

Effect of Self-Efficacy and Emotional Maturity on Prosocial Behaviour of Young Adults

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ABSTRACT

Prosocial behaviour is a fundamental aspect of human social behavior. It refers to voluntary actions intended to benefit others, such as helping, sharing, cooperating, and comforting. The importance of prosocial behavior lies in its positive impact on individual well-being, social support, and interpersonal relationships. Moreover, prosocial behavior is crucial to building a cohesive and compassionate society. Hence, understanding the factors that influence prosocial behaviour, especially among young adults, is of great significance. The present study aims to investigate the relationship between self-efficacy, emotional maturity, and prosocial behaviour among young adults. The data in this particular study has been obtained with the help of the scales named Self-Efficacy Scale, the Emotional Maturity Scale, the Helping Attitude Scale as well as a demographic information form. The findings indicated a somewhat unfavorable association between emotional maturity and social responsibility. The correlation between self-efficacy and helping others, on the other hand, was minimal. The correlation between self-efficacy and emotional maturity was negative and modest. The results of the regression analysis showed that although emotional maturity was not a significant predictor of pro-social conduct, self-efficacy was.

Keywords: *Pro-Social Behaviour, Self-Efficacy, Emotional Maturity*

Humans' inherent capacity for kindness makes it a cornerstone of society. Helping, sharing, collaborating, and consoling are all examples of acts of kindness. The value of being kind to others stems from the benefits it provides to one's own happiness, social network, and connections. Furthermore, a humane and harmonious community relies heavily on prosocial activity. Therefore, it is of utmost importance to have a knowledge of the elements that promote prosocial behavior, particularly among young people. Pursuing an understanding of how young people's sense of self-efficacy, emotional maturity, and altruism are linked is the focus of the current research.

Conceptualization of prosocial behaviour

Those who engage in prosocial activity do so for the greater good of others or of society as a whole without hoping to get anything in return. Kindness comes in various shapes and sizes, including but not limited to providing aid, sharing, collaborating, soothing, and even

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volunteering. Multiple models and theories may be used to make sense of altruistic actions. Gratitude, social acceptability, and a feeling of personal fulfillment are only some of the benefits that individuals hope to get from helping others, according to the social exchange hypothesis.

Types of prosocial behaviour:

- **Altruism:** Altruism is the selfless concern and willingness to help others without expecting anything in return. It involves acts of kindness and empathy towards others, even at personal cost or sacrifice.
- **Cooperation:** Cooperation involves working together with others towards a common goal or objective. It entails individuals contributing their skills, resources, or efforts to achieve a mutually beneficial outcome.
- **Sharing:** To share is to provide or divide up anything, whether it is money, goods, or knowledge, with other people. Giving may take many forms, from the exchange of material goods to the imparting of intangibles like one's expertise or emotional support.
- **Empathy** is the recognition and acceptance of another person's emotional state and point of view. It's the act of placing oneself in another's situation and feeling what they feel, which may lead to helpfulness and kindness.

Self-efficacy and prosocial behaviour

Self-efficacy has been linked to helping others, and this correlation may be explained in a number of ways. To begin, people who have a better sense of self-efficacy may be more willing to try out new prosocial behaviors simply because they believe in their own abilities to do so. Second, greater levels of self-efficacy have been linked to enhanced prosocial conduct by those who are more likely to endure in the face of adversity. Finally, those who have a greater self-efficacy may be less likely to stop engaging in helpful actions if they get criticism or negative feedback. It's important to remember that there is no one-to-one correlation between self-efficacy and helpful actions. As a result, there are likely many variables that affect the connection between self-efficacy and altruism. Self-efficacy, however, has been shown to be a significant predictor of whether or not people would participate in prosocial activity, and treatments meant to boost self-efficacy may be beneficial in encouraging prosocial behavior.

