

Research Paper

## A Correlational Study of Belief in A Just World on Assertiveness and Wellbeing among Young Adults

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### ABSTRACT

Belief in a just world is a concept introduced by Lerner in 1965. It has been extensively researched and established its relationship with wellbeing but there were no empirical studies to establish its relationship with assertiveness. This study aims to find the relationship of belief in a just world on assertiveness and wellbeing among young adults, aged between 18-25. The study consists of a total sample of (N= 60) among which 30 were male participants and 30 were female participants. The data was collected online through google forms by using Belief in a Just world scale, Rathus Assertiveness scale and General well-being scale, following which the data was analyzed using Statistical Package for the Social Sciences (SPSS). Spearman rank order correlation was used. The results indicate that there was no significant correlation between belief in a just world and assertiveness among young adults but a strong correlation was found among male sample. There was a positive correlation between belief in a just world and wellbeing among young adults, a moderate relationship was found among female sample and a strong relationship between belief in a just world and wellbeing was found among male sample.

**Keywords:** *Belief in a Just World, Assertiveness, Well-Being, Young Adults*

**B**elief Just World (BJW) was introduced in 1965 by Lerner, and BJW's hypothesis is that "individuals need to believe that they live in a world where people generally get what they deserve. (Lerner, Simmons, 1977)."

Quantitative relationship between assertiveness and BJW was not empirically established; nevertheless, there is scientific evidence for the relationship between this belief and wellbeing. Previous research on this relation among adolescents was done, but no studies on young adults were done. The current study will aid in understanding and exploring the relationship between BJW, assertiveness and wellbeing among young adults. This study will provide the groundwork for future research on the correlation between BJW and assertiveness, as well as contribute to the body of knowledge by examining the link between BJW and wellbeing.

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### ***Conceptual framework***

#### ***Belief in a Just World (BJW):***

"People want to believe that they live in a just-world so that they can lead their daily lives with confidence, hope and trust in their future." (Lerner, 1980). It has three functions (Dalbert, 2001). The primary one is to encourage people to behave fairly (motive function). The second purpose of BJW is to give people a sense of fairness and trust in other people (trust function). The third role of BJW is to assist people in making meaningful interpretations of the events in their life (assimilation). Assertiveness will possibly mediate relationship with all the functions of BJW.

#### ***Assertiveness:***

Alberti and Emmons (2017), assertive behaviour is the ability to act in one's own best advantage by defending oneself and expressing one's thoughts without undermining the rights and respect of those around one. Assertive behaviour will promote well-being, high levels of self-esteem, fulfilling interpersonal connections, and skillful problem-solving and conflict resolution.

#### ***Well-being:***

The term "well-being" refers primarily to a particular kind of goodness, its defined as " A comprehensive analysis of concepts defines wellbeing as "a dynamic state characterized by a reasonable amount of harmony between individual abilities, needs, expectations and environmental demands and opportunities" (Levi, 2014).

#### ***Need for the study***

Young adulthood is an important time for lifelong decision making, and it exposes them to the challenges of the world with new roles and responsibilities. As they pursue higher education, professional life, new roles and responsibilities, isolate from parents and establish intimacy the way they perceive the world around will differ based on their experiences. In this situation, their choice of action and how they handle the problems will be influenced by their belief in a just world. A person can live with trust, optimism, and confidence if they have a strong belief that justice will prevail in the world. It will encourage them to behave justly and inspire them to pursue the objectives through only fair means. (Kals, Maes, 2012). It offers a framework that enables people to meaningfully comprehend the events in their lives (Ucar, Hasta, Malatyali, 2019). There is very little research on this topic, and while there is no evidence linking this idea to assertiveness, there is a strong likelihood that it will positively correlate with wellbeing.

## **REVIEW OF LITERATURE**

Isaac Lipkusa, et.al. (1996), The impact on psychological well-being of differentiating beliefs in the just world of oneself and Others This study made a distinction between the effects of having BJW both of the self and of the others. The findings demonstrate that BJW of self more reliably predicted a decrease in sadness and stress as well as an improvement in life satisfaction.

