS) is a theory of personality developed by Walter Mischel and Yuichi Shoda in 1995. It emphasizes the importance of situational variables and the cognitive qualities of the individual in the development of personality. He suggested that a person's behaviour is fundamentally influenced by situational cues or the demands of a particular circumstance, rather than only by their personality traits. Five cognitive-affective units influence behaviour and how a person interacts with the environment. The five cognitive-affective units are:

- encoding (how information is processed, stored, and used)
- beliefs/expectations (what outcomes an individual expects from their actions)
- goals/values (life goals and rewards for behaviour)
- affect (how a person reacts emotionally) and
- competencies/self-regulation (general intelligence, knowledge, and abilities).

These units vary between individuals and personality develops according to how these cognitive-affective qualities interact with situational variables and the environment.

Personality in Adulthood

Personality traits are defined as the relatively enduring patterns of thoughts, feelings and behaviours that distinguish individuals from one another. Whether personality traits continue to develop in adulthood depends in part on how one defines "relatively enduring". A complete understanding of personality continuity and change can come from the examination of multiple indices such as mean-level change, rank-order consistency, structural consistency and individual differences in change.

From the previous studies on the Big Five framework, we can conclude that personality traits continue to change, even in old age (Srivastava, John, Gosling & Potter, 2003). Mostly, the direction of change is clearly in a positive direction. With age, people become more confident, responsible and calm or what some have

described as 'socially mature' (Roberts & Wood, 2006). Several studies have shown that life and work experiences are associated with changes in personality traits (Roberts, Wood, & Caspi, 2008). One of the unique aspects of the study of individual differences in personality-trait change is that personality traits are considered outcomes, not predictors. From all these tremendous findings, it has been confirmed that Personality traits are developmental constructs, even in adulthood.

Defense mechanism

Definition and Meaning

Sigmund Freud defined defense mechanisms as psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings. They can also be defined as the "automatic psychological processes that protect the individual against anxiety and from the awareness of internal or external dangers or stressors" (Diagnostic and Statistical Manual of Mental Disorders, 4th ed. American Psychiatric Association, 1994). As Lowenstein (1967) defined defenses as phenomena serving to protect the integrity of the ego organization. Thus their function is implicitly regarded as one of adaptation. They often operate without individual awareness. They are not a specific attempt to solve a problem but the use of a mental mechanism to lessen uncomfortable feelings of anxiety and to prevent pain. They protect individuals by allowing them to deny, distort or restrict full awareness of unpleasant feelings, thoughts and feared impulses (APA, 2000). Hauser (1986) asserted that defense mechanisms could be regarded as possible antecedents or concomitants of symptomatology. Several studies have also shown that defensive functioning is related to personality traits/disorders and how the use of specific defense mechanism influences overall psychological functioning and the adjustment to stressful events (Diehl et al., 2014; Maffei et al., 1995; Steiner, Erickson, MacLean, Medic, & Koopman, 2007). Apart from this, the nature of an individual's defensive functioning is also found to be related to a number of factors, such as age, gender, IQ, socioeconomic status and history of traumatic events (Cramer, 2009; Feldman, Araujo, & Steiner, 1996).

APA classification of Defense Mechanisms

The APA (2000) has classified defense mechanisms into seven levels that indicate the predominant defense level exhibited by the individual. The levels range from high adaptive levels to the level of defensive dysregulation. The high adaptive level of defensive functioning results in optimal adaptation in handling stressors. It usually maximizes the feelings of well-being. The defense mechanisms grouped in this level allow for the conscious awareness of feelings, ideas and their consequences. Examples: Affiliation and sublimation. The defense mechanisms at the level of defensive dysregulation include delusional projection and psychotic denial. They are characterized by the failure of defensive regulation to contain the individual's reaction to stressors, leading to a break with objective reality. Mental inhibition and disavowal are two other common defense levels. Defensive functioning at the former level keeps potentially threatening ideas, feelings, memories, wishes or fears out of awareness. Examples: displacement, dissociation, intellectualization, reaction formation, repression, and undoing. The defensive functioning at the latter level is characterized by keeping unpleasant or unacceptable stressors, impulses, ideas, effects or responsibilities out of awareness with or without a misattribution of these to external causes. Examples: denial, projection and rationalization.

Defenses and Pathology

When defenses occur in these contexts, they may contribute to pathology. Anna Freud (1965) stressed that defenses are not necessarily pathological, and that when evaluating the pathology of defense use, one should consider both balance and intensity of use. Further, the age adequacy of the defenses used should also be evaluated. For example: the use of denial and projection are normal in childhood but may be associated with pathology in later years. The use of age-inappropriate defenses may be due to fixation or regression, such that defenses that were used in the past, are found to be continued in the future when the dangers are no longer present.

Defenses, thus are described as serving a dual function, being either adaptive or pathological (Bibring, Dwyer, Huntington, & Valenstein, 1961; Lampl-de Groot, 1957; Wallerstein, 1967). Vaillant (1994) considered defenses as clues to underlying problems and "not be mindlessly eradicated". Thus, it can be referred that defense is adaptive if its function is to contribute to maturation, growth and mastery of the

drives. However, if it is to ward off anxiety, strong instinctual demands and unconscious conflict, the defense may be considered pathological.

Defense mechanisms and Coping

Defense mechanisms and coping strategies are found to be aroused by situations involving psychological disequilibrium. Both can be viewed as adaptational processes.

- Defenses occur without conscious effort and conscious awareness whereas coping mechanisms involve a conscious, purposeful effort.
- Defenses are focused on changing internal states (negative affect) rather than external reality whereas coping strategies address the problem by acting directly on the problematic situation, thereby reducing negative affect.
- Defense mechanisms and coping cannot be differentiated based on normality and pathology as defense mechanisms are a part of "the normal human mind" - normal psychological functioning (Lowenstein, 1967) and also with maladjustment, and coping mechanisms may be associated with increased emotional distress and other negative outcomes (Aldwin & Revenson, 1987; Bolger, 1990; Carver & Scheier, 1994; Watson & Hubbard, 1996).
- Defensiveness is compelled, negating, rigid, distorting of intersubjective reality and logic, allows covert impulse expression, whereas coping involves purpose, choice, and flexible shift, adheres to intersubjective reality and logic, allows and enhances proportionate affective expression (Haan, 1977).
- Defense mechanisms are conceived of as relatively stable, enduring characteristics of individuals whereas coping mechanisms are generally conceived of as being situationally dependent as coping was conceptualized as a transactional process or exchange between person and environment with an emphasis on process rather than on personality traits (Folkman & Lazarus, 1985; Lazarus, 1966; Lazarus & Folkman, 1984).

Phebe Cramer's perspective of defense mechanism:

Phebe Cramer, a clinical psychologist, known for her research on defense mechanisms and personality assessment. She has stated that a defense mechanism arises without any conscious awareness, thought or feeling which changes the psychological state.

Cramer gave 7 pillars that hold the defense mechanism. She asserted that defense is present in everyone's personality and we are unaware of that. She also stated that there is a list and timeline for the defense mechanism development.

7 pillars of defense mechanism by Cramer:

- Defenses function outside of awareness.
- There is a chronology of defense mechanism development.
- Defenses are part of normal, everyday functioning. The use of mature defenses will support successful functioning whereas the use of immature defenses will be related to less successful functioning.
- Defense use increases under conditions of stress.
- Defense use reduces the conscious experience of negative emotions.
- Defense function is connected to the autonomic nervous system.
- Excessive use of defenses is associated with psychopathology.

Cramer (1991) has also proposed a developmental theory regarding the relative maturity of three different defense mechanisms.

- **Defense of Denial**: A cognitively simple mechanism, has been found to be predominant among young children, but becomes less important as individuals mature and reach adulthood.
- **Defense of Projection:** Amore complex defense mechanism, increases in use across childhood and adolescence.
- **Defense of Identification**: This defense mechanism becomes increasingly important during adolescence, and continues to be predominant during late adolescence.

