

To Explore the Relationship and Difference of Life Satisfaction and Emotional Expressivity among Adolescence in Joint and Nuclear Family

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ABSTRACT

Objectives: The aim of present study is to investigate and examine the relationship of emotional expressivity and life satisfaction between male and female. Further, the study also examines gender differences of perceived life satisfaction and emotional expressivity and comparison between nuclear and joint family system among the respondents were also investigated. Sample of the study consisted of n=30 of early adult, aged 19-25 drawn from university in Faisalabad. **Study Design:** Cross-sectional study. **Place and Duration of Study:** The sample was taken from GC University and different areas of Faisalabad. The duration of study was from August 2015 to November 2015. **Methodology:** The Diner's Life Satisfaction Scale and The Ann M. Kring, David A Smith and John M. Neale Emotional Expressivity Scale used to check out the effect of emotion in this study. The results indicated that there would be significant relationship on emotional expressivity and Life satisfaction between male and females. We used correlation research design. Use of SPSS to find the results. The study result that is based on small sample can be generalized on large population which can build positive approach in people toward their future life. **Results:** In this study used the correlation research design for measuring in which degree the both variables are correlate to each. Otherwise study consisted on a sample of N= 30 participants which are divided in sub sample n= 15 male and n= 15 female. In this study used SPSS 3rd version for analysis the result and collection on data. Results shows that there was positive relationship between expressivity and life satisfaction ($r = .522^*$ with $M = 60.42$ & $SD = 11.85$) for emotional expressivity scale and $M = 60.12$ & $SD = 11.20$ for life satisfaction scale) therefore, the hypothesis was accepted which states that expressivity is positively related with life satisfaction while there was no difference in the level of life satisfaction and emotional expressivity between the two sexes. **Conclusion:** Thus, it can be concluded from the above discussion that is positive relationship between life satisfaction and emotional expressivity. It also concludes that male and female are living in same environment they both are equal on life satisfaction and Expressivity of emotions. The environmental factors are equally affected on their life satisfaction and Expressivity of emotions.

Keywords: Satisfaction, Emotional expressivity, Joint and nuclear family.

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INTRODUCTION

The aim of present study is to investigate and examine the difference and relationship between emotional expressivity and life satisfaction among joint and nuclear family in adolescents and check the effect of emotion expressivity in nuclear and joint family system among the Adolescents.

Emotional Expressivity

Expression of verbal and non-verbal acts that can be observed during the interpersonal communication. This emotional expressiveness occurs with or

without self-awareness. Many of us have conscious control of our emotional expressions; however, in order to express the emotions, awareness is not there. During the last many years, researchers have presented different mode of emotional expression.¹ Previous study found that emotional expressivity is positively linked to mental and physical health in people. Greater the expressivity of emotional expression higher the level of life satisfaction. Furthermore, pleasure from social interactions,

emotions expressivity is increased from social interaction and it plays an important role for the well-being of life.² Contrary to the positive impact of emotional expressivity, there is negative link to social anhedonia.³ People who do not express their emotions and lack in emotional expressivity is implicated in several psychological disorders like schizophrenia and they may have social anxiety disorder.

Life Satisfaction:

Family life satisfaction: A value based approach “He examines how family life satisfaction is enhanced by the ability of family members to jointly realize their family-related values in behavior.⁴ It is important to examine family life satisfaction from all members of the “perceived” perspective and an “ideal” perspective. Greater life satisfaction within a family increases through communication and understanding each members attitudes and perception. A Family can make all the difference for someone’s life satisfaction.⁵

A satisfying career is an important component of life satisfaction. Doing something meaningful produce capacity, contributes to one’s feeling of life satisfaction. Internationally, the salary one earns is important. Low income level shows a moderate level of satisfaction and disappears for the most part when individual earn enough money to meet basic need.⁶

Effect of joint Family System on Adult Life Satisfaction:

Joint families are like micro mesh of an entire world. They are first training group where person learn interpersonal skills, patience, tolerance, cooperation and adjustment which help to satisfy with life and to understand their responsibilities. When young people live with senior member of family they are appreciated, admired, and loving by them that satisfied their ego.⁷

