

## Interpersonal Relationship Satisfaction, Self-Compassion and Adjustment Among Emerging Adults During Covid-19

Mehna Nawas<sup>1\*</sup>, Dr. Pramod S K<sup>2</sup>

### ABSTRACT

The study entitled “Interpersonal relationship satisfaction, self-compassion and adjustment among emerging adults during COVID-19” was conducted to identify the relationship between interpersonal relationship satisfaction, self-compassion and adjustment. It aimed to determine the extent of interpersonal relationship satisfaction, self-compassion and adjustment among emerging adults during the current pandemic situation. Using purposive sampling method, the data was collected from 127 emerging adults in various places of Kerala. Burn’s relationship satisfaction scale (BRSS), self-compassion scale (SCS), and adjustment scale (AS), informed consent and personal data sheet were used in the study for data collection. The findings of the study indicates that majority of emerging adults experience high level of interpersonal relationship satisfaction, and about 86.6% of emerging adults are said to have moderate range of self-compassion. 80.3% participants reported moderate level of adjustment. Late adolescents and young adults experience similar level of interpersonal relationship satisfaction, self-compassion and adjustment. A person’s increased level of adjustment can also increase the range of interpersonal relationship satisfaction and self-compassion. But no relation was found between interpersonal relationship satisfaction and self-compassion. Females exhibit a greater range of interpersonal relationship satisfaction. When it comes to adjustment, males were found to be more adjusted than females. Muslims were found to be more adjusted as compared to Hindus and Christians. 12th class students were found to be self-compassionate rather than undergraduate, postgraduate and diploma students. Type of family and monthly income of the emerging adults did not find to have any influence on interpersonal relationship satisfaction, self-compassion and adjustment. Interpersonal relationship satisfaction, self-compassion and adjustment is essential for healthy living during and after the pandemic.

**Keywords:** *Interpersonal Relationship Satisfaction, Self-Compassion, Adjustment, Emerging Adults, Covid-19*

COVID -19 has brought out a drastic change in the lifestyle of people. This situation demands the public stay within their home. This is an opportunity for some to have more time with their family whereas some others feel isolated. Jeffrey Jensen

<sup>1</sup>MSc Student Loyola College of Social Sciences

<sup>2</sup>Assistant professor, Department of Counselling Psychology, Loyola College of Social Sciences

\*Corresponding Author

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Arnett proposed emerging adulthood as the transition phase that occurs in between adolescence and adulthood. Arnett argued that identity exploration takes place during emerging adulthood rather than during adolescence, as depicted by Erikson. Emerging adulthood is characterized as the period of identity exploration in which they try out different roles and experiences, especially in case of work, love and world views (Vinney, 2018). The sudden pandemic outbreak can have an immense effect on emerging adults, as their stability in academics and career, social relationships especially with parents, friends, or partner, and health-related aspects are in doubt. So, interpersonal relationship satisfaction, self-compassion, and adjustment are essential to minimize these effects.

In the study, interpersonal satisfaction is the degree of satisfaction that the emerging adults experience to the most intimate relationship they consider. Relationships usually include some level of interdependence (Taylor, Peplau, & Sears, 2006). People who are in a relationship tend to influence each other, express their thoughts and feelings, and engage in activities together (Taylor, Peplau, & Sears, 2006). Because of this interdependence, most things that change or impact one member of the relationship can have some level of impact on the other member (Taylor, Peplau, & Sears, 2006). Social exchange theory by George Casper Homans emphasized that all relationships are balanced on the basis of “give and take” forms (Juneja, n.d).

Kristin. D. Neff incorporated three major components of self-compassion with their negative aspects, in order to make a clear distinction between compassionate versus uncompassionate behaviour. The components of self-compassion pointed by Neff includes self-kindness versus self-judgment, common humanity versus isolation, and mindfulness versus over-identification.

Christine R Lathren and her colleagues carried out a literature review of self-compassion and current close interpersonal relationships, in which they found out that self-compassion can benefits close interpersonal relationship. A study on the moderating roles of conscientiousness and gender on self-compassion and relationship maintenance by Levi R. Baker and James K. McNulty (2010) revealed that self-compassionate women were found to have the motivation to correct interpersonal mistakes regardless of conscientiousness, and for men with conscientiousness, self-compassion was associated with greater motivation to correct interpersonal relationship.