Brien & Major (2005), The effects of group status and identity on psychological well-being and system-justifying beliefs. This study explores whether there is any connection between people in ethnic groups belonging to different social status and their well-being. The findings reveal a negative association between system-justifying beliefs of low status groups and psychological wellbeing and a strong relationship between these beliefs of high

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status group members and wellbeing, particularly for those who exhibited a great sense of belongingness towards their group.

Sofya, et.al. (2019). A Multidimensional Approach to Student Samples: Well-Being from a BJW Perspective. The goal was to look into undergraduates' subjective well-being in relation to their personal ideas about the just world (BJW). The findings demonstrate that each of the variables under investigation (depressive symptoms, positive and negative emotions, mental health) is related to personal BJW. All relationships between a person's BJW and subjective measures of wellbeing were mediated by self-esteem, while resilience mediated connections between a person's BJW, supportive relationships and mental well-being. The study's findings support the notion that undergraduates' BJW serve as psychological resources.

Finding a link between the BJW and the mental wellbeing of 212 adolescents in secondary schools in Voronezh was the study's main objective, Astanina N. B. (2016). The findings indicate a favourable correlation between adolescents' mental wellbeing and widespread notions of a just society. The perception of God, nature, and one's own self as the sources of justice are all positively connected with the notion of intrinsic and ultimate justice. Teenagers who have poor psychological wellbeing feel that the world is essentially unjust.

A Study with Students from Portugal and India, Correia, Kamble, 2009. The study aims to use just world research to address bullying in schools among bullies, victims, and defenders. 465 pupils from different schools took part (Portuguese sample: 187 students aged 12-18, Indian sample: 278 Indian students aged 14-17). The findings indicated that children felt less distress at school the more strongly they supported BJW. Regardless of bullying behaviour, this was true for both male and female samples, however boys, bullies, and Portuguese teenagers reported higher levels of stress at school.

Harfer and Olson, 1993. Assessing level of personal dissatisfaction at work, their BJW, and collective work situation of women (group dissatisfaction) are the main objectives. They responded to a questionnaire evaluating behaviours that are associated with dissatisfaction, some of which are associated with self-improvement (self-led conduct), and others which are associated with group behaviour (group-led behavior) a month later. The findings demonstrated that strong proponents of a just world expressed less dissatisfaction with the group than did weak believers. Self-directed and group-led conduct were both predicted by BJW. In comparison to weak believers, strong believers reported less of both forms of activity.

Dana Anderson, Lindsey D. MacLeod, Todd G. Morrison, and Wendy O'Connor (1996). An analysis of the connections between gender and the idea that the world is just. This study aims to examine the connection between gender and the perception of a just world. The findings indicate that men are somewhat more likely than women to believe in a just society.

Matthias Donat, Susan Münscher, and Gözde KiralUcar (2020). Aimed to determine whether life satisfaction and academic dishonesty among German and Turkish college students are predicted by personal beliefs about the Just World (PBJW). The findings demonstrate that the undergraduate students' life satisfaction was directly predicted by the difference in PBJW. The link between PBJW and life satisfaction was moderated by the student's experience of justice among peers. Undergraduate student dishonesty was predicted by the PBJW difference. The connection between PBJW and academic dishonesty was moderated by the

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student's sense of justice with the teacher. There was no difference in the outcomes between German and Turkish.

Yanhua Wang, et al. (2018) The mediating role of a sense of control in undergraduates' BJW and subjective well-being. This study aims to explore how subjective well-being is affected by beliefs in a just society. The findings demonstrate a significant relationship between their subjective well-being and both their BJW and the sense of control. Additional research has revealed that the BJW's influence on subjective well-being is partially mediated by the sense of control.

Kamble, Dalbert, Peter, Donat (2016). Aimed to examine the associations between personal conceptions of the world being just (BJW) and the favourable and unfavourable facets of school-specific wellbeing. The findings showed that the more students believed in a just world, the better their attitude toward school, their self-esteem, and the enjoyment they got out of going to school. They also showed less school dissatisfaction and social problems.

