

## Sibling Relationship as a Predictor of Life Satisfaction and Resilience among College Going Students

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### ABSTRACT

The aim to conduct this research is to know the impact of sibling relationship on life satisfaction and resilience among college going students and whether there is any gender difference in this case or not. The result analysed total of 100 (n=100) number of participants (50 females and 50 males), having one or more sibling/s, belonging to age group (18-25) years. For data collection, tools used were adult sibling relationship questionnaire-VSF (2014), Satisfaction with Life Scale-SWLS (1985) and Nicholson McBride Resilience Questionnaire-NMRQ. The quantitative analysis was done using t test and Pearson's product-moment correlation. The research postulated that sibling relationship is positively correlated with life satisfaction and resilience. The better and stronger the sibling relationship, more will be the life satisfaction and resilience in an individual and there is no significant gender difference among life satisfaction and resilience but there is a slight gender difference among sibling relationship. Also, sibling relationship acts as a predictor of life satisfaction and resilience among college going students.

**Keywords:** Sibling, Relationship, Predictor, Satisfaction, Resilience

Young adults' resilience and life happiness have been demonstrated to be boosted by sibling relationships. Siblings perform a unique role in each other's life, simulating both parental companionship and the influence and aid of friends. Siblings often grow up in the same house, which has a significant impact on their growth, happiness, and even resilience. Siblings often spend more time with one other than with anybody else (Sanders, 2004). Siblings are an important element of most children's social lives during their early years.

Older siblings had a larger potential to affect younger siblings, according to Benin and Johnson (1984), because they spent more than twice as much time with their siblings as they did with their parents. Because siblings play such an important part in one's life, having a sibling or siblings is linked to life satisfaction and resilience. According to several studies, "those who have a close and emotional relationship with a brother or sister are more content with their lives" (Szymanska) 2020.

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Researchers also discovered that having close sibling ties helped to mitigate the psychological consequences of being exposed to persistent, unresolved parental dispute. Children's distress levels were found to be reduced, and their overall resilience was found to be built, when they had good sibling connections. Simultaneously, dysfunctional sibling relationships can lead to social dysfunction for the rest of one's life. Your sibling connection may have various psychological effects depending on whether you have an older brother or a younger sister. New research attempting to weed through so-called Sibling Effects, on the other hand, continues returning to one essential point: each child is trying to define who they are as an individual.

They seek out their own talents, activities, and interests as they learn more about themselves. They strive to establish a barrier between themselves and their siblings. Children also believe they are receiving unequal attention, discipline, and responsiveness from you. Personality development is also influenced by birth order. According to Adler, a first-born child feels dethroned by his or her sibling. They may focus on the urge to outshine their younger brother in order to reclaim parental affection. In order to keep up with their older brother, the second-born youngster may become overly competitive. If left unchecked, the children's fears could develop into a sibling rivalry that goes beyond what is considered "normal" or "healthy" sibling rivalry.

### **Sibling Relationship**

Early adulthood is a time in life when the people you hang out with have a big influence on your social and emotional health. Parents and classmates have gotten a lot of press, but our siblings have been the unsung heroes of our lives. Sibling relationships are unique in that they include both affection and warmth, as well as conflict and rivalry. A number of studies investigating the impact of childhood sibling relationships have discovered a link between close sibling bonds and a variety of adaptive socio-emotional outcomes (Dunn & Munn, 1986).

Second, according to many researches, siblings play a significant role in the lives of the elderly (Cicirelli, 1977). Furthermore, beginning at birth, the sibling link is one of the longest-lasting relationships in a person's life.

There are five sorts of sibling relationships that need to be recognised as a result of the changing structure of our homes. There are, for example:

1. Full brothers and sisters (who share biological parents)
2. 2)Siblings who are half-siblings (who share one common parent)
3. Stepchildren (who have no biological relationship but a parent of one is married to a parent of the other)
4. Siblings who have been adopted (a sibling who is legally adopted into a family but has no biological relationship)
5. Make-believe siblings (no biological or legal relationships but regarded as sib- lings).  
1995 (Cicirelli)

Empathy, prosocial behaviour, and academic performance are all encouraged by having a healthy sibling connection. When sibling relationships are warmer, they can be a terrific source of support.

### *Life satisfaction*

The expression of emotions, sentiments (moods), and how people feel about their future objectives and possibilities is referred to as life satisfaction (LS). It is a self-perceived ability to cope with day-to-day life as measured by mood, relationship satisfaction, goals achieved, self-concepts, and self-perceived ability to cope with day-to-day life. Rather than an appraisal of current feelings, life satisfaction necessitates a positive attitude toward one's existence. Life happiness has been measured using a variety of factors, including economic position, education, experiences, and housing location, to mention a few.