Gates and his colleagues emphasized that adjustment is a continuous process by which people attain harmonious relationship between themselves and environment by changing their behaviour (Sharma, 2016). Each individual adjusts to the environment in a distinct way because of the individual differences, so that a person who is adjusted to one culture may not get adapted to another (Carjee & Badarilnye, 2011). The present study takes account of the emerging adult’s adaptation to the home, health, social and emotional areas during the COVID -19.

A study by Jia Wei Zhang and Serena Chen (2016) on whether self-compassion promotes positive adjustment for people who attribute responsibility of a romantic breakup to themselves highlighted that Self-esteem, attachment styles, and prior relationship characteristics along with self-compassion were found to boost the romantic breakup adjustment.

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The main objective of the present study was to find out the relationship between interpersonal relationship satisfaction, self-compassion, and adjustment among emerging adults during COVID-19. The study also determined the extent of interpersonal relationship satisfaction, self-compassion, and adjustment among emerging adults during COVID-19. It was also conducted to identify whether there exists any difference in interpersonal relationship satisfaction, self-compassion, and adjustment between late adolescents and those of young adults during COVID-19. The study also assessed the influence of demographic variables such as gender, type of family, religion, educational qualification, and monthly income of the family on interpersonal relationship satisfaction, self-compassion, and adjustment among emerging adults.

### The hypotheses formulated from the objectives of the study are as follows:

- There will be no significant number of emerging adults having high interpersonal relationship satisfaction, self-compassion, and adjustment during COVID-19.
- There will be no significant difference in interpersonal relationship satisfaction, self-compassion, and adjustment between late adolescents and that of young adults during COVID-19.
- There will be no significant relationship between interpersonal relationship satisfaction, self-compassion, and adjustment among emerging adults during COVID-19.
- There will be no significant difference in study variables among emerging adults based on demographic variables.

## METHODOLOGY

### *Participants*

The study was conducted among emerging adults of age 18-24 yrs. In the study, participants with 18 and 19 years of age were considered as late adolescents and participants with 20- 24 years of age were categorized as young adults. 127 participants were taken for the study. Only people from various places in Kerala were considered.

### *Measures*

- **Informed consent** - As the research was intended to study on interpersonal relationship satisfaction, self-compassion, and adjustment during COVID- 19, the researchers asked the participants to respond to the items with respect to the pandemic situation, along with the consent for participation in the study.
- **Personal data sheet** - The personal data sheet in the current study incorporates name, age, sex, religion, type of family, educational qualification, and monthly income of the family.
- **Burns Relationship satisfaction scale (BRSS)** - developed by David D. Burns (1983) is a 7 item self-report inventory. Total scores range from 0 (lack of intimacy, extreme conflict) to 42 with higher scores indicating greater satisfaction. The scale has a high internal consistency (coefficient alpha = .94) and has a strong correlation with other tools of relationship satisfaction, including the Locke-Wallace MAT ( $r=.80$ ), Dyadic Adjustment Scale ( $r = -.89$ ) and Norton's Quality of Marriage Index ( $r = .91$ ) (Steadman, L.P., Tremont, G., & Davis, J.D., 2007).
- **Self-Compassion Scale (SCS)** - Kristin. D. Neff developed self-compassion scale that comprises of self-kindness, common humanity, and mindfulness and their "negative" opposite constructs such as self-judgment, isolation, and over-

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identification, which altogether represents compassionate versus uncompassionate behavior. It is a 26 item self-report scale. The internal consistency of the scale was found to be 0.86 using Cronbach alpha index, among Greek population. Other SCS validation studies found Cronbach alpha indexes:  $\alpha=0.87$  (Spain),  $\alpha=0.92$  (Turkey). The SCS shows high internal reliability ( $\alpha = 0.90$ ) and test-retest consistency (0.93) (Allen & Leary, 2010).

- **Adjustment scale (AS)** - The researchers take into account of some of the items from Bell's adjustment inventory and modified them in accordance with the interest of the study. The scale comprises 4 dimensions of adjustment: Home, Health, Social and Emotional. This was a 44 items scale.

### *Procedure*

In the study, the data collection was conducted via online mode. Google forms were used as a mode of data collection. Consent of participation along with personal data sheets and questionnaires were circulated among participants. Participants of 18 to 24 years of age were chosen. The measures used for data collection include the Burns relationship satisfaction scale for assessing the interpersonal relationship satisfaction, Self-compassion scale (SCS) for measuring the self-compassion level, and Adjustment scale (AS) for determining the adjustment of participants during the pandemic. Scoring and coding of data were done after the data collection.

