

## The Journey Through Young Adulthood: A Blooming Phase of Life

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### ABSTRACT

The time period between 18-24 years is defined as young adulthood in which an individual's life changes, it is a time of transition; a critical period that can shape the adult life span (Davis & Stoep, 1997). Young adulthood is a significant period of life. The paper tries to understand the relationship of Interpersonal Dependency with Self-esteem and Decision-Making in young adults. The study has mainly three objectives to examine the relationship of Interpersonal Dependency on Self-Esteem. To examine the relationship of Interpersonal Dependency on Decision Making. To study the relationship between Interpersonal Dependency, Self-Esteem and Decision Making. Analytical sample of 248 was obtained after data cleaning consisted of males and females. The analysis of the study was carried out by using SPSS version 20. In order to analyze, descriptive and inferential statistics was obtained followed by the correlation and regression analysis. The study has few implications and limitations that are mentioned in the paper.

**Keywords:** *Young Adulthood, A Blooming Phase of Life*

Life span consists of various phases of life, with different milestones. The time period between 18-24 years is defined as Young adulthood in which an individual's life changes, it is a time of transition; a critical period that can shape the adult life span (Davis & Stoep, 1997). Young adulthood is a significant period of life. During this time young women and men start working, develop new relationships, and pursue other endeavours that help them set the path to the healthy and productive life style. Young adults are resilient and adaptable and make many remarkable accomplishments, demonstrating an extraordinary capacity for creative insight and innovation. At the same time, as a critical period of life many adults are also going through a stage of struggle to find a settlement of employment, financial stability, where in an individual is trying to be independent in all aspects emotionally and financially, willing to make a secured lifestyle and well-being.

Interpersonal Dependency refers to a complex of thoughts, beliefs, feelings, and behaviours revolving around the needs to associate closely with and be valued by other people (Hirschfeld R.M., 1977). Interpersonal Dependency is the tendency to rely on other people for nurturance, guidance, protection, and support even in situations where autonomous

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## **The Journey Through Young Adulthood: A Blooming Phase of Life**

functioning is possible. Individuals differ for comfort and support the need from others. Some people will be highly dependent on those around them while others will have lower requirements. Interpersonal Dependency is a complex, multifaceted personality trait that has adaptive and maladaptive variants (Bornstein et al.2003, Bornstein 2005). Rosenberg (1965) defined Self -esteem as favorable or unfavorable attitude towards self. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem plays an important role in keeping the person motivated. There are several factors such as genetics and own experiences plays a vital role in the level of self-esteem of an individual. In addition, the evaluation from others contribute to the self-esteem of an individual (Kendra C., 2019). The types of self-esteem include Inflated Self –Esteem is when People think they are better than others are and have no doubts about underestimating everyone else. People with this type of self-esteem are characterized by their inability to listen to others and analyze themselves .and have tendency to blame others.

People with high self-esteem tend to accept and value themselves. It is a positive form of self- esteem. Believing in self and trusting on who you are is the characteristic of this kind of people. People are opposite of people with high self –esteem tend to not value themselves; they lack in trusting their own capabilities, and are insecure by the feeling that they will be carried away in every situation. These are the type of people who are sensitive and are easily influenced by others. James stoner (1968) defined the term Decision-making, as “Is the process of identifying and selecting a course of action to solve a specific problem”.

Decision-making is fundamental to modern life in its individual, collective and cooperate aspects. The decision-making process is regarded as the continuous process integrated in the interaction with the environment. A major part of decision-making involves the analysis of the finite set of alternatives described in terms of evaluative criteria. Emotions appear to be the aid in the decision-making process. It is found that whenever there is crisis of self-confidence decisions that are taken turn out to be the bad and unprofitable. Analysis of the failure in making decisions reveals that they cannot take right decisions and depend upon others for help and assistance.

### ***Theory and Hypothesis***

Various theories derived previously states that there appears to be relationship between the three components. According to the Attachment theory (Ainsworth, 1952), dependent personality can be formed during the developmental stage of Infancy which stems over-involvement of mother and intrusiveness throughout all developmental stages. Such kind of parenting style, will lead to some sort of rejection when it comes to independence or separation, which will result into clingy behavior and will try to prevent the fear of abandonment. According to the Maslow’s Theory of Hierarchy of Needs, which explains that how, Self-Esteem is dependent upon the belongingness. Belonging is a feeling of connection with and approval from others. It starts with our immediate family, then bridges out to religious groups, friends, and other social groups. When an individual is born into an unconditionally loving and accepting family and grow up surrounded by mature, mentally, healthy adults, the person no longer needs to be around others to feel okay or complete. Whereas on the other hand when the person does not experience such environment in his childhood, as a consequence of this, there develops a longing to belong that stems from a fear of being alone; and this unmet needs to belong drives us to identify with social groups, religious institutions etc. He explains the Esteem needs as the last of neurotic needs, which dominates most of our behavior in public. Our image driven culture pushes us to be more concerned with what other people think than with how we feel. We mostly seek approval