Life satisfaction is the most important aspect in subjective well-being. A variety of internal and environmental factors influence one's subjective well-being and life satisfaction.

The expression of feelings, sentiments (moods), and how people feel about their future courses and prospects is referred to as life satisfaction (LS). There are two theories of life satisfaction:

1. Bottom-up theories: life satisfaction as a result of happiness in various aspects of life.
2. Top-down theories: life satisfaction as a domain-specific satisfaction influencer (Heady, Veenhoven, & Wearing, 1991).

### *Life Satisfaction and the Factors That Influence It*

The fundamental factors that lead to life satisfaction are not well understood, and how much weight each person places on them varies. However, research has revealed that they are most likely to fall into one of four categories:

1. Life chances
2. Course of events
3. Flow of experience
4. Evaluation of life (Veenhoven, 1996)

According to studies on the variation in life happiness between countries, living conditions have a significant impact on average life satisfaction. To put it another way, economically prosperous countries have higher average life satisfaction than destitute ones, just as countries with better job prospects have higher average life satisfaction than countries with significant unemployment (Helliwell, Layard, & Sachs, 2017).

### *Resilience-*

Resilience is defined as the ability to deal effectively with a challenging event. Return to the pre-crisis situation as soon as possible.

The noun 'resilience,' which meaning 'the act of rebounding,' was first used in the 1620s and is derived from the present participle of Latin 'resilire,' which means 'to recoil or rebound.'

'It's not like jumping on a trampoline; you're down one minute and up the next.' It's the equivalent of trying to climb a mountain without a map. It takes time, strength, and the help of others, and you'll almost likely suffer setbacks. Eventually, though, you reach the top and reflect on how far you've come.'

Being resilient is advantageous in life since it enables us to deal with tragedy, hardship, and struggle.

According to research published in the journal *Ecology and Society* in 2015, individual resilience is enhanced by social structures that provide aid during times of crisis or trauma.

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Social support can come from immediate or extended family, community, friends, and organisations.

- Realistic Planning
- Self-Esteem
- Coping Skills
- Communication Skills
- Emotional Regulation

Ken Ginsburg- 7 C's model of resilience-Competence This is the ability to know how to handle situations effectively. Individuals develop a set of abilities that help them trust their judgments and make responsible decisions in order to develop competence.

• **Confidence, Connection, Character, Contribution, Coping and Control**

-Resilience can be correlated with 5 terms – Gratitude, Compassion, Acceptance, Meaning and Forgiveness.

### *Need for the study*

To understand the importance of sibling relationship in life satisfaction and resilience in college going students. Young adults with siblings have a different perspective towards life than people with no sibling. The majority of siblings often spend more time with each other than with anyone else (Sanders, 2004). This study will be able to predict how having a sibling positively correlates with life satisfaction and Resilience.

## **REVIEW OF LITERATURE**

### *Review of Literature - Sibling Relationship among College going Students*

#### **International**

Botelho, A. (2020) The aim of this study was to see if the quality of a young adult's non-romantic friendships is linked to the quality of their sibling relationships. A group of fifty-nine undergraduate students from a small liberal arts institution, most of whom were white and female, reported on the quality of their sibling and friendship relationships, as well as their attachment orientation and personality traits. The number of friends young adults reported in high school, as well as certain features of their friendship quality, were found to be related to the quality of their sibling relationships. Nurturance, reinforcement of worth, social integration, and mentoring that young people experienced in their siblings' relationships were linked to these same relationship aspects in their non-romantic friendships.

Wojciak, A., McWey, M., and Waid, J. (2018) Few studies have looked at sibling relationships among foster adolescents, and even fewer have looked into relationship warmth as a protective factor. This study looked at the relationship between a warm sibling relationship and resilience for adolescents in foster care using a sample of 246 youth from a non-profit organization's summer camp programme, Camp to Belong. Individual resilience was highly predicted by a warm sibling relationship during both the middle childhood and adolescence developmental phases. Younger children who had a colder sibling relationship were less resilient.

Soysal et.al (2017) The goal of this study was to see if there was a link between sibling relationships, life satisfaction, and loneliness among teenagers, taking into account gender, birth order, and sibling dyads. The total number of students in the study group was 382 (209 females, 173 males), all of whom were in high school. Gender, birth order, and sibling dyads

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all showed substantial differences in life satisfaction, loneliness, and sibling relationships, according to the findings.