Although there is a developmentally appropriate period for the emergence and predominance of the three defenses, once established, they continue as part of the defense ''armamentarium'' and are available for use throughout life, as part of normal development. He also identified that excessive reliance on developmentally immature defenses during adulthood is often associated with indications of personality maladjustment. Also, the absence of defenses may have negative consequences for adjustment (Freud, 1965). Thus, it can be concluded that either too much or too little

use of defense mechanisms is expected to have negative consequences for the psychological well-being of the individual.

Vaillant's perspective of defense mechanism:

George Eman Vaillant (1977) a psychiatrist, proposed a theory of adult development based on the maturation of defenses. He defined defenses as "unconscious homeostatic mechanisms that reduce the disorganizing effects of sudden stress." They can be adaptive or even creative, as well as pathological. Defenses in Vaillant's system are dynamic, and they can be arranged on a continuum of ego maturity from immature to mature. This hierarchical model implies that defense mechanisms, which develop during the life cycle play an important role in the person's maturation and adjustment.

He classified four-level defense mechanisms, which involve:

- Level I – pathological defenses (psychotic denial, delusional projection, psychotic distortion).
- Level II – immature defenses (fantasy, projection, passive aggression, acting out).
- Level III – neurotic defenses (intellectualization, reaction formation, dissociation, displacement, repression).
- Level IV – mature defenses (humour, sublimation, suppression, altruism, anticipation).

Level 1: Pathological

When the mechanism is predominant, it leads to pathological. They permit the rearranging of the external experience to avoid the need to cope with reality. If people use this pathological mechanism, they mostly appear insane to others. This level 1 is common for psychosis. This level includes,

- **Delusional projection**: It is a delusion about external reality, usually it is harmful in nature.
- **Denial**: Denial is refusing to accept external reality due to its threatening perception or delusions.
- **Distortion**: distortion is on the whole reshaping the external reality to meet internal needs.

7

Level 2: Immature

These mechanisms are often present in adults. If we use it excessively, it is socially undesirable and difficult to deal with the out-of-touch reality. This type of defense mechanism is seen in many Personality disorders and major depression.

- **Acting out**: Acting out is expressing the feeling through the behaviour. Like if an individual is angry, he throws an object.
- **Fantasy**: The tendency of being in fantasy to resolve internal and external conflicts.
- **Idealization**: It refers to an individual unconsciously perceiving that he has low positive qualities by comparing with others.
- **Hypochondriasis**: It is a type of disorder in which people worry that they may be physically ill even though they don't have any symptoms.
- **Passive aggression:** It is not expressing their aggressiveness using words or actions. Usually, they deny it.
- **Projection**: A projection is like if we have certain traits or feelings we induce to attribute to others. like over-possessiveness.
- **Splitting**: Splitting is dividing and polarizing the thoughts, actions, and beliefs as either good or bad.

Level 3: Neurotic

These mechanisms are considered neurotic, but fairly common in adults. This level includes,

- **Displacement**: A defense mechanism that shifts one's feelings into the other object or person.
- **Dissociation**: Dissociation is disconnecting from feelings, and thoughts to avoid the harmful situation that happened before.
- **Intellectualization**: Intellectualization is nothing but, where an individual avoids the emotion which is causing stress and considers the facts and logic.
- **Reaction formation**: converting the unwanted thought and feeling into their opposite.

- **Repression**: Repression refers to repressing feelings that are harmful or threatening to an individual. It doesn't exist in consciousness. The repressed feelings are stored in the unconscious.
- **Regression**: In regression, the individual goes to a premature stage due to fearful thoughts and behaviour, and stressful events.
- **Undoing**: An individual undo thing which has destructive and stressful thoughts by doing contrary behaviour.
- **Withdrawal:** It's a severe form of defense mechanism that leads to forgetting the events, stimuli and interactions that might remind an individual about his past painful thoughts and actions.

Level 4: Mature

This mature mechanism is common among emotionally healthy adults. Even Though its origin is from immature it has positive effects. Using mature mechanisms, we could solve conflicts between relationships. This level includes,

- **Altruism**: Helping others that bring pleasure and personal satisfaction.
- **Anticipation**: It refers to planning for the future which leads to discomfort.
- **Humour**: Humour refers to an individual expressing his ideas and interaction which gives pleasure to others.
- **Sublimation**: Sublimation refers to replacing an unachievable goal with an achievable goal to reduce stress or disturbing thoughts.
- **Suppression**: Suppression refers to an individual intentionally avoiding the thoughts and feelings which cause stress to them.

Vaillant's work has shown over the past 70 years that defense "maturity" is a distinctive dimension of mental resilience and is predictive of adult health and well-being outcomes. There will be an increase in the use of mature defenses and the corresponding decrease in the use of immature defenses from adolescence to middle age as well as subsequent stability.

Need for Study:

All of us have some unique ways of coping when dealing with any adverse/uncomfortable situations. It is natural and normal until it is expressed appropriately. Having immature/neurotic defense mechanisms is found to show signs

of behavioural immaturity as well as anxiety in adults than mature defense. From previous research, it was evident that some personality disorders like borderline were associated only with the lowest level of defense whereas Narcissistic, Psychopathic and Histrionic were linked with a relatively higher level of defense (Cramer, P. 1997). Also, men and women tend to use different defense mechanisms in the adaptation to aging (Yu, Y., Honjo S., et al. 2008). Thus, different defense patterns emerged as significant predictors of the maladaptive personality domains. The present study focuses on studying the Personality patterns as being the predictors of defense mechanisms. Although there are several defense mechanism classification models, this study is based on a hierarchical model in which defense mechanisms are grouped according to their related maturity level - mature, immature and neurotic defense styles. The predictable changes in the use of defense mechanisms by Personality might prepare the young adults to make healthy and mature adjustments in dealing with different situations.

CHAPTER-II

REVIEW OF LITERATURE

A review of relevant literature helps us understand earlier studies and presents an opportunity to gain insight into the methods, measures, subjects and approaches employed by other researchers.

Silvia Biondi, Simona Casale, Jessica Burrai, Cristina Mazza, Gabriele Cavaggioni, Stefano Ferracuti, Anna Maria Giannini, Paolo Roma (2021) conducted a study to examine psychological impact of the COVID-19 lockdown on undergraduate students, particularly with respect to the association between personality traits, defense mechanisms, depression, anxiety and stress symptoms and compliance with the government recommended health measures. A sample of 1,427 Italian undergraduate students were included. The results showed that immature defense mechanisms and internalizing personality traits (i.e., detachment, negative affect, psychoticism) were found to be the risk factors for DASSs (Depression, Anxiety and Stress Scale). The subjects with higher levels of DASSs were found to be less compliant with the health measures recommended by the Italian government. Most importantly, this study has revealed a close link between defense mechanisms and personality functioning.

Nishtha Shah and Nitika Kumar (2021) carried out research on the topic 'Intolerance of Uncertainty and Defense Styles in Young Adults'. The aim of the study was to examine the relationship between intolerance of uncertainty and defense styles in young adults. The participants were 102 young adults (63 females and 39 males) falling in the age group of 18-25. A strong positive correlation was found between neurotic, immature defense styles and intolerance of uncertainty, and a weak negative correlation was found between positive defense style and intolerance of uncertainty. Thus, it has been observed that higher the intolerance of uncertainty, higher is the anxiety and higher the anxiety, maladaptive or more immature defense styles have been utilized. The results of the gender differences revealed that males were found to engage in more healthy ways of coping than females. The scope of this study is to figure out a plan of action so as to cope with uncertainty in the healthiest way rather than unhealthy defenses.