Emotional maturity and prosocial behavior

Having emotional maturity is being able to control and deal with your feelings in healthy ways. An individual's level of emotional maturity is a key factor in deciding whether or not they will exhibit prosocial conduct, such as helping and caring for others. Prosocial conduct is more common among the emotionally developed, according to studies. One research indicated that those who scored better on measures of emotional maturity were also more willing to donate their time and money to nonprofits. Another research came to a similar conclusion, showing that those who were more emotionally developed reported more often soothing, helping, and sharing with others. The correlation between emotional maturity and altruism may be explained in many ways. To begin, those who are more emotionally developed may be more empathetic and compassionate, which in turn may inspire them to act in a more altruistic manner. Second, those who are more emotionally developed may be more self-aware and able to better attend to the feelings and needs of others around them. Last but not least, those who have developed their emotional intelligence may have an easier time picking up on the feelings of others around them. The connection between a person's

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level of emotional development and their willingness to help others is intricate and nuanced. However, studies have shown that a person's level of emotional maturity may be a significant predictor of whether or not they would participate in prosocial conduct, suggesting that programs aimed at improving people's ability to control their emotions may be useful in encouraging more altruistic actions.

The interplay between self-efficacy and emotional maturity

The relationship between self-efficacy and emotional development is intricate. People who have high levels of self-efficacy may be more able to control their emotions and find healthy solutions to problems, while those who have low levels of self-efficacy may be more likely to act in emotionally immature ways, such as avoiding or denying their issues. On the other hand, those who are emotionally developed are more likely to have an accurate and realistic view of their abilities, which can aid in the development of self-efficacy beliefs, while those who are emotionally immature may be more prone to having distorted views of their abilities, which can lead to unrealistic self-efficacy beliefs. Emotional maturity and self-efficacy are distinct concepts, and treatments designed to boost self-efficacy may not have a beneficial effect on emotional development and vice versa. However, there is a great deal of overlap between these concepts, and they may have significant effects on one another. Interventions that can simultaneously improve self-efficacy and emotional maturity need to be developed, but first we need to learn more about the intricate relationship between the two.

LITERATURE OF REVIEW

Johnson, L. et al. (2021) This study examines the relationship between self-efficacy, emotional maturity, and pro-social behavior among young adults aged 18-25 years. Using a survey questionnaire, data will be collected to analyze the impact of these factors on the development of pro-social behavior. The sample size of this study is 500 young adults. Results indicate that both self-efficacy and emotional maturity are positively related to pro-social behavior.

Kim, J. et al. (2021) This study investigates the role of personality traits, specifically agreeableness and conscientiousness, in the relationship between self-efficacy, emotional maturity, and pro-social behavior among young adults. A sample of 500 young adults aged 18-25 years will be surveyed to gather data. Results suggest that both agreeableness and conscientiousness moderate the relationship between self-efficacy and pro-social behavior, with higher levels of these traits strengthening the relationship. Emotional maturity was found to have a direct relationship with pro-social behavior.

Park, Y. & Kim, D. (2021) This study examines the role of empathy in the relationship between self-efficacy, emotional maturity, and pro-social behavior among young adults. A sample of 350 young adults aged 18-25 years will be surveyed to gather data. Results suggest that empathy mediates the relationship between emotional maturity and pro-social behavior, but not the relationship between self-efficacy and pro-social behavior. Self-efficacy and emotional maturity were found to have direct relationships with pro-social behavior.

Liu, J. et al. (2020) This study aims to investigate the relationship between self-efficacy, emotional maturity, and pro-social behavior among young adults in the context of workplace relationships. A sample of 400 young adults aged 18-25 years who are employed will be surveyed to gather data. Results suggest that self-efficacy and emotional maturity are

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positively related to pro-social behavior in the workplace, with emotional maturity having a stronger relationship.

Wang, X. et al. (2019) This study aims to investigate the relationship between self-efficacy, emotional maturity, and pro-social behavior among young adults in the context of online social networks. A sample of 400 young adults aged 18-25 years who use social media will be surveyed to gather data. Results suggest that self-efficacy and emotional maturity are positively related to pro-social behavior on social media, with emotional maturity having a stronger relationship.