Jones, S. (2015) The goal of this study was to look into college student sibling assistance. This study looked into sibling support for first-generation college students and students from non-intact households, both of whom are more likely to drop out of college. The current study used a one-time online survey of Kent State University undergraduate students ( $n = 290$ ). The findings revealed that emotional sibling support, but not academic sibling support, was favourably associated with GPA.

### ***National Studies-***

S. Negi and S. Balda (2019). The snowball method was used to find families with adults between the ages of 40 and 50. The majority of adults in both states had moderate levels of contact, emotional intimacy, confiding, and problems in their relationships with their siblings, according to the findings. In terms of overall sibling relationships, the majority of people reported having a devoted and pleasant relationship with their siblings. Geographical location, dwelling area, gender, and overall sibling connection had no correlation.

Rathnasabapathy, M., Wesley, J., Maharishi, R. And, Athilakshmi, R. (2018) This study attempts to examine the impact of number of siblings and order of birth on Psycho-social behaviour among Adolescents girls. The group consisted of 1218 adolescent girls in the age group of 13-18 years selected by convenient sampling method. The results found that there is a significant difference between number of siblings and order of birth across the psychological and social factors such as emotional intelligence, resilience, stress, family environment, school problem, social problem and personal problems.

Buist, K., Deković, M., & Prinzie, P. (2013) Focused on the relationship between child and teenage sibling relationship quality (warmth, conflict, and unequal treatment) and internalising and externalising difficulties, as well as potential moderators of these associations, in the current meta-analysis. More sibling friendliness, less sibling conflict, and less differential treatment were all related with fewer internalising and externalising difficulties, according to the findings. The effect sizes of sibling conflict were larger than those of sibling warmth and differential treatment, and the strength of the relationships for internalising and externalising difficulties were similar.

### ***Review of Literature – Life Satisfaction among college going students***

#### **International**

Rogowska, A., Ochnik, D. & Cuero-Acosta, A. (2021) During the first wave of the COVID-19 pandemic, a cross-sectional survey was conducted to evaluate life satisfaction variations among university students from nine nations. There were 2349 university students in the study, with an average age of 23 years ( $M = 23.15$ ,  $SD = 4.66$ ). The link between life happiness and subjective physical health evaluation appears to be universal, but the other factors are linked to cross-cultural differences. Psychological care for persons who do not feel well should be given special priority in public health.

Szymanska, P. (2020) The study's major goal was to look at the link between life satisfaction and sibling bond quality, with gender acting as a moderator. A total of 276 young adults with only one biological sibling were included in the study. Life satisfaction was higher among same-sex siblings than among cross-sex siblings. A positive, mutually beneficial connection

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with a brother or sister was linked to high overall life happiness, whereas criticism, competition, and apathy were linked to lower overall contentment.

Özmaden, M. (2019) The goal of this study was to see if there was a link between university students' levels of leisure satisfaction and their levels of life satisfaction, and if these parameters differed in terms of numerous variables. According to the findings of the current study, there was a positive link between life satisfaction and all leisure satisfaction subscales. When MANOVA data were analysed by gender, it was discovered that all sub-scales of the leisure satisfaction scale had a significant difference. As a result, the aesthetic and physical sub-scales of the leisure satisfaction scale have a favourable impact on life satisfaction.

### ***National Researches-***

Lathabhavan, R. & Sudevan, S. (2022) The goal of this research is to learn more about the influence of psychological discomfort induced by the COVID-19 epidemic on life satisfaction and wellbeing in India. In the first and second waves, respectively, 884 and 925 people took part. During both waves of the study, sadness, anxiety, and stress were found to have a negative impact on life satisfaction and happiness. The impacts were significantly stronger in the second wave compared to the first, according to the research. Psychological discomfort was found to have a greater impact on women's life satisfaction and wellbeing than on men's life.

Mehta, N. (2020) This research seeks to establish a link between two factors in Indian students: Value System and Life Satisfaction. Based on Schwartz's Theory of Basic Values, ten value kinds are measured. Using the random sampling technique, data was obtained from 100 college-bound students. Life satisfaction was negatively correlated with all of the values.

Rani, A. (2018) The purpose of this study is to look into the level of life happiness among students in the arts, commerce, and sciences. N=120 (40 each) from the Badurgarh College. According to the findings, students of science think more deeply than students of the arts, who think more lightly and easily. Science students have fewer opportunities than Arts and Commerce students. As a result, students in the arts and commerce may be happier than those in science.