Mariagrazia Di Giuseppe, John Christopher Perry, Ciro Conversano, Omar Carlo (2020) conducted a study to examine defense mechanisms, gender and adaptiveness in emerging personality disorders in adolescent outpatients. A total of 102 self-referred adolescent outpatients were included. The results showed that more adaptive defenses were associated with healthier personality style, whereas more pathological personality styles such as those with borderline traits were characterized by more rigid and maladaptive defenses. This study has stressed that identifying the defenses associated with emerging personality disorders may inform the unconscious function of defense mechanisms in specific personality disorders. Thus, the systematic assessment of defense mechanisms might help therapists to monitor changes during treatment.

Young-Ji Lee, Mu-Sung Keum, Hye-Geum Kim, Eun-Jin Cheon, Young-Chul Cho, Bon-Hoon Koo (2020) conducted a study to examine defense mechanisms and psychological characteristics in suicide attempters and non-suicide attempters among patients with borderline personality disorder. The results revealed that maladaptive, self-sacrificing defense style, splitting and affiliation on the Defense Style Questionnaire (DSQ) were found to be higher for the suicide attempters' group. Also, splitting of other's image defense mechanism has significantly influenced suicide attempts. Thus, these findings suggested that impulsive psychiatric features and maladaptive defense style may be related to suicidal risk in patients with BPD.

Jessica Riley (2019) conducted a study on the topic "Defense mechanisms in adolescence and the relationship with emotional regulation and personality traits". The aim of this study was to find the defense mechanisms, emotional regulation and personality. There were 120 participants - 62 males and 58 females in the age range of 12-17 years. The result indicated that there was a relationship between emotional regulation, mature, neurotic and immature defenses and personality.

Lucas de Francisco Carvalho, Ana Maria Reis, Giselle Pianowski (2019) conducted a study to investigate the relationship between defense mechanisms and pathological personality traits. A total of 320 participants were included. The tools such as Clinical Personality Inventory (IDCP) and the Defense Style Questionnaire (DSQ-40) were used. The results showed that immature defense mechanisms are most likely to present pathological personality traits.

Mariagrazia Di Giuseppe, Alessandro Gennaro, Vittorio Lingiardi, J Christopher Perry (2019) conducted a study on the role of defense mechanisms in emerging personality disorders in clinical adolescents. The aim of the study was to analyze the use of defense mechanisms in clinical adolescents to test how defensive functioning is related to age, gender and personality traits. The results showed that younger teenagers used more immature defenses whereas older adolescents scored significantly higher in high-neurotic and mature defenses. The results of gender differences revealed that girls showed higher use of minor image distortion and neurotic defenses, whereas boys recurred more frequently to obsessional level defenses. Neither age nor gender differences were found for narcissistic defense level. Most importantly, significant correlations between personality disorders and specific defenses were found for all personalities.

Atsushi Oshio, Kanako Taku, Mari Hirano, Gul Saeed (2018) conducted a study to investigate the relationship between resilience and Big Five personality traits and also to investigate how the relationships vary according to the two types of resiliency - psychological resilience and ego-resiliency. Thirty studies with a total sample size of 15,609 were used. The results showed that ego-resiliency had a stronger negative relationship with neuroticism, and stronger positive relationships with openness and agreeableness, compared with trait resilience.

Wiebke Bleidorn, Christopher J Hopwood, Richard E Lucas (2018) conducted a study to analyze the impact of life events on personality trait change. The results provided evidence that life events can lead to changes in Big Five personality traits and that different life events may be differently related to specific trait domains. The most consistent findings emerged for the transition to the first romantic relationship and the transition from school to college/work, which have been found to be related to positive personality trait changes.

Antonella Granieri, Luana La Marca, Giuseppe Mannino, Serena Giunta, Fanny Guglielmucci, Adriano Schimmenti (2017) conducted a study to examine the relationship between defense mechanisms and DSM-5 maladaptive personality domains. Three hundred and twenty-eight adults aged between 18 and 64 years old were participated in this study. The results showed that immature defenses positively predicted maladaptive personality domain scores, whereas mature defenses were

related with better personality functioning - suggesting that increased use of immature defenses and a reduced use of mature defenses have a negative impact on the development of personality.

Mueen Abid and Maryam Riaz (2017) conducted a study on gender differences and defense mechanisms among university students. The aim of the study was to investigate gender differences in the use of defense mechanisms among university students. The participants were 60 female and 40 male students from the University of Gujarat, Hafiz Hayat campus. The Defense Style Questionnaire – 40 was used to find the defense mechanisms among university students. The findings of the study revealed that there were no significant gender differences in the use of different categories of defense mechanisms among university students.

Petar Milojev, Chris G Sibley (2017) conducted a study to investigate the patterns of normative change in personality traits across the adult life span. The results revealed that extraversion decreased as people aged, with the most pronounced decline in young adulthood, and then again in old age. The agreeableness decreased in young adulthood and remained relatively unchanged thereafter. Conscientiousness increased among young adults then leveled off and remained fairly consistent for the rest of the adult life span whereas neuroticism and openness to experience decreased as people aged. Honesty-humility was found to be increased across the adult life span. These findings have highlighted the importance of personality trait development in young adulthood, as well as continuing change throughout the adult life span.

Maria Nives Sala, Silvia Testa, Francisco Pons, Paola Molina (2015) conducted a study to examine the relationship between emotion regulation and defense mechanisms. The Participants were 314 undergraduate students at the University of Turin. The findings revealed that there was a association between emotion regulation strategies and defense mechanisms. Also, it has suggested that the dimensions of adaptiveness and maladaptiveness represented a key link between emotion regulation and defense mechanisms.

Christopher J. Boyce, Alex M. Wood and Nattavudh Powdthavee (2013) conducted a study to examine whether personality truly is fixed and whether there is a relationship between changes in personality and changes in life satisfaction. The results indicated that personality changes at least as much as economic factors and found to be related

much more strongly to changes in life satisfaction. This study has also suggested that personality can change and that such change is important and meaningful.

Phebe soldz (2012) conducted a study on psychological maturity and change in adult defense mechanisms. Two different longitudinal studies from the Institute of Human Development were used to assess changes in the use of defense mechanisms between late adolescence and adulthood. The results showed that the use of the defense of identification decreased between adolescence and adulthood, the use of denial increased between late adolescence and adulthood, and projection showed no significant change. Most importantly, projection remains high in adulthood, contrary to what would be predicted from theory. Both the use of identification in adolescence and its subsequent decrease in adulthood were found to be predicted by developmental maturity i.e., ego strength and committed identity whereas adolescent use of projection was found to be related to developmental immaturity - suggesting that defenses are related to the developmental period; once that period is concluded, the use of the related defense declines.

Adrian Furnham (2012) conducted a study on defense mechanisms and the role of personality traits and gender. The aim of the study was to find the influence of personality and gender on the use of defense strategies. A total of 208 participants - 73 males and 135 females were included. The defense was categorized into four levels - pathological, immature, neurotic and mature and two personality traits - openness and neuroticism. The results showed positive relationships between neuroticism and the four defense levels, three of which reached significance (1, 2, 3) and between openness and defense levels 2, 3 and 4 but few gender or age correlations were identified. Gender differences revealed that males were more likely to adopt a pathological defense style (level 1) than females. Males and females were not found to significantly differ in their use of the other defense styles. The findings also suggested that participants who were significantly more neurotic, and open to new experiences and those who had stronger religious affiliations were more likely to adopt an immature defense style in which neuroticism was found to be the sole significant predictor.

Yanna J Weisberg, Colin G DeYoung, and Jacob B Hirsh (2011) conducted a study on gender differences in personality across the ten aspects of the Big Five. The participants were 892 males and 1751 females ranging in age from 17 to 85. The findings revealed that women reported higher traits like extraversion, agreeableness, and neuroticism than men. It was also found that age moderated gender differences in several traits. This research also suggested that culture of origin or social roles and norms influence gender differences for some traits.