## The Journey Through Young Adulthood: A Blooming Phase of Life

from others instead of self-acceptance. Internal esteem needs are when how we see ourselves; all of judgement criticism, rejection experienced from the people around us gets internalized. It is the fourth layer in Maslow's hierarchy of needs. Maslow distinguished it between two different versions Lower and higher; where he explains that Higher Self-Esteem might include the desire for physical strength, knowledge, competence, independence and freedom whereas the second type is Low self-esteem which might include status, recognition, fame and any form of attention. Esteem is borne out in our desire for social acceptance and status. According to the Cooley and Mead (1902 & 1934); contributors of Early theories of Self-Esteem put forward the concept of Symbolic Interactionism; which claims that people base their thoughts and behaviors towards things and people on the basis of meaning or the value that they think those subjects possess. These thoughts and behavior are further modified through interaction with others and their influence. They proposed that self-esteem comes from social interaction, rather than inner worth, as well we develop our self-worth through the ways others treat us.

A number of studies (Brake, Walker & Walker, 1995; Hall et al, 1992 ) have shown that cultural diversity is a continuous phenomenon that occurs when people from different cultures think, communicate and behave based on their core values .Other strong elements such as family, gender, religion, profession .The current literature have supported the premise that culture dictates the way individuals and groups solve their problems because it influences how people think ,behave and communicate . A decision is a response to a situation and comprehends judgement, expectation and evaluation. People often make decisions in a social environment. Individuals often ignore their own opinion in favor of the opinions of others (Schobel M.&Huber R.,2016) In the context of Indian culture, social scientists emphasized on the subordination of the individual to caste and family and the compelling influence of hierarchy. They have asserted there is no room for individuation and personal autonomy in Indian context. Achieving a degree of autonomy is an increasingly important theme in an adult's life and is closely associated with rebellions against hierarchy. Hierarchy has been given a dominant role in describing the Indian society. The others influence many of our decisions.

### *Hypothesis*

Null Hypothesis: There will be null influence of Interpersonal Dependency on Self-Esteem and Decision -Making in Young adulthood. There is no relationship between the Interpersonal-Dependency, Self-Esteem and Decision-Making.

Alternate Hypothesis: Higher the Interpersonal Dependency higher will be the Self-esteem. Greater the Interpersonal Dependency lower capacity of Decision-Making & lower the Interpersonal Dependency greater is the Decision-Making. There will be positive relation between the two variables i.e., Interpersonal Dependency and Self-Esteem and there will be negative relationship between the Interpersonal Dependency and Decision-making capacity.

## **METHODOLOGY**

### *Procedure and Participants*

The study was conducted on 264 subjects belonged to the age range of 18-25 (M = 21.33). Data from these subjects was collected online by using convenient sampling techniques in the month of May to June 2020. While cleaning the data, the youths that were coming under outliers were dropped down from the sample and an analytical sample of 248 was obtained. The analysis of the study was carried out by using SPSS version 20. In order to check normality and significance value the, Kolmogorov-Smirnova and Shapiro-Wilk test were run

## The Journey Through Young Adulthood: A Blooming Phase of Life

and the results showed the data to be significant and normal. After identifying data to be significant and normally distributed, Pearson correlation was carried out to assess the relationship between three variables. Results of Pearson correlation stated that the variables are significantly correlated with each other. The regression analysis was carried out in order to find the predictor and the beta value for the variables.

### RESULTS AND DISCUSSION

*Table 1 shows the demographic data of analytical sample included in the study. N= 248*

Demographic	Count	Mean	Range	Percentage
Age		21.33	18-24	
Gender				
Male	108			41.7%
Female	140			58.3%

As the data is normally distributed, transformation of data was not done. Table 2 portrays the results of Pearson correlation.

*Table 2 Shows the Pearson Correlation between Independent and Dependent Variables.*

		IntDep	Self-esteem	Decision-making
IntDep	Pearson Correlation	1	-.231**	.446**
	Sig. (2-tailed)		.000	.000
Self-esteem	Pearson Correlation	-.231**	1	-.394**
	Sig. (2-tailed)	.000		.000
Decision-making	Pearson Correlation	.446**	-.394**	1

The results show that the Interpersonal Dependency has negative correlation with Self-esteem with the value of  $-.231$  and is positively correlated with Decision Making with the value of  $.446$ . The correlation values that are obtained are significant as the values are lesser than  $0.05$ . The research done in 2011 states that Structural equation model was developed which revealed that self-esteem influences the trait of interpersonal dependency (Takagishi, Sakata, & Kitamura, 2011)

The cognitive /interactionist model of interpersonal dependency provides a framework for understanding contextual variations in dependency related responding, although the behavior changes, the core beliefs, and motives remain constant (Bornstein R., 2011). Regression analysis was carried out in order to understand which variable is the predictor and has an impact on other variables of the study. First, the regression analysis was carried out for the dependent variables. Table 3 shows the results of dependent variable as self-esteem and the results of dependent variable as decision-making.