Nabavi, R., & Bijandi, M. (2018) The purpose of this research was to find out what factors influence life happiness among Iranian undergraduate students at Malaysian private universities. Using the Multi-Stage random selection technique, 361 undergraduate students were found as responders to this study. The survey's findings revealed that Iranian undergraduate students were moderately happy with their study abroad experience. Multiple regression analyses revealed that social support was the strongest unique predictor of life happiness, followed by academic achievement and adjustment, according to the findings.

### ***2.3 Review of Literature- Resillience Among college going students***

#### ***International***

Sharp, K., Wang, T & Wolfe, B., (2022) First-generation college students (FGS) were particularly vulnerable to various stressors as U.S. higher education institutions shuttered their campuses and switched to online education due to the high risk of COVID-19 transmission. Seven resilience triggers, four resilience processes, and three linkages between resilience processes and triggers were discovered in a sample of 44 people. We enhance the communication theory of resilience based on these findings by showing how triggers can be structural, emergent, and overlapping, as well as conceiving resilience processes as both

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enduring and time-bound/contingent. To illuminate the links between the resilience triggers and processes, we use a new qualitative method called theme co-occurrence analysis.

Valladolid, V. (2021) The goal of the study was to look into the relationship between college students' resilience and well-being during the Covid-19 pandemic, as well as the moderating influence of coping techniques in this relationship. The findings revealed a strong link between resilience and happiness. Academic, social, and mental well-being all revealed substantial positive associations with approach coping strategy, showing that the more a student uses approach coping strategy, the better his or her academic, social, and mental well-being.

Yue, W., and Fangli, L. (2018) studied and discussed the relationship between college students' mental health, resilience, and stress events. A total of 320 undergraduate students were polled via questionnaires. The link between college students' mental health, resilience, and stress events is considerable, and increasing college students' resilience can help them avoid the negative consequences of stress events and enhance their mental health.

### **National**

Biswas, A. (2021) The resilience rate among students at higher educational levels in West Bengal, with special reference to gender and habitat, is the study's main goal. From January to April 2019, a cross-sectional survey was conducted among 400 students in higher education in the Murshidabad, Hooghly, Nadia, North, and South 24 Parganas districts. The average score of students' resilience at the higher education level was 72.20, and the influence of gender on resilience was statistically significant in favour of female students, according to the data. When compared to male students, this implies that female students are more resilient in the face of obstacles and adversity.

Umate, V. & Hamsa., N (2021) During the COVID-19 Pandemic, the current study intends to investigate and compare the level of resilience and proactive coping among Engineering graduates in the year 2020. The participants were divided into two groups: internal locus of control and external locus of control. Individuals with internal and external locus of control had significantly different levels of resilience and proactive coping, according to the findings. Individuals with an internal and external locus of control, respectively, have a favourable association between resilience and proactive coping, according to the findings.

Sharma, A. & Rawat, R. (2020) The purpose of this study is to investigate the impact of mindfulness on resilience and its various dimensions among undergraduate students in the Noida district of Uttar Pradesh, India. Purposefully selected undergraduate volunteers aged eighteen to twenty-five years (mean age = 19.53, SD= 1.07) were used in this study. The findings demonstrated a strong link between mindfulness and resilience, as well as a considerable influence of mindfulness on resilience.

Rani,R., and Midha,P. (2014) the goal of this study is to see if adolescent resilience improves life satisfaction. A group of 60 teenagers, both male and female, from the Kendriya Vidyalaya in Rohtak, Haryana, were purposefully selected from the 8th to 10th grade (India). The findings found that teenagers in contemporary Indian society had a moderately low level of resilience and an average level of life satisfaction. Furthermore, a strong positive association between adolescent resilience and life satisfaction has been discovered.

## **METHODOLOGY**

**Aim:** To study sibling relationship as a predictor of Life satisfaction and Resilience among college going students.

**Objective:**

- To study gender differences in sibling relationships, life satisfaction and resilience among college going students.
- To study the relationship between sibling relationships, life satisfaction and resilience among college going students.
- To study sibling relationship as a predictor of Life satisfaction and Resilience among college going students.

**Hypothesis-**

- H1- There will be significant gender differences in sibling relationships, life satisfaction and resilience among college going students.
- H2- There will be significant relationship between sibling relationships, life satisfaction and resilience among college going students.
- H3- The sibling relationship will be a predictor of life satisfaction and resilience among college going students.

**Sample-**

sample of 100 college going students having one or more sibling/s were recruited as Participants. 50% were females (50 of 100 participants) and 50% were males (50 of 100 participants) between the age range of 18-25.