Jonathan Petraglia, Kylie Louise Thygesen, Serge Lecours, and Martin Drapeau (2009) conducted a study to explore the relationship between gender and defenses using the Defense Style Questionnaire. The results showed that there were no gender differences between men and women on defensive maturity as measured by Overall Defensive Functioning. It was also found that men endorsed the affect-regulation style more often than women. Among Perry's (1990) seven-level hierarchy of defenses where Level 1 denotes an immature style and Level 7 includes the most mature defenses, gender differences were found on Level 3 (disavowal), Level 4 (minor-image distortion), and Level 6 (obsessional). In all three cases, men's scores were higher than women. By analyzing individual's use of defense mechanisms, it was found that men endorsed suppression, isolation, devaluation, splitting and omnipotence to a higher degree than did women. The only defense mechanism that females used more than males was affiliation - a defense where the individual uses the comfort of others to manage conflict. Thus, it can be concluded that men and women differed in their choice of defense style, defense level and individual defense mechanisms.

Brent W Roberts and Daniel Mroczek (2008) conducted a study on personality trait change in adulthood. The study aimed to examine the change in personality traits, as well as individual differences in change across the life span. The results revealed that personality traits can change at any age as a mean level change in personality traits occurs in middle and old age. It also revealed that people showed increased self-confidence, warmth, self-control and emotional stability with age, as these changes predominate in young adulthood (age 20–40). In terms of individual differences in personality change, people demonstrate unique patterns of development at all stages of the life course, as personality traits are typically viewed as outcomes, not

predictors. And those patterns appear to be the result of specific life experiences that pertain to a person's stage of life.

Phebe Cramer (2006) conducted a study to examine the relations of IQ and SES (Socioeconomic status) on the development of defense mechanisms from pre-adolescence to early adulthood. The results showed that the defense of projection was used more frequently than denial at both ages. There was a decline in the relative prevalence of identification in adulthood and an increase in the relative prevalence of denial. IQ was found to be positively related to the magnitude of identification change in adulthood and negatively related to the use of projection. Increased early adult use of denial was not related to IQ level. It is important to note that adult use of projection was related to childhood SES ie., higher SES predicted greater use of projection whereas adult use of identification was not related to childhood SES. Even though childhood SES predicted adult use of projection, it did not influence change in the use of adult projection. Rather, it was low IQ that predicted an increase in adult projection. Finally, adult use of denial, projection and identification was unrelated to adult SES. The results thus indicate that childhood social environment is important for establishing the relative prevalence of adult defense use of childhood defenses.

Phebe Cramer (2003) conducted a study on the topic "Personality change in later adulthood is predicted by defense mechanism use in early adulthood". This study focused on individual differences in personality change during later adulthood that may be predicted by defense mechanism use in early adulthood. The results indicated that the use of the defense mechanisms of denial, projection, and identification in early adulthood was found to be related to early adult personality traits and predicted change in personality traits in middle adulthood and late middle age. Also, the importance of defense mechanisms for predicting personality change increased with age, while the importance of IQ decreased. By late middle age, it was found that for men, the defense of projection predicted personality change whereas, for women, all three defenses predicted personality change, indicating that all three defenses continued to predict change in personality traits and change in all five traits was predicted by defenses. Adults who were using immature defenses in early adulthood were found to show signs of maladjustment and predicted increased neuroticism, decreased extraversion, and decreased agreeableness while those using more mature defenses subsequently showed more positive traits i.e., low neuroticism, high

agreeableness in males and high conscientiousness in females. These findings were consistent with Costa et al. (1991) position that immature defense use, once adulthood is reached, would be indicative of subsequent maladjustment.

Richard W Robins, R Chris Fraley, Brent W Roberts, Kali H Trzesniewski (2001) conducted a longitudinal study on personality change in young adulthood. The study aimed to examine personality continuity and change in a sample of young men and women assessed at the beginning and end of college. Two-hundred seventy students completed measures of the Big Five personality traits when they first entered college and then 4 years later. The analyses revealed small to medium-sized normative (i.e., mean-level) changes, large rank-order stability correlations, high levels of stability in personality structure and moderate levels of ipsative stability. The findings are consistent with the perspective that personality exhibits moderate degrees of continuity over time, yet can change in systematic ways. This study has suggested that personality change depends in part on how change is defined.

Birendra K Sinha, David C Watson (1999) conducted a study to predict personality disorder traits with the Defense Style Questionnaire in a normal sample. The participants were 194 women and 99 men ranging in age from 17 to 52 years. The results showed that most personality disorders are positively associated with the highly maladaptive immature defense style and negatively associated with the mature defense style, except schizoid which was associated positively with the mature defense style. The neurotic defense style was found to be positively associated with dependent, histrionic, compulsive, borderline and paranoid disorders and negatively associated with schizoid, narcissistic, antisocial and paranoid personality disorders in varying degrees. It was also found that the combined variance accounted for by the defense styles range from 12% to 42% on the Coolidge Axis II Inventory (CATI), 3% to 42% on the Millon Clinical Multiaxial Inventory-II (MCMI-II) and 2% to 32% on the Minnesota Multiphasic Personality Inventory-Personality Disorder Scales (MMPI-PD).

Stephen Soldz and George E. Vaillant (1999) conducted a 45-year longitudinal study to examine the relationship between big five personality traits which was assessed in early adulthood and again at late midlife and a range of life course variables which in turn, take into account the functioning and behaviour of the participants over many

years rather than at one point in time. The participants were 163 men who have been followed prospectively for over 45 years and were rated on a set of 25 personality traits at the end of their college careers and took the NEO-PI at approximate ages 67–68. The results suggested that one's personality is strongly related to one's functioning in a wide variety of life domains. It was found that conscientiousness in college was the best predictor of what happened to men in the future, whereas neuroticism in late midlife was the best correlate of life course functioning across a variety of domains.

Phebe Cramer, Jack Block (1998) conducted a longitudinal study to explore the relation of defense mechanism use in early adulthood with personality and ego functioning during the preschool years. It was studied using data from 90 nursery school children who were again evaluated at age 23. The findings showed more preschool antecedents for the use of denial among men than among women. It was found that 23-year-old men who relied on the defense of denial were, as 3–4-year-olds, described as showing a large number of psychological difficulties. Also, preschool boys who had high ego resiliency did not make much use of denial at age 23 whereas no relation between early ego modes and the later use of denial was found in female participants. For the girls, withdrawal and involvement in personal fantasy were related to the use of denial as a young adult.

Manfred Diehl, Nathan Coyle, and Gisela Labouvie-Vief (1996) conducted a study on age and sex differences in strategies of coping and defense across the lifespan. 381 individuals (184 men and 197 women) were included. The results showed that older adults reported a greater inclination than younger adults to use a combination of coping and defense strategies indicative of greater impulse control and the tendency to positively appraise conflict situations, whereas younger adults and adolescents were more inclined to use coping and defensive strategies that were outwardly aggressive or involved immature psychological processes. Women reported greater use of internalizing defenses and coping strategies turning against self and doubt. In contrast, men scored higher on the defense mechanisms - projection and reaction formation. This study has suggested that the use of more mature defense mechanisms was not only related to participants' age but also to cognitive aspects of personality development as indexed by ego level and verbal ability.

Elizabeth Tauschke, Edward Helmes, Harold Merskey (1991) conducted a study to examine the relationship between the measures of defense mechanisms, personality and mood. The findings revealed that the defense mechanisms inventory showed a stronger relationship with personality than with mood. The findings revealed a negative relationship between extraversion and Turning Against Self and a positive relationship between extraversion and Turning Against the Object. It has appeared that both personality measures and childhood experience were related to the Defense Mechanism Inventory (DMI), emphasizing the fact that DMI are more likely to be related to personality structure and to early experience than to current events.

Timothy Anderson, Larry M. Leitner (1991) conducted a study to examine the relationship between defense mechanisms and reported symptomatology in college females. A total of 173 female participants in the age range of 17-21 years were included. The results showed that a clear introjecting defensive style was found to be related to high amounts of reported depression, anxiety, introversion and global symptomatology whereas healthy defense grouping was negatively related to the symptom variables. It also suggested that greater androgyny is associated with more healthy defensive functioning.