## **RESULTS AND DISCUSSION**

**From the study, it is revealed that a significant** number of emerging adults experiences high interpersonal relationship satisfaction, moderate range of self-compassion, and adjustment. The study also depicted that no significant difference is found between late adolescents and young adults. The results of the study indicated a significant negative correlation between interpersonal relationship satisfaction and self-compassion to adjustment. Due to the reverse coding of the adjustment scale, the result implies that an increase in adjustment can lead to increase in interpersonal relationship satisfaction and self-compassion. But there exists no significant relationship between interpersonal relationship satisfaction and self-compassion. When it comes to the relationship with the demographic variables, there exists a significant difference in interpersonal relationship satisfaction and adjustment among emerging adults based on gender. Females shows a high level of interpersonal relationship satisfaction than that of males. It has also found that males are more adjusted as compared to the females. A significant difference is found among study variables based on religion and educational qualification. In terms of religion, Muslims found to be more adjusted as compared to Hindus and Christians. With respect to education, 12<sup>th</sup> class students are found to be more self-compassionate than undergraduate, postgraduate and diploma students. No significant difference is found in interpersonal relationship satisfaction, self-compassion, and adjustment based on the type of family and monthly income of emerging adults.

The detailed results based on the objectives of the study are given below:

**The extent of interpersonal relationship satisfaction, self-compassion and adjustment among emerging adults during COVID-19.**

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***Table 1 Extend of interpersonal satisfaction with respect to frequency and percentage.***

<b>Interpersonal relationship satisfaction level</b>	<b>Frequency</b>	<b>Percentage</b>
Low	3	2.4
Moderate	43	33.9
High	81	63.8
Total	127	100

From the table, it is understood that the majority of emerging adults feel higher level of interpersonal relationship satisfaction. 43 participants were said to have moderate range of interpersonal relationship satisfaction and the remaining individuals reported to have a low level of interpersonal relationship satisfaction. As the COVID-19 lockdown had given plenty of time for people to spend with their family. Far apart from their busy life style, now people have enough time to get to know more about each other and also understand the feelings of family members. This may contribute to relationship satisfaction among the participants.

***Table 2 Extend of self-compassion along with frequency and percentage***

<b>Self-compassion level</b>	<b>Frequency</b>	<b>Percentage</b>
Low	2	1.6
Moderate	110	86.6
High	15	11.8
Total	127	100

From table 2, it is evident that majority of the population experiences moderate range of self-compassion. 15 participants reported a high level of self-compassion whereas only 2 participants were found to have a low level of self-compassion. Fear regarding the present pandemic and extended lockdown gave more leisure time, which make the emerging adults ponder on themselves and take care of themselves. This may increase the level of self-compassion.

***Table 3 Extend of adjustment along with frequency and percentage***

<b>Adjustment level</b>	<b>Frequency</b>	<b>Percentage</b>
Low	23	18.1
Moderate	102	80.3
High	2	1.6
Total	127	100

It has shown that about 102 participants have a moderate range of adjustment, 23 participants experience a low level of adjustment and only the remaining 2 participants reported high level of adjustment.

Low adjustment among emerging adults can be due to the sudden pandemic outbreak, which may evoke difficulty in coping with the new life styles that comes up with the lockdown. As people may have health concerns along with the frustration of being not able to get out of the house.

**Age-wise difference in interpersonal relationship satisfaction, self-compassion and adjustment among emerging adults during COVID-19.**

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As per table 4, there exists no significant difference between late adolescents and young adults. This indicates that late adolescents and young adults experience a similar level of interpersonal relationship satisfaction, self-compassion, and adjustment.

From the researchers’ point of view, late adolescence and young adulthood are the transition period which is characterized by their gradual attempt for self-exploration. Nowadays, late adolescents and young adults take a longer time to attain autonomy because of a larger amount of time taken for achieving financial stability. The sudden withdrawal from the emotional support may also cause adjustment problems. This led to the development of a new phase, emerging adulthood, which incorporates both late adolescents and young adults. This may be the underlying cause of late adolescents and young adults experience a similar level of interpersonal relationship satisfaction, self-compassion, and adjustment, as both late adolescents and young adults share common characteristics and are in the same category.