**Inclusion Criteria –**

- College going Student
- Individual with one or more sibling/s

**Variable:**

- Independent Variable- Sibling relationship
- Dependent Variable - Resilience and Life satisfaction

**Tools Description –**

- **Adult Sibling Relationship Questionnaire (VSF)** – ASRQ-VSF by Lantheir & Stocker, 2014 is an 18 item measure for analysing Sibling Relationship. Warmth: 6 items ( $\alpha = .93$ ), Conflict: 6 items ( $\alpha = .88$ ), Rivalry /favouritism ( $\alpha = .86$ ). It measures an adult's relationship with their siblings regarding three dimensions to their relationship; Warmth(W), Conflict (C) and Rivalry (R). ASRQ has satisfactory psychometric properties with Cronbach's  $\alpha$  within the range of .88 to .97.
- **Satisfaction with life scale** – SWLS Diener et al. (1985) is a 5 item measure on life Satisfaction. It is measured on 7 likert scale, which are graded from one (strongly disagree) to seven (strongly agree). Therefore, the total score of SWLS ranges from five to 35, with higher scores reflecting satisfaction with life. The validity and reliability of this instrument were confirmed in Iran and the Cronbach's alpha for the SWLS was 0.85–0.90
- **Nicholson McBride Resilience Questionnaire** - (NMRQ) is a 12 item measure on resilience, created by McBride]. It is measured on a five point Likert scale, ranging 22 from 'strongly disagree' to 'strongly agree'. Scores 0-37 a developing level of



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resilience, scores 38-43 indicate an established level of resilience, scores 44-48 indicate a strong level of resilience and scores 49-60 indicate an exceptional level of resilience. The reliability estimated by Cronbach's Alpha = .76

**Statistical analysis-** Descriptive and inferential statistics methods is to be done using SPSS volume 25.

### Expected outcomes -

- Sibling relationships can be enhanced and will create more life satisfaction. Also, people would start treating sibling relationship as important aspect of life.

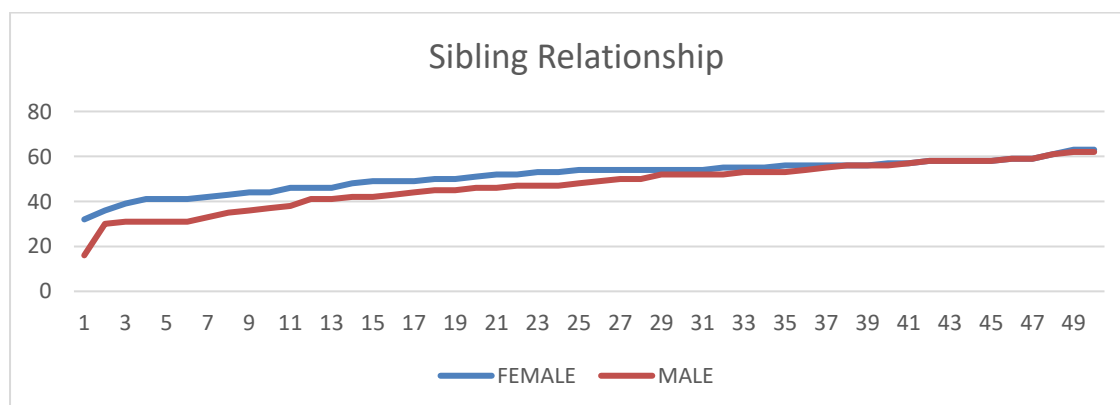
## RESULT ANALYSIS

**Table 1. Represents the group statistics of all the three variables- Sibling Relationship, Life Satisfaction and Resilience.**

Variables	Gender	N	Mean	Std. deviation
Sibling Relationship	Female	50	51.4	10.18
	Male	50	47.16	6.92
Life Satisfaction	Female	50	25.1	5.58
	Male	50	26.1	6.31
Resilience	Female	50	44.6	6.45
	Male	50	44.05	8.15

**Table 2. Represents 't value' for all the three variables -**

Variables	T-value	DF	Sig (2-tailed)	Mean Difference	Std. Error Difference
Sibling relationship	2.42	86	0.017	4.26	3.26
Life satisfaction	0.83	97	0.40	1	0.73
Resilience	-0.36	92	0.71	-0.44	1.7



**Graph1. Significance gender difference in sibling relationship.**

$P < 0.05$  is considered as significant.

Sibling relationship- in Sibling relationship, T value is 2.42 with a corresponding value of P is 0.017 which is less than 0.05. means. This implies that there is a gender difference in in sibling relationship. Hypothesis is Partially accepted.

Life satisfaction- in Life satisfaction, T value is 0.83 with a corresponding P value 0.40. This implies that there are no significant differences in life satisfaction across gender.