Jane C. Irion and Fredda Blanchard-Fields (1987) conducted a study on a cross-sectional comparison of adaptive coping in adulthood. The sample was comprised of 96 persons equally distributed among adolescents, young adults, middle-aged adults and older adults. The results indicated that patterns of coping varied across age groups, with adolescents and younger adults endorsing more defensive mechanisms, such as escape avoidance, hostile reaction and self-blame than middle-aged and older adults. It was also found that confrontive coping and distancing were used significantly more often by adolescents in the threat situation. Young adults were found to use more planful problem-solving than adolescents and older adults, but only in the threat situation. Thus, instrumental strategies were found to be used more in challenging situations, whereas palliative strategies were endorsed in threatening situations across all age groups. The correlations between the use and perceived effectiveness of strategies varied between age groups.

Gisela Labouvie-Vief, Julie Hakim-Larson, and Cathy J. Hobart (1987) conducted a study to examine age, ego level and the life-span development of coping and defense processes. A sample of 100 male and female participants ranging in age from 10 to 77 years was used. The results showed that individuals who scored lower on the developmental dimension composed of age, ego level and source-of-stress level were found to use the defenses of turning against others and projection and the coping strategies of escape-avoidance and distancing. The findings also revealed that coping and defense was best predicted by the source of stress and age rather than ego level. Sex differences in coping and defense strategies were also found ie., women are more likely to avoid confrontations, accept personal blame during stressful encounters and rely on social support networks to cope whereas men tended to engage in more planful problem-solving.

Overview

The importance of defense mechanisms for predicting personality change increases with age. Defense mechanisms are more likely to be related to personality structure and early experience than to current events. And they are found to be related to the developmental period; once that period is concluded, the use of the related defense declines. Immature defense use, once adulthood is reached, would be indicative of subsequent maladjustment and it is also found to be the major predictor in almost all personality disorders. The use of more mature defense mechanisms was not only related to participants' age but also to cognitive aspects of personality development as indexed by ego level and verbal ability. Although males and females were not found to differ significantly in their use of the defense styles, some studies have shown that age, the culture of origin, social roles, and norms tend to influence gender differences for some traits of personality. Women reported greater use of internalizing defenses whereas men use more externalizing defenses like projection and reaction formation. Younger teenagers were found to use more immature defenses whereas older adolescents scored significantly higher in high-neurotic and mature defenses. No significant differences were found in Overall Defensive Functioning (ODF); however, men and women differed in their choice of defense style, defense level and individual defense mechanisms.

CHAPTER-III

METHODOLOGY

Aim

- The aim of the study is to find out the relationship between Personality and Defense Mechanisms among younger adults.
- It also seeks to investigate whether Personality predicts the use of Defense Mechanisms among younger adults.
- It seeks to find whether gender difference exists in Personality and Defense Mechanisms among younger adults.

Hypotheses

H1 - There will be a significant relationship between Personality and Defense Mechanism among younger adults.

H2 - There will be a predictive relationship between Personality and use of Mature defense mechanism among adults.

H3 - There will be a predictive relationship between Personality and use of Immature defense mechanism among adults.

H4 - There will be a predictive relationship between Personality and use of Neurotic defense mechanism among adults.

H5 - There will be a significant difference in Personality and Defense Mechanisms among male and female younger adults.

Variables

Independent variable

- Personality

Dependent variable

- Defense Mechanism

Sample size

A total of 150 participants of age range 18 - 25 were participated and selected from Thoothukudi district through random sampling method. Both male and female participants were included.

Procedure

All participants were provided informed consent after getting informed about the purpose of the study. After obtaining the participants' consent to take part in the study, they were requested to fill in their response to the set of questionnaires, which includes demographic data and self-reported measures intended to measure the variables: personality type and defense mechanism. Participants were requested to fill each statement according to the instructions provided to them and they were also informed that their responses will be kept confidential. The scoring was done according to the scoring key and interpreted using the norms provided by the author.

Tool description

The following tools were used in the study:

- Questionnaire Big Six (QB6) Scale
- Defense Style Questionnaire-40 (DSQ- 40)

Questionnaire big six (QB6)

- The questionnaire big six (QB6) scale was developed by Thalmayer in 2003 to assess the individual's personality type. It has 6 dimensions which possess 8 items for each dimension. It totally consists of 48 items with six responses. The dimensions include Conscientiousness, Honesty/Propriety, Agreeableness (Kindness & Even Temper), Resiliency vs. Internalizing, Negative Emotionality, Extraversion (Gregariousness and Positive Emotionality). The responses are on a 6-point Likert scale ranging from "strongly disagree" to "strongly agree. The scale doesn't have any negative scoring. The scores for each item are summed up to form an overall score.

Defense Style Questionnaire

- This questionnaire was developed by Andrew, Singh and Bond in 1993. It consists of 40 items which measure the three defense styles categories - mature (anticipation, humour, sublimation and suppression), neurotic (idealization, reaction formation, pseudo-altruism and undoing) and immature (acting out, autistic fantasy, denial, isolation, passive aggression, rationalization, splitting, somatization, displacement, projection, devaluation and dissociation). Each defense style consists of two items, in a 9-point Likert scale, from strongly disagree to strongly agree (1 - 10). This questionnaire highlights the Valliant's way of defenses which is known as 'hierarchy model'. There is no negative scoring in this questionnaire. Responses to the items were summed and subtracted to the number of items per defense style. The 40-item DSQ has proved to be a valid and reliable instrument with moderate to high Cronbach α values, split-half reliability, test-retest reliability and item-scale correlations.

Inclusion criteria

- Adults between the age group of 18 to 25 were included.
- Adults belonging to Thoothukudi district were included.
- Both male and female younger adults were included.
- Only literates were included.

Exclusion criteria

- Individuals who are below 18 years of age were not included.
- Individuals who are above 25 years of age were not included.
- Adults belonging to other cities other than Thoothukudi district were excluded.
- Gender other than males and females were excluded.
- Illiterate younger adults were excluded from the study.

Ethical consideration

The participants were assured confidentiality regarding the data provided by them. Voluntary participants of the samples were also assured. It was up to them to decide whether or not to take part in this study. An informed consent was provided to

each subject regarding the purpose of the study and to ensure their voluntary involvement in this study.

Statistical analysis

Descriptive statistics viz., mean and standard deviation was performed for all the variables. Correlation analysis (Pearson) was carried out to test the relationship between the variables. t-test was used to find the gender difference among variables. Finally, regression was applied with Personality as a predictor variable and Defense Mechanism as a criterion variable. The analysis was carried out with statistical package for the social sciences software (SPSS).

CHAPTER-IV

RESULT AND DISCUSSION

The goal of this chapter is to summarize the statistical analysis of data. This chapter includes discussion of the present study with already existing findings to support the results.

Table 4.1

Descriptive statistics of the variables

Variables	Gender	N	Minimum	Maximum	Mean	Standard Deviation
Honesty	Male	75	10	26	17.80	3.949
	Female	75	7	29	19.48	4.482
Agreeableness	Male	75	7	33	20.47	5.552
	Female	75	9	33	22.08	5.143
Resiliency	Male	75	10	38	19.44	5.033
	Female	75	12	35	21.51	5.126
Extraversion	Male	75	8	35	23.00	5.854
	Female	75	13	44	25.32	5.873
Originality	Male	75	7	35	21.36	6.242
	Female	75	11	38	23.13	5.356
Conscientiousness	Male	75	11	34	22.59	5.619
	Female	75	9	34	22.11	4.823
Mature defense style	Male	75	8	65	42.71	10.773
	Female	75	16	66	47.84	9.743
Immature defense style	Male	75	31	208	126.20	24.560
	Female	75	75	193	132.08	20.285
Neurotic defense style	Male	75	10	101	39.52	14.202
	Female	75	23	64	44.35	7.952

Table 4.1 shows the descriptive statistics of the measured variables. The total number of samples was 150 (Males = 75; Females = 75).