### ***Research Gap***

The conviction that the world is fair and that people will receive what they deserve has been scientifically demonstrated to be associated with wellbeing, however there are relatively few research that have been undertaken on the Indian population, particularly young adults. There is no concrete evidence to support a link between assertiveness and the conviction that the world is just. This study intends to investigate how assertiveness and wellbeing are affected by one's BJW.

### ***Research question***

- Is there a relation between young adults' assertiveness and their belief in a just world?
- Is there a relation between young adults' wellbeing and their belief in a just world?

## **METHODOLOGY**

***Aim:*** To research how belief in a just world is related to the assertiveness and wellbeing of young adults in Bangalore.

### ***Objectives***

- To examine the relation of assertiveness and a belief in a just world
- To examine the relation of assertiveness and the belief in a just world among female young adults'
- To examine the relation of assertiveness and the belief in a just world among male young adults'
- To examine the relation of well-being and a belief in a just world
- To examine the relation of well-being and the belief in a just world among female young adults'
- To examine the relation of well-being and the belief in a just world among male young adults'

### ***Hypothesis:***

- HO1: There is no significant relationship between belief in just world and assertiveness.

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- HO2: there is no significant relationship between belief in just world and assertiveness among female young adults
- HO3: There is no significant relationship between belief in just world and assertiveness among male young adults
- HO4: There is no significant relationship between belief in just world and well-being.
- H1: There is significant relationship between belief in just world and well-being.
- HO5: There is no significant relationship between belief in just world and well-being among female young adults.
- H2: There is a significant relationship between belief in just world and well-being among female young adults.
- HO6: There is no significant relationship between belief in just world and well-being among male young adults.
- H3: There is a significant relationship between belief in just world and well-being among male young adults.

### *Variables*

Independent variable: Belief in a Just World

Dependent variable: Assertiveness and Well being

### *a. Operational Definition:*

**BJW:** BJW is a cognitive bias that one's actions tend to have morally just and appropriate consequences for that person. Therefore, the assumption is that all noble behaviour will ultimately be rewarded and all evil behaviour will eventually be punished.

**Assertiveness:** Being assertive is the act of expressing your self and asking for what you want politely and without infringing on the rights of others.

**Wellbeing:** wellbeing “a dynamic state characterized by a rational amount of harmony between individual abilities, needs, expectations and environmental demands and opportunities” (Levi, 2014).

**Research Design:** Quantitative study follows correlational research design.

**Samples:** The sample for this study are young adults aged between 18-25, in Bangalore.

- a. Sample size:** sample size is 60, females (30) and males (30)
- b. Sampling method:** Snowball sampling method will be used for collection of data from respondents.
- c. Inclusion criteria**
  - Young adults aged between 18-25.
  - Adults in Bangalore city, urban.
  - Male and female participants.
  - Participants who belong to Hindu religion.
  - Participants who are still studying.
  - Participants who are pursuing Masters in business administration.
  - Participants who belong to nuclear family.
  - Adults who belong to middle socio-economic status.

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### *Exclusion criteria*

- Participants who belong to other gender categories.
- Participants from rural area.
- Physically illness or challenged adults.
- Participants with mental illness.
- Participants who have been a victim of abuse and violence.
- Participants who experienced traumatic accidents in life.
- Participants who indulge in risky behaviour.
- Adults who are married.
- Students who belong to low and high socioeconomic status.

### *Tools for Data Collection*

- **Socioeconomic status scale:**

The most popular scale for assessing a person's or a family's socioeconomic, developed by Kuppuswamy. This scale was first created to evaluate the SES of an individual, but it has now been changed to evaluate the SES of the family. Kuppuswamy created it for the first time in 1976. Over the past few years, the scale has undergone a substantial revision.

scoring: The family is divided into five groups based on the Kuppuswamy SES total score, which runs from 3 to 29: upper, upper middle, lower middle, and lower socioeconomic classes.