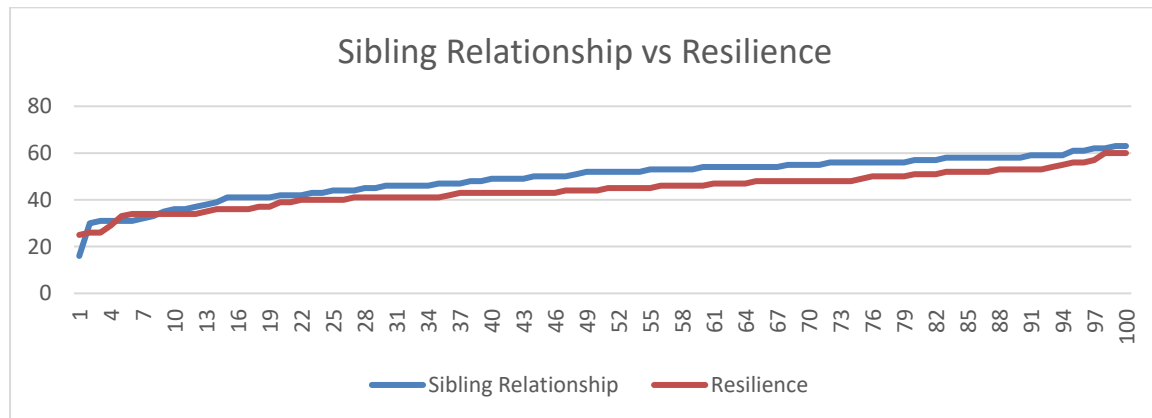
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Resilience- in Resilience, T value is -0.36 with a corresponding P value 0.71. This implies that there is no significant difference across gender.

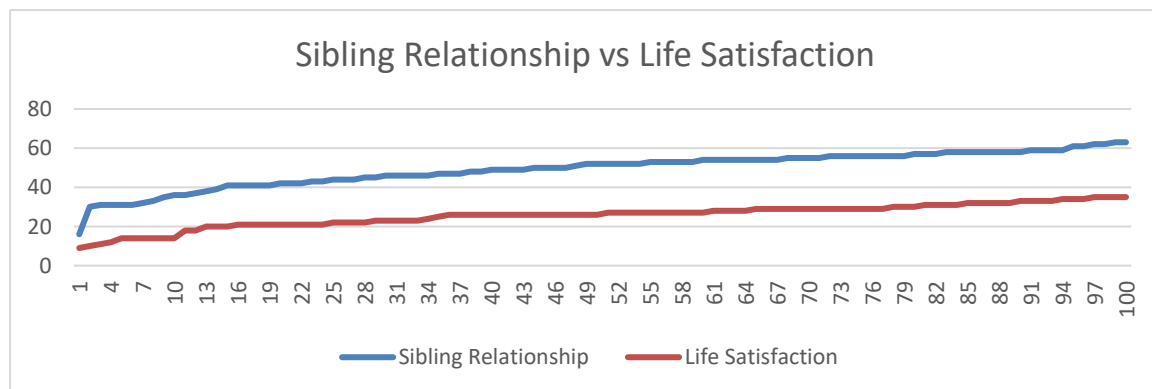
**Therefore, first hypothesis is Partially accepted.**

**Table 3. Depicts The Relationship Between Sibling relationship, Life satisfaction and Resilience among college going students.**

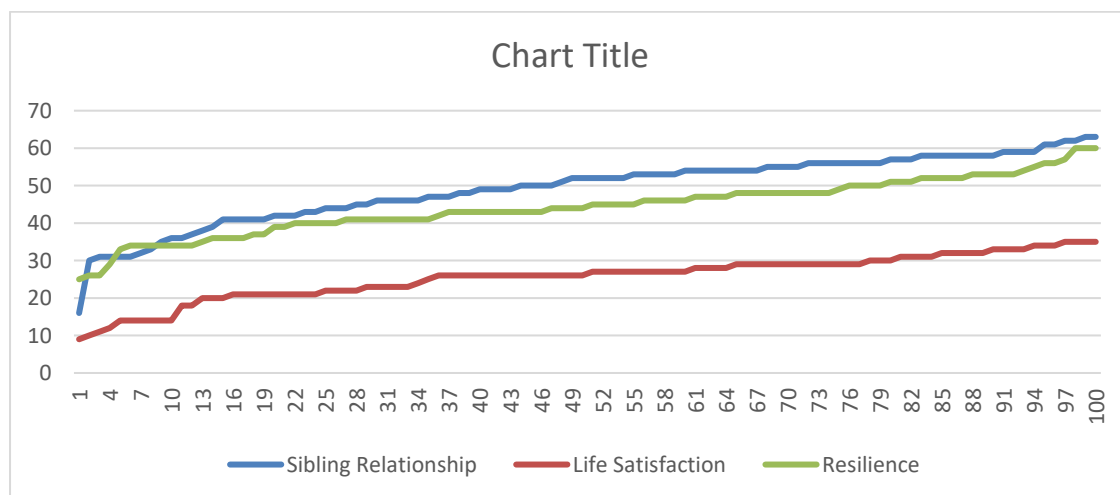
Dependent Variable	Sibling Relationship	N
Pearson's Correlation with Life satisfaction	0.425	100
Pearson's Correlation with Resilience	0.309	100