## The Journey Through Young Adulthood: A Blooming Phase of Life

**Table 3 Model Unstandardized Coefficients Standardized Coefficients**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	34.643	1.942		17.835	.000
IntDep	-.034	.009	-.231	-3.716	.000

a. Dependent Variable: Selfesteem

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	-2.621	3.299		-.794	.428
IntDep	.120	.015	.446	7.823	.000

a. Dependent Variable: Decision making

Table 3 portrays the results of regression analysis providing with both the beta values of Self-esteem and Decision-making. Findings shows that Interpersonal dependency will have a negative impact on self-esteem with the beta value of -0.231 that has a significance value of 0.00 and will show a positive impact on decision making ability of an individual with beta value of 0.446 with the significance value of 0.00. The results states that Interpersonal dependency is the predictor for both of the dependent variables of self-esteem and decision-making. However, that is states the level of interpersonal dependency in an individual will predict the self –esteem level and decision-making ability of the individual. Results have predicted that if the interpersonal dependency increases, the level of self-esteem will be less and vice –versa whereas decision-making ability increases when interpersonal dependency increases.

The results can be supported by the Maslow’s theory of hierarchy of needs. According to the Maslow’s Theory of Hierarchy of Needs, which explains that how, Self-Esteem is dependent upon the belongingness. Belonging is a feeling of connection with and approval from others. It starts with our immediate family, then bridges out to religious groups, friends, and other social groups. Our image driven culture pushes us to be more concerned with what other people think than with how we feel. We mostly seek approval from others instead of self-acceptance. According to the Cooley and Mead (1902 &1934); contributors of Early theories of Self-Esteem put forward the concept of Symbolic Interactionism; which claims that people base their thoughts and behaviors towards things and people on the basis of meaning or the vale that they think those subjects possess. These thoughts and behavior are further modified through interaction with others and their influence.

### **Implications**

The results of the study shows that Interpersonal dependency is the predictor of both Self-dependency and Decision –making showing negative relation with self-esteem and positive relation with decision–making. This study can be implied mainly in the Individual psychology in order to assess the relationship between these three dimensions that can be useful in order to plan strategies and interventions for working on either of the dimensions.

## The Journey Through Young Adulthood: A Blooming Phase of Life

These assessments can be mostly done in institutional settings that deals with students between the ages ranges of 18-25. The second implication of study can be traced in terms of how culture has an impact on the personality. This study has been conducted on the Indian sample, which demonstrates collectivistic culture. There are theories that states how culture has an impact on personality. In collectivistic culture, socialization, dependency plays a vital role in building of personality. Since childhood individual has been taught about asking someone elder in times of making any decision, being associated with someone, sense of belongingness is a major and important component in collectivistic culture. However, this study will help to understand the relationship between three dimensions in collectivistic culture.

### *Limitations*

There are few limitations to the study; the first being the data was collected online by using the non-probability technique Due to the difficult times that the world was going through globally the data for the study was collected online through the circulation of google forms. This is a limitation of the study as the method used to collect the data is convenience sampling however, the procedure went in a manner that was convenient on the part of researcher. Second; sample size that was included in the study was less, which consisted of 260 participants after data cleaning. It acts as the limitation as the study was conducted on young adults, taking 260, as subject sample will not help in generalizing the results. The last limitation of the study is that, these data had been collected on the Indian population however; the results will not be globally applicable as well as not to the individualistic cultures.

## **CONCLUSION**

The paper tries to study the relationship of Interpersonal dependency with self-esteem and decision-making in young adults. It mainly has three objectives, to examine the relationship of Interpersonal dependency with self-esteem, to examine the relationship of Interpersonal dependency with decision-making, and to study the relationship between the three variables. The results of the study showed that Interpersonal dependency is the predictor for both self-esteem and decision-making. The results demonstrated that Interpersonal dependency is negatively correlated with Self-esteem and positively correlated with decision-making. Study can be mainly implied in understanding the personality as well as the cultural impact on these three dimensions of personality.

### *Future Scope*

This study was conducted during the times of pandemic however, when such situation occurs it will pave a way for further research including these variables. This research will play a very important role in understanding the personality and concerns related to it . This study can also be the base for the formation of some theories that will include the component of culture. This research will provide scope globally in order to understand the difference and compare between personality and different cultures.

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## The Journey Through Young Adulthood: A Blooming Phase of Life

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## The Journey Through Young Adulthood: A Blooming Phase of Life

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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