- **Personal Belief in a Just World Scale:**

BJW Scale has seven items, each of which was graded on a range of 1 to 6 ('completely disagree' to 'absolutely agree'), Dalbert's 1999.

psychometric properties: Reliability is established and Cronbach's alpha is .90. the scale is valid and standardized.

Scoring: All the responses on a six-point scale are added to obtain a total. A higher score indicates a strong belief and a low score represents little belief.

- **Rathus Assertiveness Scale (RAS):**

Spencer Rathus created the Rathus Assertiveness Scale (RAS) in 1973. Its purpose was to gauge a person's assertiveness. For interpretation, RAS provides scores and percentiles. psychometric parameters Between .76 and .83 were reported for test-retest reliability, while between .77 and .80 were found for split-half reliability. It was validated by comparing RAS score with other self-assertiveness measures.

Scoring: respondents are directed to answer on a self-descriptive scale which ranges from 3= very much true to -3= very much false. A few items are required to give negative scoring that is attained by changing the signs for example if the answer is +3 then it has to be reversed to -3 after revising the score all the scores are added up to attain total score. higher the score greater the assertiveness.

- **General well-being scale**

The 50-item, five-point Likert-scale to assess general well-being scale was created by Vijay Laxmi and Ravi Kirti Didwania.

Psychometric attributes: Test-retest methodology yields a scale reliability of 0.72. The scale has a validity of 0.83.

Scoring: The scale has a minimum score of 50 and a maximum score of 250. The manual was used to understand the z scores after converting raw scores.

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### *Procedure for Data Collection*

The data was collected from young adults whose age is ranging between 18-25 in the Bangalore city through google forms. First, the participants' consent was obtained by explaining about the study. The confidentiality was explained to participants. The questionnaire for collecting demographic information was given to the participants before data collection.

### *Data Analysis method*

Scoring of the data will be done based on the instructions given in the manual. Descriptive statistics like mean, standard deviation is obtained. Spearman rank order correlation will be used to find the correlation between the variables.

**Ethical Considerations:** Respondents must be informed about the nature of the study. Participants must be assured about the anonymity and confidentiality of the responses given by them. Data collection must be done after taking the consent of the respondents.

## **RESULTS**

The goal of this study was to investigate the relation between BJW, assertiveness and well-being on young adults living in Bangalore city. The total sample for this study was 60 (N=60), among them 30 were females and 30 were males. The age of the sample ranges from 18 to 25. The data was collected online through google forms by using Belief in a Just world, Rathus Assertiveness and General well-being scales, following which the SPSS was used to analyse the data. Using Spearman rank order correlation, the association between the independent variable (belief in a just world) and the two dependent variables (assertiveness and well-being) was examined. Descriptive statistical analysis for the variables was represented in the table 4.1 given below.

**Table 4.1: Presenting the means, SD, skewness, and kurtosis of BJW, Assertiveness, and Wellbeing.**

<b>Belief in a Just World</b>	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Skewness</b>	<b>Kurtosis</b>
	Male	30	4.00	0.77	-0.29	0.74
	Female	30	4.25	0.69	-0.33	-0.82
	Total	60	4.12	0.74	-0.35	0.09
<b>Assertiveness</b>	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Skewness</b>	<b>Kurtosis</b>
	Male	30	0.13	0.56	1.29	2.66
	Female	30	-0.30	0.54	-0.62	-0.23
	Total	60	-0.08	0.59	0.33	2.01
<b>Well being</b>	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Skewness</b>	<b>Kurtosis</b>
	Male	30	3.49	0.50	0.23	-0.67
	Female	30	3.66	0.43	0.20	0.08
	Total	60	3.57	0.47	0.12	-0.42

The result presented in table 4.1 shows the descriptive statistical analysis. The total sample for the study was 60 (N=60), where 30 were males and 30 were females. The age of the sample ranges between 18-25. This study consists of one independent variable (belief in a

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just world and two dependent variables (assertiveness and well-being). The mean of belief in a just world was 4.00 for men and 4.25 for women. Males had a standard deviation of 0.77 and females of 0.69; the skewness and kurtosis were -0.29 and 0.74 for men, respectively; the skewness and kurtosis were -0.33 and -0.82 for female. With a standard deviation of 0.74, skewness of -0.35 and kurtosis of 0.09, the overall mean was 4.12. Since the numbers fall between -1.96 and +1.96, a normal distribution is present.