**Graph 2. Positive correlation between sibling relationship and resilience.**



**Graph 3. Positive correlation between sibling relationship and life satisfaction.**



**Graph 4. Positive correlation between sibling relationship, life satisfaction and resilience.**

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It represents correlation of sibling relationship with Life satisfaction. The findings show-There is a significant positive correlation between Sibling relationship and Life satisfaction among college students ( $r=0.425$ ). This means that when sibling Relationship is stronger, the more will be the Life satisfaction among individuals. The stronger the sibling bond, more the life satisfaction. Or vice versa. Both are positively Correlated.

The second finding showed a significant positive correlation between Sibling relationship and Resilience ( $r=0.309$ ). This mean that when a college going student have a healthier and stronger relationship with the sibling, he/she will be more resilient in life. Both the Variables are positively Correlated.

**Therefore, second hypothesis is accepted.**

### Multiple Linear Regression between Sibling Relationship, Life satisfaction and Resilience.

**Table 4. Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of The Estimate
1	.0982	0.965	0.9653	1.1180

The other objective of the study is found out if sibling relationship is a predictor of life satisfaction and resilience. the independent variable sibling relationship and dependent variables our life satisfaction and Resilience. R square is .96, this means that sibling relationship can explain 96% variability of life satisfaction. it is a very meaningful predictor.

**Table 5. ANOVA**

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	3449.49	1	3449.499	2759.56	0.00
Residual	122.5	98	1.25		
Total	3572	9			

The ANOVA table else if the correlation value of 0.982 is statistically significant. The F value is 2759.56 and it is statistically significant. It is highly significant, so the model is relevant one.

Model	Coefficients	Standard Error	t	Sig.	Lower Bound 95%	Upper Bound 95%
Constant	-6.72	0.625	-10.74	0.00	-7.96	-5.47
Sibling Relationship	0.655	0.012	52.53	0.00	0.63	0.68

\*Constant = life satisfaction

Here the constant or intercept is value of y which is life satisfaction. If sibling relationship score is increased by one, then score of life satisfaction will increase by 0.655. t value is calculated as coefficient divided by standard error. Here  $t=52.53$ . The value is significant 0.01 level so the **hypothesis 3 which states are sibling relationship as a predictor of life satisfaction has been accepted.**

**Table 6. Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of The Estimate
2	0.968	0.937	0.936	1.856

The other objective of the study is found out if sibling relationship is a predictor of resilience. the independent variable sibling relationship and dependent variables is life satisfaction and Resilience. R square is .93 this means that sibling relationship can explain 93% variability of Resilience. it is a very meaningful predictor.

**Table 7. ANOVA**

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	5074.407	1	5074.407	1472.572	0.00
Residual	337.7	98	3.44		
Total	5412.11	99			

The ANOVA table else if the correlation value of 0.968 is statistically significant. The F value is 1472.57 and it is statistically significant. It is highly significant, so the model is relevant one.

Model	Coefficients	Standard Error	t	Sig.	Lower Bound 95%	Upper Bound 95%
Constant	5.129	1.038	4.94	0.00	3.068	7.189
Sibling Relationship	0.795	0.02	38.374	0.00	0.754	0.836

\*Constant = Resilience  
 Constant = Resilience

Here the constant or intercept is value of y which is Resilience. If sibling relationship score is increased by one, then score of Resilience will increase by 0.795. t value is calculated as coefficient divided by standard error. Here  $t=38.37$ . The value is significant 0.01 level so the hypothesis 3 with states sibling relationship as a predictor of Resilience has been accepted.