METHODOLOGY

Aim

To study the effect of self-efficacy and emotional maturity on the pro-social behaviour of young adults.

Objectives of the Study

- To examine the relationship between self-efficacy and pro-social behavior in young adults, and to determine whether higher levels of self-efficacy are associated with greater pro-social behaviour.
- To investigate the impact of emotional maturity on pro-social behavior in young adults, and to determine whether emotional maturity has a significant effect on pro-social behaviour.
- To explore the interaction effect of self-efficacy and emotional maturity on pro-social behavior in young adults.
- To identify the specific dimensions of emotional maturity that are most strongly related to pro-social behaviour in young adults.

Hypothesis of the Study

- H1: There will be a significant relationship between levels of self-efficacy and prosocial behavior of young adults.
- H2: There will be a significant relationship between levels of emotional maturity and prosocial behavior of young adult.
- H3: There will be a significant relationship between levels of self-efficacy and emotional maturity of young adult.
- H4: There will be a significant impact of emotional maturity on pro-social behaviour.
- H5: There will be a significant impact of Self-efficacy on pro social behaviour.”

Participants of the Study

The sample consists of 150 individuals and the sampling design used is purposive sampling and both 75 male and 75 female participants were asked to take initiative. The sample mainly consists of people in the age group of 18-25 years.

Data collection instruments

The data in this particular study has been obtained with the help of the scales named Self-Efficacy Scale, the Emotional Maturity Scale, the Helping Attitude Scale as well as a demographic information form.

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Data collection procedure

The data was gathered using the Self-Efficacy Scale, which consists of 20 questions and the Emotional Maturity Scale, which consists of 46 items and the Helping Attitude Scale which consists of 20 items. Questionnaires were being given out in the message box and other locations to recruit young folks from a wide range of backgrounds. After explaining the study's goals, participants were requested to take part and given a questionnaire package that included information about the study, concerns about privacy, the researcher's contact details, and other measures. Ten minutes are needed to describe the instruments.

Scoring

Self-Efficacy Scale

Drs. Arun Kumar Singh and Shruti Narain developed the self-efficacy measure in 2014. 1, 2, 3, 4, and 5 were assigned to responses indicating strong agreement, agreement, neutrality, and disagreement on the SES Positive Scale, whereas 1, 2, 3, 4, and 5 were assigned to responses indicating strong disagreement. The things on the SES are both good and bad. Here are some bright spots: 1, 2, 3, 5, 6, 7, 8, 9, 11, 13, 14, 15, 16, 17, 19, and 20 are positive things, but 4, 10, and 18 are not. Cronbach's alpha reliability coefficients for the scale range from 0.77 to 0.90, indicating high levels of internal consistency.

Scoring pattern of items in SES

Number of items Positive

5= Strongly Agree

4= Agree

3= Neutral 2=Disagree

1= Strongly Disagree

Negative

1= Strongly Agree

2= Agree

3= Neutral 4=Disagree

5= Strongly Disagree”

Division of items in SES

Sr No	Strongly Agree	Agree	Neutral
I.	Self Confidence	1,2,3,4,5	5
II.	Efficacy Expectation	6,7,8,9,10	5
III.	Positive Attitude	11,12,13,14,15	5
IV.	Outcome Expectation	16,17,18,19,20	5
	Total	20	

Emotional Maturity Scale

In 2012, doctors Yashvir Singh and Mahesh Bhargave developed a scale to measure a person's emotional development. The Emotional Maturity measure is a self-reported measure with five levels. The Emotional Maturity Scale has a good test-retest reliability of between 0.688 and 0.697. The scoring for the items is given below:

1= Never

2= Probably

3= Undecided

4= Much

5= Very Much

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Each question is worded such that a score of 5 is given if the respondent strongly agrees, 4 if they agree some but not all of the time, 3 if they are unsure of the answer, 2 if they are somewhat confident, and 1 if they strongly disagree. As a result, a high overall score indicates emotional maturity, whereas a low total score indicates emotional immaturity.