For assertiveness, the obtained mean for males was 0.13 and for females it is -0.30. For men, the standard deviation was 0.56, while for females, it was 0.54. For males, the skewness value was 1.29, while for females, it was -0.62 and the kurtosis value was -0.23 for females, while it is 2.66 for males. The total mean was -0.08 with standard deviation of 0.59 and the skewness was 0.33 and kurtosis was 2.01. The values of overall assertiveness and skewness and kurtosis values for males are not falling in the range of -1.96 to +1.96, indicating a non-normal distribution.

The mean score for well-being was 3.49 for men and 3.66 for women. For males, the standard deviation was 0.50, while for females, it was 0.43. For males, the skewness value was 0.23, while for females, it was 0.20, and for both, the kurtosis value was -0.67 and 0.83 respectively. The total mean was 3.57 with standard deviation of 0.47 and the skewness was 0.12 and kurtosis was -0.42. The values are falling in the range of -1.96 to +1.96, indicating a normal distribution.

**Objective 1:** To examine the link between assertiveness and a belief in a just world.

### **Hypothesis 1:**

HO1: There is no significant relationship between belief in just world and assertiveness.

**Table 4.2: Showing Spearman rank order correlation coefficient values between BJW and Assertiveness**

Variables	Belief in a Just World	Assertiveness
Belief in a Just World	-	0.15
Assertiveness	-	-

The correlation coefficient values between assertiveness and belief in a just world are displayed in table 4.2. The findings showed that there is a very weak correlation ( $r = 0.15$ , not significant) between the variables. It meant that there was no relationship.

According to HO1, there is no meaningful connection between assertiveness and the idea that the world is fair. The above finding also demonstrates that there was no connection between assertiveness and belief in a just world. The null hypothesis (HO1) was approved as a result.

**Objective 2:** To examine the link between assertiveness and the belief in a just world among female young adults.

### **Hypothesis 2:**

HO2: There is a no significant relationship between belief in just world and assertiveness among female young adults



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**Table 4.3: Showing Spearman rank order correlation coefficient values between BJW and Assertiveness among female young adults.**

Variables	Belief in a Just World	Assertiveness
Belief in a Just World	-	-0.16
Assertiveness	-	-

The correlation coefficient values between young adult females' assertiveness and belief in a just world are displayed in table 4.3 as a result of the study. The sample's age spans from 18 to 25. The findings showed that there is only an insignificantly very weak connection ( $r = -0.16$ ) between the variables. We can observe from the above table that there was very little correlation between female young adults' assertiveness and their belief in a just world. It meant that the two variables don't have any relationship to one another.

According to HO2, there is no connection between young adult females' assertiveness and their belief in a just world. The above finding also shown that among female young people, assertiveness and belief in a just world did not significantly correlate. The null hypothesis (HO2) was approved as a result.

**Objective 3:** To examine the link between assertiveness and the belief in a just world among male young adults.

**Hypothesis 3:**

HO3: There is no significant relationship between belief in just world and assertiveness among male young adults.

**Table 4.4: Showing Spearman rank order correlation coefficient values between BJW and Assertiveness among male young adults.**

Variables	Belief in a Just World	Assertiveness
Belief in a Just World	-	0.65**
Assertiveness	-	-

\*\*= Correlation is significant with at 0.01 level

The correlation coefficient values between wellbeing and belief in a just world are shown in table 4.5 as a consequence of the study. The findings showed a positive correlation between the variables, with a  $r = 0.57$  value that was significant at the 0.01 level. We can see from the above table that there was a considerable and moderate correlation between well-being and the belief in a just world. It meant that as one's faith in a fair world grows, so does their well-being, and as one's faith in the world declines, so does their well-being.