## DISCUSSION

Siblings are extremely important in human development. Brothers and sisters serve as a training ground for interpersonal skills, as well as role models for actors and a primary source of emotional and instrumental support. Previous research has discovered a link between life satisfaction and the quality of adult sibling bonds (Hollifield and Conger 2015; Ponti and Smorti 2019). The purpose of this current study was to investigate the relationship between sibling relationship, life satisfaction and resilience among college going students. The relationship was evaluated by studying each variable carefully. For the study a sample of 100 college going students (50 females and 50 males) between the age range of 18-25 and having one or more sibling/s were selected. A questionnaire was created which consisted of three standardise test - 3. Adult Sibling Relationship Questionnaire (VSF), Nicholson McBride Resilience Questionnaire, and Satisfaction with life scale. The questionnaire was administered using Google forms.

Upon data collection, SPSS volume 25 was used for analysis. Descriptive and inferential statistics was conducted to interpret the results. The t-test was conducted to enumerate the

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extent to which sibling relationship, life satisfaction and Resilience is influenced by gender differences. Pearson Correlation coefficient was calculated to enumerate the relationships between sibling relationship, life satisfaction and resilience among college students. Then multiple Regression analysis was done to know at what extent Sibling relationship predicts the life Satisfaction level and Resilience among students. The results were calculated, and it was found that mean of Sibling relationship for whole sample is 49.36 which indicates strong and healthy sibling relationship. It was found that there is just no difference in male and female, life satisfaction and resilient levels, but there's a slight significant difference in level of sibling relationship. Female has shown more stronger sense towards having the sibling with mean of 51.4 whereas boys have the mean 47.16. But both of the gender in an average indicates healthy and strong sibling relationship. Mean of life satisfaction 25.6 and resilience is 44.33 and with the help of Pearson correlation the correlation between sibling relationship and life satisfaction is 0.425 and between sibling relationship and resilience 0.309 which implies that there is positive relationship between all the 3 variables. After that multiple regression was done to know if sibling relationship acts as a predictor for life satisfaction and resilience. it was found it was a perfect predictor for both the variables. and sibling relationship predicts level of life satisfaction and resilience among college going students. A. Dirks, Et al (2015) Sibling relationships provide a unique and powerful setting for children's development, with both positive and negative characteristics such as warmth and intimacy, as well as negative characteristics such as intense, potentially harmful conflict. Examine evidence linking sibling interactions to internalizing and externalizing symptoms, as well as potential reasons behind these associations. Sibling conflict contributes to symptomatology in a unique way, and it can be especially troublesome when it's accompanied by a lack of warmth, which is linked to less internalising and externalising issues. Greater warmth, on the other hand, has been linked to increased externalising symptoms among later-born children who may imitate the conduct of older siblings. Although increased sibling collusion must be monitored, several intervention studies show that it is possible to reduce conflict and increase warmth between brothers and sisters, and that improving sibling interactions can teach children social-cognitive skills that will help them in other relationships (e.g., friendships).

### **SUMMARY & CONCLUSION**

Siblings play a very important role in our life, whether in a parental figure or as a friend. Siblings often grow up in the same house, which has a significant impact on their growth, happiness, and even resilience. Siblings often spend more time with one other than with anybody else. As mostly sibling spend most of their time together, having a sibling or siblings is linked to life satisfaction and resilience. According to several studies, "those who have a close and emotional relationship with a brother or sister are more content with their lives". Having a sibling is like having a constant support throughout life other than the parents. A study stated that having a sibling also plays a part in confidence level of the child. In a study of Brigham University researchers also found that sibling relationships helps in developing sympathetic nature, which over time turns into a prosocial behaviour, which indeed is a very important characteristic. Hence A study was conducted to know the relationship between - sibling relationship, life satisfaction and resilience across a sample size of 100 voluntary college students. The results were tabulated in tabular forms Which showed that sibling relationship is known to be a predictor of Life satisfaction and resilience among individuals. Individuals having stronger sibling relationships have positive correlation with life satisfaction and resilience. There are minimal gender differences between sibling relationship life satisfaction and resilience, but women Showed a little bit more Sibling warmth, life satisfaction and resilience then Men. Hence the first hypothesis is partially accepted, second hypothesis is fully accepted, and third hypothesis is accepted.

***Recommendations***

- Taking a larger sample for the study can help to replicate the results with more vulnerability and help in generalizing the results over large population.
- Conducting the study over an extensive time period can help to get better details of the cases with more valid results.

***Limitations***

- The sample size could have been another limitation in the study. The research consisted of nearly 100 participants, which is a limited amount of sample.
- The study didn't involve qualitative data was collected to substantiate the data collected. The data collected was purely quantitative and hence less robust.
- The study is conducted over a limited time period.

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

The author(s) declared no conflict of interest.

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