For male samples, the mean and standard deviation values for Honesty are 17.60 and 3.949 respectively with 10 as the minimum and 26 as the maximum score. The mean and standard deviation values for Agreeableness are 20.47 and 5.552 respectively with 7 as the minimum and 33 as the maximum score. The mean and standard deviation values for Resiliency were 19.44 and 5.033 respectively with 10 as the minimum and 38 as the maximum score. The mean and standard deviation values for Extraversion are 23.00 and 5.854 respectively with 8 as the minimum and 35 as the maximum score. The mean and standard deviation values for Originality are 21.36 and 6.242 respectively with 7 as the minimum and 35 as the maximum score. The mean and standard deviation values for Conscientiousness were 22.59 and 5.619 respectively with 11 as the minimum and 34 as the maximum score. The mean and standard deviation values for Mature defense style were 39.52 and 14.202 respectively with 10 as the minimum and 101 as the maximum score. The mean and standard deviation values for Immature defense style were 126.20 and 24.560 respectively with 31 as the minimum and 208 as the maximum score The mean and standard deviation values for Neurotic defense style were 39.52 and 14.202 respectively with 10 as the minimum and 101 as the maximum score.

For female population, the mean and standard deviation values for Honesty are 19.48 and 4.482 respectively with 7 as the minimum and 29 as the maximum score. The mean and standard deviation values for Agreeableness are 22.08 and 5.143 respectively with 9 as the minimum and 33 as the maximum score. The mean and standard deviation values for Resiliency were 21.51 and 5.126 respectively with 12 as the minimum and 35 as the maximum score. The mean and standard deviation values for Extraversion are 25.32 and 5.873 respectively with 13 as the minimum and 44 as the maximum score. The mean and standard deviation values for Originality are 23.13 and 5.356 respectively with 11 as the minimum and 38 as the maximum score. The mean and standard deviation values for Conscientiousness were 22.11 and 4.823 respectively with 9 as the minimum and 34 as the maximum score. The mean and standard deviation values for Mature defense style were 44.35 and 7.952 respectively with 23 as the minimum and 64 as the maximum score. The mean and standard deviation values for Immature defense style were 132.08 and 20.285 respectively with

75 as the minimum and 193 as the maximum score. The mean and standard deviation values for Neurotic defense style were 44.35 and 7.952 respectively with 23 as the minimum and 64 as the maximum score.

Table 4.2

Relationship between personality type and defense mechanisms among young adults

Variables	Mature defense style	Immature defense style	Neurotic defense style
Honesty	.271**	.190*	.185*
Agreeableness	.370**	.326**	.263**
Resiliency	.081	.199*	.212**
Extraversion	.249**	.279**	.269**
Originality	.304**	.311**	.329**
Conscientiousness	.244**	.275**	.103

**. Correlation is significant at the 0.01 level

*. Correlation is significant at the 0.05 level

Table 4.2 shows the relationship between personality type and defense mechanisms among young adults.

The correlation values (r) for the personality type 'honesty' with mature, immature and neurotic defense styles were found to be 0.271 (p ≤ 0.01), 0.190 (p ≤ 0.05) and 0.185 (p ≤ 0.05) respectively. The correlation value (r) for agreeableness with mature, immature and neurotic defense styles were found to be 0.370, 0.326 and 0.263 significantly, which is significant at the level of p ≤ 0.01. The correlation value (r) for resiliency with immature and neurotic defense styles were found to be 0.199 (p ≤ 0.05) and 0.212 (p ≤ 0.01), whereas there is no significant correlation found between resiliency and mature defense style. The correlation value (r) for extraversion with mature, immature and neurotic defense styles were found to be 0.249, 0.279 and 0.269 respectively, which is significant at the level of p ≤ 0.01. The correlation value (r) for originality with mature, immature and neurotic defense styles were found to be

0.304, 0.311 and 0.329 respectively, which is significant at the level of $p \leq 0.01$. The correlation value (r) for conscientiousness with mature, immature defense styles were found to be 0.244 and 0.275 respectively, which is significant at the level of $p \leq 0.01$. There is no significant correlation found between conscientiousness and neurotic defense style.

Therefore, hypothesis (H1) stating that **"There will be a significant relationship between personality type and defense mechanisms among young adults"** is partially accepted, as resiliency and conscientiousness were not significantly correlated with mature and neurotic defense styles respectively. It is also important to note that all the above correlated variables were positively related with each other.

Table 4.3

Regression analyses for Personality as a predictor of Mature defense style in young adults

Predictor Variables	Standard coefficient β	't' value	R	R^2	Adjusted R	F-Value
Honesty	.137	1.673				
Agreeableness	.221	2.484				
Resiliency	-.019	-.226	.446[a]	.199	.165	5.909
Extraversion	.030	.326				
Originality	.143	1.676				
Conscientiousness	.123	1.452				

Table 4.3 shows the results of regression analyses for Personality type as a predictor of mature defense in young adults.

The results revealed that Personality as a whole with six dimensions, predicted the use of mature defense style among young adults and the F-value (1, 5.909) shows

that the regression model has a good fit. The adjusted R^2 value indicates that personality type has accounted for 16% of the variance in the use of mature defense style of young adults. No variables have been excluded from the regression model. The β value implies that for every one-unit increase in honesty, there is 0.137 increase in the use of mature defense style; for every one-unit increase in agreeableness, there is 0.221 increase in mature defense style; for every one-unit increase in resiliency there is a 0.019 decrease in mature defense style; for every one unit increases in extraversion, there is a 0.030 increases in mature defense style; for every one unit increase in originality, there is 0.143 increase in mature defense style; for every one unit increase in conscientiousness there is 0.123 increase in mature defense style among young adults.

Therefore, hypothesis (H2) stating, **"There will be a predictive relationship between personality and use of mature defense style among young adults"** is accepted.

Table 4.4

Regression analyses for Personality as a predictor of Immature defense in young adults

Predictor Variables	Standard coefficient β	't' value	R	R^2	Adjusted R	F-Value
Honesty	.065	.794				
Agreeableness	.178	1.981				
Resiliency	.092	1.098	.431[a]	.186	.152	5.434
Extraversion	.047	.501				
Originality	.155	1.796				
Conscientiousness	.129	1.511				

Table 4.4 shows the results of regression analyses for personality as a predictor of immature defense style in young adults.

The results revealed that Personality type along with six dimensions positively predicted the use of immature defense style among young adults and the F-value (1, 5.434) shows that the regression model has a good fit. The adjusted R^2 value indicates that personality has accounted for 15% of the variance in immature defense style of young adults. No variables have been excluded from the regression model. The β value implies that for every one-unit increase in honesty, there is 0.065 increase in immature defense style; for every one-unit increase in agreeableness, there is 0.178 increase in immature defense style; for every one-unit increase in resiliency there is a 0.092 increase in immature defense style; for every one unit increase in extraversion, there is a 0.047 increase in immature defense style; for every one unit increase in originality, there is 0.155 increase in immature defense style; for every one unit increases in conscientiousness there is 0.129 increase in immature defense style among young adults.

Therefore, hypothesis (H3) stating, **"There will be a predictive relationship between personality and use of immature defense style among young adults"** is accepted.

Table 4.5

Regression analyses for Personality as a predictor of neurotic defense style in young adults

Predictor Variables	Standard coefficient β	't' value	R	R^2	Adjusted R	F-Value
Honesty	.072	.869				
Agreeableness	.122	1.337	.407[a]	.186	.131	4.732
Resiliency	.143	1.690				
Extraversion	.104	1.101				
Originality	.214	2.448				
Conscientiousness	-.082	-.944				

Table 4.5 shows the results of regression analyses for personality as a predictor of neurotic defense style in young adults.