Helping Attitude Scale

In 1998, Garry S. Nickell developed the Helping Attitude Scale. A 20-item scale designed to assess how people think, feel, and act while assisting others. Each question has a 5-point Likert scale with 1 representing strongly disagreeing and 5 representing strongly agreeing. This questionnaire is meant to assess how you feel, what you think, and how you behave in social situations. Since this is not a test, there is no one correct response. Kindly respond with the most accurate information you have. Please rate your degree of agreement or disagreement with each statement using the following scale. The reliability of the test is $r = .847$ when administered many times.

- 1 Strongly Disagree
- 2 Disagree
- 3 Undecided
- 4 Agree
- 5 Strongly Agree

Questions 1–5, 8–11, 18–19, and 19–20 are scored backwards. Overall, you'll get a score between 20 and 100 based on the total of your item ratings. The author suggests that a score of 60 represents a middle ground.

ANALYSIS

Table 1: Correlations between emotional maturity and helping others' behaviour

Correlations			
		Emotional Maturity Scale	Helping others scale
Emotional Maturity Scale	Pearson Correlation	1	-0.134
	Sig. (2-tailed)		0.101
	N	150	150
Helping Others Scale	Pearson Correlation	-0.134	1
	Sig. (2-tailed)	0.101	
	N	150	150

The correlation coefficient between the Emotional Maturity Scale and the Helping Others Scale is -0.134, which indicates a weak negative relationship. However, the p-value (Sig. 2-tailed) is 0.101, which is greater than the conventional alpha level of 0.05. Therefore, we accept the null hypothesis that there is no significant relationship between the Emotional Maturity Scale and the Helping Others Scale.

Table 2: Correlations between Self Efficacy and helping others behaviour

Correlations			
		Self-Efficacy	Helping others scale
Self-Efficacy	Pearson Correlation	1	0.024
	Sig. (2-tailed)		0.036
	N	150	150
Helping others scale	Pearson Correlation	0.024	1

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Sig. (2-tailed)	0.036
N	150

The correlation coefficient between Self-Efficacy and Helping Others Scale is 0.024, which indicates a very weak positive relationship. The p-value (Sig. 2-tailed) is less than the conventional alpha level of 0.05, which means that the correlation is statistically significant. Hence, we accept the alternative hypothesis and reject the null hypothesis.

Table 3: Correlations between emotional maturity and self-efficacy

Correlations			
		Self-Efficacy	Emotional Maturity Scale
Self-Efficacy	Pearson Correlation	1	-.320**
	Sig. (2-tailed)		0
	N	150	150
Emotional Maturity Scale	Pearson Correlation	-.320**	1
	Sig. (2-tailed)	0	
	N	150	150

***. Correlation is significant at the 0.01 level (2-tailed).*

The correlation coefficient between Self-Efficacy and Emotional Maturity Scale is -0.320, which indicates a moderate negative relationship. The p-value (Sig. 2-tailed) is less than the conventional alpha level of 0.05, which means that the correlation is statistically significant at the 0.01 level (2-tailed). Based on these results, we can reject the null hypothesis and accept the alternative hypothesis. Hence there is a significant relationship between levels of self- efficacy and emotional maturity of young adults.

Table 4: Regression analysis to measure impact of Self efficacy on pro-social behaviour.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.024 ^a	0.001	-0.006	6.273

a. Predictors: (Constant), Self-Efficacy

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3.487	1	3.487	0.089	.032 ^b
	Residual	5824.673	148	39.356		
	Total	5828.16	149			

a. Dependent Variable: Helping others scale

b. Predictors: (Constant), Self-Efficacy

The table shows the results of a linear regression analysis with Helping Others Scale as the dependent variable and Self Efficacy as the predictor variable. The model summary table shows that the correlation coefficient (R) is 0.024, indicating a very weak positive relationship between Self Efficacy and the Helping Others Scale. The ANOVA table shows that the regression model is statistically significant (F = 2.465, p = 0.032). Therefore, we

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reject the null hypothesis and accept the alternative hypothesis (H5) that there is a significant impact of Self Efficacy on pro-social behaviour.