The HO4 hypothesis claimed that there is no obvious connection between well-being and the belief in a just world. However, the above finding revealed a significant, positive link between well-being and the belief that the world is just. The null hypothesis (HO4) was therefore disproved.

The study by Dalbert et al. (1996), which examined the effect of belief in a just world on well-being, validated this finding. The findings demonstrated that self-reported beliefs of a just world more reliably predicted a decrease in sadness and stress as well as an improvement in life satisfaction and wellbeing. Another investigation into well-being and the belief in a just world was done by Astanina N.B. in 2016. Finding a link between the perception of a just

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world and the psychological wellbeing of 212 adolescents in secondary schools in Voronezh was the study's main objective. The findings indicate a favourable correlation between adolescents' psychological health and widespread notions of a just society. All of the above research lend support to the findings of the current investigation.

**Objective 5:** To examine the link between well-being and the belief in a just world among female young adults.

### **Hypothesis 5:**

HO5: There is no significant relationship between belief in just world and well-being among female young adults

H2: There is a significant relationship between belief in just world and well-being among female young adults.

**Table 4.6: Showing Spearman rank order correlation coefficient values between BJW and Well-being among female young adults**

Variables	Belief in a Just World	Well being
<b>Belief in a Just World</b>	-	0.41*
<b>Well being</b>	-	-

\*= Correlation is significant at the 0.05 level

The correlation coefficient values between female young adults' well-being and their belief in a just world are displayed in table 4.6 as a result of the study. The findings showed a somewhat positive correlation between the variables, with an r-value of 0.41 that was significant at the 0.05 level. According to the above table, there was a moderate correlation and significant association between female young people' sense of wellbeing and their conviction that the world is just. It meant that as one's faith in a fair world grows, so does their well-being, and as one's faith in the world declines, so does their well-being.

According to HO5, there is no clear connection between female young people' wellbeing and their belief in a just world. While the above finding indicated that female young people' well-being and their belief in a just world were significantly and moderately positively correlated. The null hypothesis (HO5) was therefore disproved.

**Objective 6:** To examine the link between well-being and the belief in a just world among male young adults'

### **Hypothesis 6:**

HO6: There is no significant relationship between belief in just world and well-being among male young adults

H3: There is a significant relationship between belief in just world and well-being among male young adults

**Table 4.7: Showing Spearman rank order correlation coefficient values between BJW and Well-being among male young adults**

Variables	Belief in a Just World	Well being
<b>Belief in a Just World</b>	-	0.70**
<b>Well being</b>	-	-

\*\*= Correlation is significant at the 0.01 level

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The correlation coefficient values between male young adults' well-being and belief in a just world are displayed in table 4.7 as a result of the study. The findings showed a significant connection ( $r = 0.70$ , significant at the 0.01 level) between the variables. The above table shows a considerable and robust correlation between male young adults' well-being and their belief in a just world. It meant that as one's faith in a fair world grows, so does their well-being, and as one's faith in the world declines, so does their well-being.

According to HO6, there is no obvious connection between male young people' well-being and their belief in a just world. While the above finding indicated that among male young adults there was a significant and strong positive association between belief in a just world and wellbeing. The null hypothesis (HO6) was therefore disproved.

The study by Kamble et al. (2009), indicated that children felt less stress at school when they exhibited high BJW. Both the male and female samples demonstrated this. Dalbert et al. (1996) investigated the effect of having faith in a just world on wellbeing. The findings demonstrated that self-reported views in a just world more reliably predicted a decrease in sadness and stress as well as an improvement in life satisfaction and wellbeing. Results from another study by Claudia Rüprich et.al. (2019), reveal that the BJW serves as a psychological resource for undergraduate students. In a different study on well-being and the belief in a just world by Astanina N.B. (2016). The findings indicate a favourable correlation between adolescents' psychological health and widespread notions of a just society. The studies mentioned above indicate a strong link between well-being and the perception that the world is fair, but there are very few studies that specifically discuss gender differences.