In joint family adults learn to live, work, saving time and use of time, they do not face financial problems as nuclear families. Health, finance, mental problems are control or handle by family member and adults have social supports. Joint families make better home environment for irresponsible adults, and provide mental support.⁸

Effects of Nuclear Family System on Adult Life Satisfaction:

Nuclear families deal with much less violence then other families. It provide adult that is important in life, warmth support, love, this system helps to

become independent and develop sense of confidence, and provide opportunity to make progress individually.⁹

Significance of the Study:

During the last three decades the most empirical findings in the current literature on gender differences with reference to the emotional expressivity. According to previous, high level of variation between male and female emotional expressivity was found during self-reports emotional expressiveness. The present research, is also examining the relationship between emotional expressivity and life satisfaction in a collective culture of Pakistan. Most of the research work has been done in western countries and it is an important aspect to measure the differences among male and female university students in a Pakistani culture.⁵ Moreover, there is strong research support that expressivity of emotional expression has been linked to positively with life satisfaction. It has been found that individuals who express their emotional expressions have higher levels of life satisfaction and lower level of social anhedonia. Therefore, the present study can validate the past research literature while measuring the relationship between emotional expressivity and life satisfaction among university students.¹⁰ To measure the above said variables following hypotheses were constructed.

Objective

The study has following objectives;

- To understand the level of life satisfaction.
- To understand the level of emotional expressivity.
- To understand the relationship between life satisfaction and emotional expressivity.
- To explore the predictor of life satisfaction and emotional expressivity.

Hypotheses

- There would be significant relationship between emotional expressivity and life satisfaction among adolescences.
- There would be significant difference on emotions between male and female.
- There would be a significant difference on life satisfaction between male and female.

METHODOLOGY

Participants and Procedure

The present study included the sample size consisted 30 participant equally divided into nuclear family (n=15) and joint family (n=15). The age range of sample was 19 to 25. The sample was equally divided into male (n=15) and female (n=15), the sample was drawn from G.C University Faisalabad and different areas of Faisalabad. Convenient sampling technique was used for data collection. Before start of the data collection, respondents were provided with brief instructions and it was assured that they have got provided information, then both of the instruments were administered to each of the students and made them understand each and every item of the scales. The student was asked to make enquiry about any item which he or she thought was ambiguous. After the data collection, it was assured that their provided information will be used only for research purposes.

Instruments: Emotional Expressivity Scale:

Emotional expressivity scale was designed by Ann M.Kring, David A Smith and John M. Neale (1994). It consists of 17 items which are rated on a five point Likert Scale. The scores on item number 2, 3, 4, 7, 9, 10, 11, 12, 15, 16 and 17 are reversed to calculate the final score on emotional expressivity, The total score ranges from 17 to 102. The low score represents lower level of emotional expressivity and high score represents higher level of emotional expressivity.¹¹

Life satisfaction scale:

Life satisfaction scale was developed by Ed Diener and Emmons in (1985).¹² It is a 5 item Liker scale each item scores from 1 (extremely disagree) to 7 (extremely agree). The total score ranges.

Data analysis:

Statistical analysis was carried out by using statistical package for social sciences (SPSS version 19). Descriptive statistics like mean and standard deviation were collected for the analysis of collected data for the test of significance. T-test was used to compare the relationship of life satisfaction and emotional expression among adolescence. The level of significance was considered to be $p < 0.05$.

RESULTS

The aim of the study was to explore the relationship between emotional expressivity and life satisfaction among adolescents. Another aim of the present study was to see the gender differences regarding emotional expressivity and life satisfaction. To test the hypothesis descriptive statistics was used. Alpha

coefficient was computed for variables. Details of the results are given below.

Reliability Estimates of Scales:

It is proposed that any scale which is likely to be used for the assessment of individual's behavior must possess sound psychometric qualities i.e., reliability so that the results may be dependable. In order to determine the internal consistency of reliability of emotional expressivity scale and life satisfaction scale Alpha Reliability Coefficient estimates of the measures were computed in the following.

Table 1: Alpha reliability coefficient of Emotional Expressivity Scale and Life Satisfaction Scale (N=30)

Scale	No of items	M	SD	Alpha reliability
Coefficient				
Emotional Expressivity	17	60.42	11.85	.83
Life Satisfaction	05	60.12	11.20	.79

Findings in the table shows that both scales emotional expressivity scale and life satisfaction scale have satisfactory level of reliability, which implies that the scales used in this study obtained satisfactory levels of reliability co-efficient.