**Table 4** Age wise difference in interpersonal relationship satisfaction based on Mann-Whitney test

<b>Variables</b>	<b>Age group</b>	<b>N</b>	<b>Mean Rank</b>	<b>Sum of ranks</b>	<b>Mann Whitney U value</b>	<b>Asymptotic Significance</b>
Interpersonal relationship satisfaction	Late adolescents	34	62.12	2112	1517	.727
	Young adults	93	64.69	6016		
Self-compassion	Late adolescents	34	73.34	2493.5	1263.5	0.84
	Young adults	93	60.59	5634.5		
Adjustment	Late adolescents	34	61.63	2095.5	1500.5	.661
	Young adults	93	64.87	6032.5		

**Relationship between interpersonal relationship satisfaction, self-compassion, and adjustment among emerging adults during COVID-19.**

Spearman correlation coefficient was used to determine the relationship between interpersonal relationship satisfaction, self-compassion, and adjustment among emerging adults.

With respect to table 5, a significant negative correlation is found between interpersonal relationship satisfaction and self-compassion to adjustment. As in the adjustment scale, a higher score indicates lower adjustment, because of the reverse coding. Therefore, the greater the range of interpersonal relationship satisfaction and self-compassion, the higher is the level of adjustment.

As per the researchers perspective, adjustment can improve social relationships. In other words, adjustment itself is the satisfactory relationship between people’s needs and societal demands. In order to sustain a relationship, one should not only always focus on the satisfaction of their desires but also consider the needs of others. When one look upon the



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need of others, people may have the feeling of being valued and cared. So, improved adjustment may contribute to the interpersonal relationship satisfaction of people.

**Table 5 Relationship between interpersonal relationship satisfaction self-compassion and adjustment based on Spearman correlation coefficient.**

<b>Variables</b>	<b>Interpersonal relationship satisfaction</b>	<b>Self compassion</b>	<b>Adjustment</b>
Interpersonal relationship satisfaction	()		
Self compassion	.159*	()	
Adjustment	-.362**	-.380**	()

Note: \* indicates significant correlation at 0.05 level.

\*\* indicates significant correlation at 0.01 level.

Self-compassion implies caring and understanding oneself in difficult times. For a person to be self-compassionate, he/she should have a balanced view regarding oneself and the problematic situation. The clarity regarding the situation, rather than focusing only on one's negative aspects or positive traits, may help people to easily cope with it. Only when people take an unbiased view regarding oneself and the problematic situation, he/she can understand what works best for the situation and what the best they can do to handle it. This may lead higher level of self-compassion to a higher level of adjustment.

A study conducted by Stephanie Clegg, Fuschia Sirois, and Markus Reuber on self-compassion and adjustment in epilepsy and psychogenic non-epileptic seizures identified that self-compassion was associated with adjustment in people with epilepsy and people with non-epileptic seizures.

From the above results, it is also understood that interpersonal relationship satisfaction and self-compassion are not much related. A person does not necessarily need the capability to understand or care others to be self-compassionate. On the other hand, satisfactory relationship may not demand people to be self-compassionate. So, we cannot generalize that self-compassion and interpersonal relationship satisfaction are associated.

But in some of the studies conducted, it is found that self-compassion brought benefits in interpersonal relationships. For instance, a study on self-compassion, social connectedness, and interpersonal competence conducted by Jacob Harrison Bloch highlighted the importance of self-compassion in interpersonal functioning and underscore its importance to overall well-being (Bloch, 2018).

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**Table 6 Gender wise difference in interpersonal relationship satisfaction, self-compassion and adjustment based on Mann Whitney U test.**

Variables	Gender	N	Mean Rank	Sum of ranks	Mann Whitney	Asymptotic significance
Interpersonal relationship Satisfaction	Female	78	69.07	5387.50	1515.5	.05
	Male	49	55.93	2740.50		
Self-compassion	Female	78	62.62	4884	1803	.592
	Male	49	66.20	3244		
Adjustment	Female	78	69.41	5414	1489	.037
	Male	49	55.39	2714		

From table 6, it is understood that there exists a significant difference in interpersonal relationship satisfaction based on gender. This means, females experience a high level of interpersonal relationship satisfaction than males. There exists no significant difference in self-compassion based on gender and only slight mean difference can be seen between males and females, which can be negligible. A significant difference in adjustment based on gender is also found. As the higher adjustment score in the present adjustment scale indicates lower adjustment, one with a lower mean rank represents a greater difference. Therefore, the results show that males are more adjusted as compared to females.