The results revealed that Personality along with six dimensions positively predicted the use of neurotic defense style of young adults and the F-value (1, 5.434) shows that the regression model has a good fit. The adjusted R^2 value indicates that personality has accounted for 15% of the variance in neurotic defense style of young adults. No variables have been excluded from the regression model. The β value implies that for every one-unit increase in honesty, there is 0.065 increase in neurotic defense style; for every one-unit increase in agreeableness, there is 0.178 increase in neurotic defense style; for every one-unit increase in resiliency there is a 0.092 increase in neurotic defense style; for every one unit increase in extraversion, there is a 0.047 increase in neurotic defense style; for every one unit increase in originality, there is 0.155 increase in neurotic defense style; for every one unit increase in conscientiousness there is 0.129 decrease in neurotic defense style among young adults.

Therefore, hypothesis (H4) stating, **"There will be a predictive relationship between personality and use of neurotic defense style among young adults"** is accepted.

Table 4.6

Gender differences in personality and defense mechanisms among male and female young adults

Variables	Gender	N	Mean	Standard deviation	't' value
Honesty	Male	75	17.80	3.949	2.432
	Female	75	19.48	4.482	
Agreeableness	Male	75	20.47	5.552	1.846
	Female	75	22.08	5.143	
Resiliency	Male	75	19.44	5.033	2.491
	Female	75	21.51	5.126	
Extraversion	Male	75	23.00	5.854	2.423
	Female	75	25.32	5.873	
Originality	Male	75	21.36	6.242	1.867
	Female	75	23.13	5.356	
Conscientiousness	Male	75	22.59	5.619	-.561
	Female	75	22.11	4.823	
Mature defense style	Male	75	42.71	10.773	3.061
	Female	75	47.84	9.743	
Immature defense style	Male	75	126.20	24.560	1.599
	Female	75	132.08	20.285	
Neurotic defense style	Male	75	39.52	14.202	2.568
	Female	75	44.35	7.952	

Table 4.6 shows the results of gender difference in Personality and defense mechanisms among young adults.

The values of mean and standard deviation of male and female adults for the variables were listed in the table above. The results revealed that there exists a significant gender difference in Honesty (t=2.432), Agreeableness (t=1.846), Resiliency (t=2.491), Extraversion (t=2.432), Originality (t=1.867), Conscientiousness (t=-.561), Mature defense style (t=3.061), Immature defense style (t=1.599) and Neurotic defense style (t=2.568).

Therefore, hypothesis (H5) stating that **"There will be a significant difference in personality and defense mechanism among male and female young adults"** is accepted.

Discussion

The present study aimed to investigate the relationship between personality type and defense mechanisms among young adults and to investigate whether gender difference exists in personality and defense mechanisms among young adults.

Relationship between Personality type and defense mechanisms

From table 4.2, it was evident that some personality type and defense mechanisms were significantly correlated. The findings showed that the personality type 'honesty' is positively related to all the three defense styles ie., mature, immature and neurotic defense styles. Agreeableness is found to have a strong positive correlation with mature, immature and neurotic defense styles. The results indicate a positive relationship between resiliency and only two defense styles ie., immature and neurotic defense styles. There is no significant relationship found between resiliency and mature defense style. Extraversion is found to have a strong positive correlation with mature, immature and neurotic defense style. Extraverted individuals are described as energetic, dominant and outgoing (Caspi, Roberts & Shiner, 2005). Originality was found to be positively correlated with all the three defense styles ie., mature, immature and neurotic defense styles. The results also showed that conscientiousness positively related with mature and immature defense styles whereas there is no significant relationship found between conscientiousness and neurotic defense style. This may be due to that conscientious individuals are less likely to make impulsive decisions and poor choices (Roberts, Jackson, Fayard, Edmonds, & Meints, 2009). Thus, conscientiousness individuals tend to use mature and immature rather than neurotic defense style.

The present study revealed a greater relationship between personality type and defense mechanisms among young adults. As this study does not involve correlation between age and the variables studied, it is still possible to conclude that the relation between these two variables might vary as a function of age.

Personality traits as a predictors of Defense Mechanisms

From table 4.3, it was found that Personality traits have resulted in high variance in mature defense style (16%) than other defense styles. Among personality traits, Agreeableness promoted high variance to mature defense style whereas resiliency negatively predicted mature defense style. From 4.4, it was evident that Personality traits have contributed 15% variance in immature defense style. Among these personality traits, Agreeableness promoted high variance to immature defense style. From 4.5, it was found that Personality traits have contributed 13% variance in neurotic defense style. Among personality traits, Originality promoted high variance to immature defense style whereas Conscientiousness negatively predicted immature defense style.

Gender difference in Personality type and Defense Mechanisms among adults

From table 4.6, it was evident there is a significant gender difference in personality traits and the use of defense mechanisms. Male and female young adults were found to differ in Personality traits which includes Honesty, Agreeableness, Resiliency, Extraversion, Originality, Conscientiousness and Defense Mechanisms - Mature, Immature and Neurotic defense styles. The results showed that female young adults tend to be high in honesty, agreeableness, resiliency, extraversion and originality than male young adults. There exists a slight difference in conscientiousness among male and female young adults. In the use of defenses, female young adults tend to use more mature, immature and neurotic defenses than males. ducted a study to explore the relationship between gender and defenses using the Defense Style Questionnaire. These findings were in accordance with the previous research which stated that men and women differed in their choice of defense style, defense level and individual defense mechanisms (Jonathan Petraglia, et. al., 2009).

CHAPTER-V

SUMMARY AND CONCLUSION

Summary

The objective of the present study was to examine the role of personality traits in the use of defense mechanisms among young emerging adults. The independent variable used in our study was personality and the dependent variable used in our study was defense mechanism. The samples were selected using random sampling method. A total of 150 young adults, age ranging from 18 to 25 years were selected as samples. The samples were drawn in and around Thoothukudi District.

The following standardized tools were used in the study

- The Questionnaire Big Six (QB6) Scale – Thalmayer A. G., 2013.
- Defense Style Questionnaire (DSQ-40) – Andrews, Singh & Bond, 1993.
- Demographic data was also collected along with the tools given.

The following hypotheses were adopted for the study

Hypotheses

- There will be a significant relationship between Personality and Defense Mechanism among younger adults.
- There will be a predictive relationship between Personality and use of Mature defense mechanism among adults.
- There will be a predictive relationship between Personality and use of Immature defense mechanism among adults.
- There will be a predictive relationship between Personality and use of Neurotic defense mechanism among adults.
- There will be a significant difference in Personality and Defense Mechanisms among male and female younger adults.

The statistical technique used for data analysis were Pearson's correlation, t-test and Linear regression to find the relationship, gender difference and prediction between the studied variables. The data were analyzed using Statistical Package for Social Science (SPSS).

Conclusion

The following conclusions were drawn from the study

- There exists a significant relationship between Personality and Defense Mechanisms among younger adults.
- There exists a predictive relationship between Personality and Mature defense style among young adults.
- There exists a predictive relationship between Personality and Immature defense style among young adults.
- There exists a predictive relationship between Personality and Neurotic defense style among young adults.
- There exists a significant difference in Personality and Defense Mechanisms among male and female younger adults.

Strengths of the study

- One of the major strengths of this study is the selection of the used variables – Personality and Defense Mechanisms, as this combination of the variables have not been studied previously.
- Another major strength of this study is, as this study was proposed to find out the variables that predicts the use of defense mechanisms among young adults.

Limitation of the study

The limitations of the present study are discussed below

- The present study has certain limitations. First, the measures were all self-report instruments, which raise concern regarding social desirability.
- The samples (N=150) are relatively small.
- Some findings of this study lack supporting evidence, thus these issues need to be addressed in future studies in order to clarify these findings.
- The samples were drawn only in and around Thoothukudi District.
- The participants from the age group between 18 to 25 were only selected.
- Only a few demographic details were collected.