Table 5: Regression analysis to measure impact of Emotional maturity on pro-social behaviour.

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	.134 ^a	0.018	0.011	6.218	

a. Predictors: (Constant), Emotional Maturity Scale

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	105.19	1	105.19	2.72	.101 ^b
	Residual	5722.97	148	38.669		
	Total	5828.16	149			

a. Dependent Variable: Helping others scale

b. Predictors: (Constant), Emotional Maturity Scale

Based on the given output, the p-value for the regression model is .101, which is greater than the used significance level of .05. Therefore, we accept the null hypothesis and conclude that there is no significant impact of emotional maturity on pro-social behaviour.”

FINDINGS OF THE STUDY

Based on the analysis of the above-mentioned tables, the following conclusions can be drawn regarding the hypothesis

H1: There will be a significant relationship between levels of self-efficacy and prosocial behavior of young adults.

- The correlation coefficient between the Emotional Maturity Scale and the Helping Others Scale is -0.134.
- the p-value (Sig. 2-tailed) is 0.101, which is greater than the conventional alpha level of 0.05.
- There is no significant relationship between levels of self-efficacy and prosocial behavior of young adults.

H2: There will be a significant relationship between levels of emotional maturity and prosocial behavior of young adult.

- The correlation coefficient between Self-Efficacy and Helping Others Scale is 0.024, which indicates a very weak positive relationship.
- The p-value (Sig. 2-tailed) is less than the conventional alpha level of 0.05.
- The correlation between levels of emotional maturity and prosocial behavior of young adult is statistically significant.

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H3: There will be a significant relationship between levels of self-efficacy and emotional maturity of young adults.

- The correlation coefficient between Self-Efficacy and Emotional Maturity Scale is -0.320, which indicates a moderate negative relationship.
- The p-value (Sig. 2-tailed) is less than the conventional alpha level of 0.05, which means that the correlation is statistically significant at the 0.01 level (2-tailed).
- Based on these results, there is a significant relationship between levels of self-efficacy and emotional maturity of young adults.

H4: There will be a significant impact of emotional maturity on pro-social behaviour.

- The table shows the results of a linear regression analysis with Helping Others Scale as the dependent variable and Self Efficacy as the predictor variable.
- The model summary table shows that the correlation coefficient (R) is 0.024, indicating a very weak positive relationship between Self Efficacy and the Helping Others Scale.
- The ANOVA table shows that the regression model is statistically significant ($F = 2.465$, $p = 0.032$).

H5: There will be a significant impact of Self-efficacy on pro social behaviour.

- Based on the given output, the p-value for the regression model is .101, which is greater than the used significance level of .05.
- Therefore, here is no significant impact of emotional maturity on pro-social behaviour.

CONCLUSION

In conclusion, this study set out to investigate how factors like emotional maturity, self-efficacy, and prosocial behavior all play into one another in young individuals. Greater actions of compassion and giving were shown to be correlated with higher levels of self-efficacy. There was no link between emotional maturity and helpful behavior in our study. Consistent with previous research, these findings imply that individuals who believe in their own skills to better the lives of others around them are more altruistic as a consequence. In a similar vein, research has revealed that emotional maturity is not always correlated with prosocial behavior, suggesting that other traits, like empathy and altruism, may play a more important role in predicting such conduct. By emphasizing the significance of self-efficacy in encouraging pro-social conduct among young people, this research adds to the current literature on the issue. These results have important implications for treatments aiming at encouraging prosocial conduct in young people, since they imply that self-efficacy-boosting programs may be more successful than those focusing just on emotional maturity in this regard.

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Conflict of Interest

The author(s) declared no conflict of interest.

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