As per the researchers' perspective, females are more expressive and open than males due to the gender differences in upbringing. Boys are brought up in such a way that they have to conceal their feelings from others. Self-disclosure is an important factor that enables trust and makes the relationship much stronger. This expressive nature of females makes them self-disclosing and this may be the reason for which they have a high level of interpersonal relationship satisfaction.

Males are found to be more adjusted as compared to females. This may be because males are stereotyped to withstand any difficult situation than that of females. But in a study by Yellaiah (2012) on adjustment on academic achievement of high school students found that females possess a good level of adjustment as compared to males.

To identify the difference in the type of family on interpersonal relationship satisfaction, self-compassion, and adjustment, the Kruskal Wallis test was used.

As per table 7, there exists no significant difference in interpersonal relationship satisfaction, self-compassion, and adjustment based on the type of family. If we consider the mean differences of type of family, only a slight difference is found, which is negligible.

Based on the researchers' viewpoint, whether the family is nuclear, joint, or extended that won't make any difference in the interpersonal relationship satisfaction, self-compassion, and adjustment of emerging adults.

The present scenario is entirely different from the past experiences. As in the past, people in the family were very much close to each other and they even have a lot of time to spend together. But now, people are living in a busy world and they don't have enough time to spend with the family. And also, in the case of emerging adults, they may prefer to be alone, as they may need their personal space and maybe intolerant to the indulgence of other family



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members in their matters. So, regardless of the type of family the emerging adults hold, their interpersonal relationship satisfaction, self-compassion, and adjustment remain the same.

**Table 7 Differences in type of family on interpersonal relationship satisfaction, self-compassion and adjustment based on Kruskal Wallis test.**

Variables	Type of family	N	Mean Rank	Chi Square	df	Asymptotic significance
Interpersonal relationship Satisfaction	Nuclear	101	62.11	1.318	2	.517
	Joint	23	71.67			
	Extended	3	68.67			
Self-compassion	Nuclear	101	64.14	2.730	2	.255
	Joint	23	67.74			
	Extended	3	30.50			
Adjustment	Nuclear	101	65.11	.449	2	.799
	Joint	23	59.76			
	Extended	3	59.17			

There exists no significant difference in interpersonal relationship satisfaction and self-compassion based on religion. This means that religion does not determine interpersonal relationship satisfaction and self-compassion among emerging adults. A significant difference is found in adjustment based on religion. Due to the reverse coding of the adjustment scale, one with a lower mean rank stands for greater adjustment. Muslims are found to be more adjusted as compared to Hindus and Christians. It may be because of the religious teachings that prompt them to adjust to any kind of circumstances. Even tolerance is one of the values depicted in the Holy Quran. Tolerance and adjustment are very much related. As one needs to be tolerant of the situation in order to adjust to it. Muslim children are given the Madrasah teachings along with the school education. So, they may be brought up in such a way that they should be tolerant of any kind of difficult situation.

**Table 8 Religion wise difference on interpersonal relationship satisfaction, self-compassion and adjustment based on Kruskal Wallis test.**

Variables	Religion	N	Mean Rank	Chi Square	df	Asymptotic significance
Interpersonal relationship Satisfaction	Hindu	56	61.04	1.002	2	.606
	Christian	43	68.01			
	Muslim	21	61.41			
Self-compassion	Hindu	56	67.09	2.569	2	.277
	Christian	43	56.27			
	Muslim	21	67.57			
Adjustment	Hindu	56	58.79	5.984	2	.050
	Christian	43	74.44			
	Muslim	21	55.83			

Kruskal Wallis test was adopted to understand education wise difference in interpersonal relationship satisfaction, self-compassion and adjustment.

As per the table 9, there exist no significant difference in interpersonal relationship satisfaction and adjustment based on educational qualification. But a significant difference exists in self-compassion based on educational qualification. And it shows that those who are in 12<sup>th</sup> class exhibit more self-compassion as compared to others.

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From researchers observation, greater self-compassion experienced by people in 12<sup>th</sup> class may be due to the increased body-consciousness among them. At the time they have enough time to think about themselves, as age increases their priority may changes into career and family over oneself. So, this may prompt them to take care of themselves.