### DISCUSSION

The research study titled, “A Correlational Study of Belief In A Just World on Assertiveness and Wellbeing Among Young Adults”. Aims to explore the relationship between BJW on assertiveness and well-being among young adults, aged between 18-25. The study consists of a total sample of (N= 60) among which 30 were male participants and 30 were female participants. The goal was to investigate the relationship between the BJW, assertiveness and wellbeing. The belief in a just world questionnaire, the Rathus assertiveness scale, and the General Well-Being scale were used to gather the data online. The IBM's SPSS was used to analyse the data. Using Spearman rank order correlation, the connection between the independent variable (belief in a just world) and the two dependent variables (assertiveness and well-being) was examined.

#### *Significant Findings:*

- Young adults assertiveness and BJW do not significantly correlate with one another. As a result, the hypothesis HO1—that there is no meaningful connection between assertiveness and belief in a just world—was accepted.
- There was no clear link found between assertiveness among female young adults and BJW. It was concluded that there is no correlation between young adult females' assertiveness and their BJW.
- Among male young people, there is a large, positive association between assertiveness and the BJW. The hypothesis HO3: There is no substantial association between assertiveness and BJW among male young people was therefore rejected.
- There is a considerable, positive association between well-being and the belief that the world is just. The hypothesis HO4: There is no substantial association between

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belief in a just world and well-being was therefore disproved, whereas the conclusion H1: There is significant relationship between belief in a just world and well-being was accepted

- Among female young adults, there is a significant moderate positive association between well-being and BJW. Thus, the hypothesis HO5—that there is no substantial association between female young adults' well-being and their belief in a just world—was rejected, and the hypothesis H2—that there is a significant relationship between their belief of a just world and their well-being—was accepted.
- Among male young people, there is a large, positive link between wellbeing and the idea that the world is fair. Thus, the hypothesis HO6: There is no substantial association between BJW and well-being among male young adults was rejected, while the hypothesis H3: There is a considerable relationship between belief in a just world and well-being among male young adults was accepted.

### ***Implications of the study:***

- Young adulthood is an important time for lifelong decision making, it exposes them to the challenges of the world with new roles and responsibilities. A strong belief that world is fair, assertiveness and well-being become the important criteria for an adult to function efficiently.
- There is no actual research that links assertiveness and the assumption that the world is just. This study has laid the groundwork for more in-depth investigation of the subject.
- Although studies by Dalbert et al. (1996), Astanina N.B. (2016), Rüprich et al. (2019), and Kamble et al. (2009) have shown the link between BJW and well-being, there is no research to support the relation among young adults. The preceding research made a contribution by defining the relationship between adults and adolescence; this laid the groundwork for the current study, which explores the connection between young adults' sense of wellbeing and their BJW.

### ***Limitations of the study:***

- Size of the sample was small to generalize it to the whole population.
- The data was collected online, the researcher had little to no control to check whether the data was filled by intended participant or not.
- The inclusion criteria for the study doesn't support generalization. This study was only limited to postgraduate students, aged between 18-25 and those who are residing in Bangalore.
- The influence of the uncertain situations due to novel corona virus spread should be considered, while using this research as reference for further exploration or further researches.
- Lack of previous research finding had limited the understanding.

### ***Scope for future research:***

- As this study was done on students, it helps in building upon the educative and training programs to build the strengths.
- Further research can also explore, how these variables manifest after the college life.
- By demonstrating the link between male young adults' assertiveness and their belief in a just world, this study addressed a research gap. This might serve as the starting point for further investigation into the subject.

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- Further research can be done on exploring the gender difference.
- This study also found a link between young adults' sense of wellbeing and the BJW. A larger sample size and more geographically diverse research can be used to further explore this relationship.
- Further studies can also explore how these variables correlate among adolescence.

### **CONCLUSION**

This research examined the connection between young adults' assertiveness and well-being and the BJW. The study consists of a total sample of (N= 60). Data was gathered online, and SPSS was used to analyse it. The results showed a significant relationship between assertiveness and belief in a just world among male young adults as well as a positive correlation between belief in a just world and well-being. Further research can be done by examining the data on a large sample, on various groups, and gender differences can also be explored.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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