Table 2: To find the relationship between Emotional Expressivity Scale and life Satisfaction Scale (N= 30) by using Means, standard deviations, and t-test

Scale	M	SD	r
Emotional expressivity scale	60.42	11.85	.522*
Life satisfaction scale	60.12	11.20	

Findings shows that there is positive relationship between Expressivity and Life Satisfaction ($r = .522$ with $M = 60.42$ & $SD = 11.85$ for emotional expressivity scale and $M = 60.12$ & $SD = 11.20$ for life satisfaction scale) therefore, the hypothesis was accepted which states that expressivity is positively related with life satisfaction.

Table 3: To measure the scores of male and female on Life satisfaction (N=30) by applying Means, standard deviations, and t-test

Independent Sample t- test

Group	M	SD	t	p
Male	58	13	.364	.004
Female	57	10		

df= 195 $p > 0.000^{**}$, 05^{*}

Results shows that Male student have obtained a mean score (M = 58, SD = 13) then the mean score obtained by Female students (M =57, SD = 10 and the t.-test analysis indicated that no significance difference with (t =.364, $p > .000^{**}$, df = 195). It can be said that according to mean there is no differences between Male and Female students.

Table 4: To measure the scores of male and female on Emotional Expressivity Scale (N=30) by applying Means, standard deviations, and t-test

Independent Sample t-test

Group	M	SD	t	p
Male	21	5.9	1.32	.004
Female	20	5.9		

df=196 $p > 0.000^{**}$, 05^{*}

Results shows that Male student have obtained a mean score (M = 21, SD = 5.9) then the mean score obtained by Female students (M =20, SD = 5.9 and the t.-test analysis indicated that no significance difference with (t =1.32, $p > .000^{**}$, df = 196). It can be said that according to mean there is no differences between male and female students.

DISCUSSION

The topic of the study is the life satisfaction and emotional expressivity in nuclear and joint family system among adolescents. The result indicates that there is positive relationship between Life satisfaction and emotional expressivity. The status of first hypotheses is accepted of present study. The result of second hypotheses indicates that there is no difference on emotional expressivity between male and female. The status of this hypothesis is rejected of this present study. The reason behind rejected hypothesise's the male and female are living in same

environment they both are equal on expressivity of emotions. The third hypotheses is also rejected because male and female are living in same environment they both are equal on Life Satisfaction. The environmental factors are equally affected on their life satisfaction.

This finding is quite consistent with the previous study conducted, found that emotional expressivity is positively linked to mental and physical health in people and greater the expressivity of emotional expression, higher the level of life satisfaction. It has been found that individuals who express their emotional expressions have higher levels of life satisfaction and also investigated the impacts and implications of family dynamics on the adolescents' development. They found that family communication supports good family functioning. They also correlated family communication and family system as the predictors that can determine family satisfaction among the adolescents.¹³

Family at such plays an important role in the well being of an adolescent. Over the years, researchers have highlighted the impact of family environment in the development of children. Researches show that both overall family system functioning and parental behaviours are positively related to adolescent well-being.

CONCLUSION

Thus, it can be concluded from the above discussion that there is positive relationship between life satisfaction and emotional expressivity. Other two hypotheses are rejected because male and female are living in same environment so the environmental factors of both family systems are equally affected on their life satisfaction and expressivity of emotions. Whole results show that family characteristics have influence on the well-being of boys and girls.

RECOMMENDATIONS

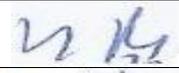
- In both nuclear and joint family system the role of parents is more influential than any member of the family, so parents should try to give quality of time to their children.
- There is need to investigate about parenting style, mother child attachment and socialization process of their children regardless of their family structure.
- Assistance program may provide support to Pakistani working mothers and families in the

form of child care, counseling, home care services legal rights of adolescence.

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AUTHORSHIP AND CONTRIBUTION DECLARATION

Name of Author	Contribution to the paper	Author's Signatures
Dr. Tariq Rashid	Research design and written work	
Dr. Sana Mustafa	Compilation of data and analysis	