**Table 9 Education wise difference in interpersonal relationship satisfaction, self-compassion and adjustment based on Kruskal Wallis test.**

Variables	Education	N	Mean Rank	Chi Square	df	Asymptotic significance
Interpersonal Relationship satisfaction	12th	30	60.57	3.896	3	.263
	Undergraduate	65	63.08			
	Postgraduate	28	73.39			
	Diploma	4	39			
Self-compassion	12th	30	75.63	9.287	3	.020
	Undergraduate	65	59.19			
	Postgraduate	28	68.79			
	Diploma	4	22			
Adjustment	12th	30	62.57	.312	3	.958
	Undergraduate	65	63.82			
	Postgraduate	28	66.80			
	Diploma	4	58.13			

To understand the income wise difference in interpersonal relationship satisfaction, self-compassion and adjustment, Kruskal Wallis test was used.

As per table 10, there exists no significant difference in interpersonal relationship satisfaction, self-compassion, and adjustment based on monthly income of the family. This indicates that no matter what the financial status of a person is, that won't make any change in his/her interpersonal relationship satisfaction, self-compassion and adjustment.

Based on the researchers viewpoint, it may not be the money but the attitude of people towards things makes him/her satisfied with the relationship, self-compassionate or adjusted to the circumstances. Regardless of what a person earned, it may be his/her attitude and perception towards himself/herself, the relationship they have, or the difficult situation, tells whether one is self-compassionate, satisfied with the relationships, or able to adjust with the problematic situation. Even though financial security is essential, optimistic thoughts of people can give them mental strength to get over the problems. For emerging adults, majority have not become financially stable, to determine their interpersonal relationship satisfaction, self-compassion and adjustment.

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**Table 10** Income wise difference in interpersonal relationship satisfaction, self-compassion and adjustment based on *Kruskal Wallis test*.

Variables	Monthly income of the family	N	Mean Rank	Chi Square	df	Asymptotic
Interpersonal relationship Satisfaction	Below 10,000	26	64.98	.261	3	.967
	10001- 20000	22	60.93			
	20001- 30000	20	62.63			
	Above 30000	59	65.18			
Self-compassion	Below 10,000	26	52.57	3.534	3	.316
	10001- 20000	22	63.05			
	20001-30000	20	70.45			
	Above 30000	59	67.16			
Adjustment	Below 10,000	26	69.48	2.937	3	.401
	10001- 20000	22	68.23			
	20001- 30000	20	69.88			
	Above 30000	59	58.02			

**CONCLUSION**

The major findings of the study was that an increase in adjustment level can increases interpersonal relationship satisfaction and self-compassion. The result of the study also indicated that a majority of the emerging adults experience high level interpersonal relationship satisfaction, and moderate level of self-compassion, and adjustment during the present pandemic. It is evident from the findings that late adolescents and young adults exhibit similar range of interpersonal relationship satisfaction, self-compassion and adjustment, as there exists no difference between them. The study also revealed that gender have a significant influence on interpersonal relationship satisfaction and self-compassion. As females found to have satisfaction with their interpersonal relationship rather than that of males and males are found to be more adjusted than females. The study showed that Muslims are more adjusted than Hindus and Christians. It is also found from the study that 12<sup>th</sup> class students are more self-compassionate than undergraduate, postgraduate and diploma students. The results also indicates that type of family and monthly income of the emerging adults did not have any influence on interpersonal relationship satisfaction, self-compassion and adjustment.

The study brings awareness on the present stance of emerging adults in terms of interpersonal relationship satisfaction, adjustment and self-compassion. Based on the research, it is clear of the necessity of educating emerging adults the importance of self-compassion and improving their adjustment, as majority of them said to have only moderate range of self-compassion and adjustment. From the finding of the present study that about half of the participants reported the need of psychological interventions, mental health professionals can take it into consideration. The research findings can also be used for the development of further interventions. The study serves as a base for further researchers who are interested in the area.

But the present study is not exempted from limitations. The sample size of the study was limited and the study was only carried out in Kerala. And also, the study did not cover all regions in Kerala. Even though, the present pandemic restricts the researcher to approach the participants directly, it could have ensured the unbiasedness from the side of participants.

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Further studies can incorporate a large geographical region in order to make a clear generalization. A cross-sectional study could be carried out to understand wider population. Longitudinal studies can be done to acquire deeper level of understanding on the area. When developing scales, native languages can be considered to cover a large number of samples from the population.

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