Suggestion

Future studies could be conducted with certain modification as follow

- The research could include variables other than Personality that influence the use of defense mechanism like parenting style, adjustment level, coping styles etc.,
- Sample size can be enlarged.
- The research could include all age populations as samples to examine the use of defense mechanisms with personality traits to understand it in a broad context.
- The researchers could also conduct longitudinal studies to understand it in a better manner.

Implications

- As the present study has revealed that Personality traits predicted defense mechanisms in young adults, we can identify which personality type leads to the use of immature defenses and tries to replace it with more mature defense styles in young adults.
- The predictable changes in the use of defense mechanisms by Personality might prepare the young adults to make healthy and mature adjustments in dealing with different situations.

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APPENDICES

INFORMED CONSENT FORM

Information to the participants:

We, the students pursuing third year in B.Sc., Psychology from the Department of Psychology, St Mary's College, Tuticorin carrying out a research study for academic purpose.

We seek your consent to be a part of this research work. Your kind cooperation will be highly appreciated. This will take approximately 5 to 10 minutes of your time. The response obtained will be kept completely confidential.

Undertaking by the investigator:

Taking part in this study is completely voluntary, you have the right to refuse or withdraw the same during any part of this study without giving any reason. All information provided during the session will be confidential.

Consent:

I have been informed about the procedures of this study. The possible risks have been explained to me in the language I understand. I understand that I have the right to refuse concern or to withdraw from the study at any time. I have understood that there are no financial benefits or forcible risks of participating in this research. I am aware that participation is purely voluntary. I agree to participate in this study.

I, Mr/Ms _____ , the undersigned, give my concern to participate in the study.

Signature of the participant

Demographic Details

Name :

Age :

Educational Qualification :

Marital Status :

Family Type :   Nuclear / Join

Economic Status :   Low / Middle / High

Questionnaire Big Six Scale (QB6)

Instructions

Please choose the most suitable choice:

S.no	Statements	Very Inaccurate	Moderately inaccurate	Slightly inaccurate	Slightly accurate	Moderately accurate	Very accurate
1	I complete my duties as soon as possible.						
2	I am usually a patient person.						
3	I laugh a lot.						
4	I am considered to be a wise person.						
5	I cannot imagine (that I would engage in) lying or cheating.						
6	I feel a sense of worthlessness or hopelessness.						
7	I like order.						
8	I rarely show my anger.						
9	I usually enjoy being with people.						
10	I am an extraordinary person.						
11	I am not good at deceiving people.						
12	I recover quickly from stress and illness.						
13	I like to plan ahead.						
14	I become frustrated and angry with people when they don't live up to my expectations.						

15	I talk to a lot of different people at parties.						
16	I seldom experience sudden intuitive insights.						
17	I like to do frightening things.						
18	I am afraid of many things.						
19	I leave a mess in my room.						
20	I get angry easily.						
21	I am a very private person.						
22	I don't pride myself on being original.						
23	I get back at people who insult me.						
24	I panic easily.						
25	I am not all curious about the world.						
26	I hate waiting for anything.						
27	I seldom joke around.						
28	I waste my time.						
29	I would never take things that aren't mine.						
30	I am often worried about things I said or did.						
31	I shirk my duties.						
32	I am quick to correct others.						
33	I reveal little about myself.						
34	I believe in the importance of art.						
35	I steal things.						
36	I demand a lot from others.						
37	I pay too little attention to details.						
38	I take the risks that could cause trouble for me.						

39	I don't think it's important to socialize with others.						
40	I have difficulty understanding abstract ideas.						
41	I use others for my own ends.						
42	I rarely worry.						
43	I am a goal-oriented person.						
44	I am inclined to forgive others.						
45	I show my feelings when I am happy.						
46	I have a rich vocabulary.						
47	I stick to the rules.						
48	I am happy with my life.						

Defense Style Questionnaire-40 (DSQ- 40)

Instructions

Please use the nine-point scale below to indicate what extent a statement applies to you by circling a number (from 1 to 9):

Strongly Disagree   1   2   3   4   5   6   7   8   9   Strongly Agree

1	If my boss bugged me, I might make a mistake in my work or work more slowly so as to get back at him.	1	2	3	4	5	6	7	8	9
2	I get openly aggressive when I feel hurt.	1	2	3	4	5	6	7	8	9
3	I pride myself on my ability to cut people down to size.	1	2	3	4	5	6	7	8	9
4	Often I find that I don't feel anything when the situation would seem to warrant strong emotions.	1	2	3	4	5	6	7	8	9
5	I ignore danger as if I was Superman.	1	2	3	4	5	6	7	8	9
6	I often act impulsively when something is bothering me.	1	2	3	4	5	6	7	8	9
7	I fear nothing.	1	2	3	4	5	6	7	8	9
8	Doctors never really understand what is wrong with me.	1	2	3	4	5	6	7	8	9
9	I am sure I get a raw deal from life.	1	2	3	4	5	6	7	8	9
10	I get more satisfaction from my fantasies than from my real life.	1	2	3	4	5	6	7	8	9
11	No matter how much I complain, I never get a satisfactory response.	1	2	3	4	5	6	7	8	9
12	Sometimes I think I'm an angel and other times I think I'm a devil.	1	2	3	4	5	6	7	8	9

13	If someone mugged me and stole my money, I'd rather he be helped than punished.	1	2	3	4	5	6	7	8	9
14	As far as I'm concerned, people are either good or bad.	1	2	3	4	5	6	7	8	9
15	People say I tend to ignore unpleasant facts as if they didn't exist.	1	2	3	4	5	6	7	8	9
16	live more of my life in my dreams than in real life.	1	2	3	4	5	6	7	8	9
17	People tend to mistreat me.	1	2	3	4	5	6	7	8	9
19	I'm often told that I don't show my feelings.	1	2	3	4	5	6	7	8	9
20	I'm a very inhibited person.	1	2	3	4	5	6	7	8	9
21	I always feel that someone I know is like a guardian angel.	1	2	3	4	5	6	7	8	9
22	I get physically ill when things aren't going well for me.	1	2	3	4	5	6	7	8	9
23	I often find myself being very nice to people who by all rights I should be angry at.	1	2	3	4	5	6	7	8	9
24	After I fight for my rights, I tend to apologize for my assertiveness.	1	2	3	4	5	6	7	8	9
25	If I were in a crisis, I would seek out another person who had the same problem.	1	2	3	4	5	6	7	8	9
26	When I'm depressed or anxious, eating makes me feel better.	1	2	3	4	5	6	7	8	9
27	If I have an aggressive thought, I feel the need to do something to compensate for it.	1	2	3	4	5	6	7	8	9
28	I get a headache when I have to do something I don't like.	1	2	3	4	5	6	7	8	9
29	I get satisfaction from helping others and if this were taken away from me I would get depressed.	1	2	3	4	5	6	7	8	9

30	I'm usually able to see the funny side of an otherwise painful predicament.	1	2	3	4	5	6	7	8	9
31	When I have to face a difficult situation, I try to imagine what it will be like and plan ways to cope with it.	1	2	3	4	5	6	7	8	9
32	I am able to find good reasons for everything I do.	1	2	3	4	5	6	7	8	9
33	I'm able to keep a problem out of my mind until I have time to deal with it.	1	2	3	4	5	6	7	8	9
34	I'm able to laugh at myself pretty easily.	1	2	3	4	5	6	7	8	9
35	I can keep the lid on my feelings if letting them out would interfere with what I'm doing.	1	2	3	4	5	6	7	8	9
36	Sticking to the task at hand keeps me from feeling depressed or anxious.	1	2	3	4	5	6	7	8	9
37	I work out my anxiety through doing something constructive and creative like painting or woodwork.	1	2	3	4	5	6	7	8	9
38	I've special talents that allow me to go through life with no problems.	1	2	3	4	5	6	7	8	9
39	If I can predict that I'm going to be sad ahead of time, I can cope better.	1	2	3	4	5	6	7	8	9
40	There are always good reasons when things don't work out for me.	1	2	3	4	5	6	7	8	9