

Altruism, Sensation Seeking, and Loneliness Among Emerging Adults

Jenitta A.J.^{1*}, Dr. Sruthi Sivaraman²

ABSTRACT

The present study was intended to assess altruism, sensation seeking, and loneliness among emerging adults. A sample of 200 emerging adults (N=100 Males and N=100 Females) were selected using a purposive sampling technique. The emerging adults 18 to 29 years were selected for the study. The tools used were the self-report Altruism Scale (SRAS) developed by J. Philippe Rushton, Roland D. Chrisjohn, and G. Cynthia Fekken 20-item self-reported scale, the Brief Sensation Seeking Scale developed by Hoyle et al 8-item self-reported scale and UCLA Loneliness scale developed by Daniel Russell 20-item self-reported scale. Descriptive statistics, Pearson Correlation, and Independent Sample t-test were done using SPSS. The result showed that there is no significant relationship between altruism and sensation-seeking among emerging adults. Found that there is a significant relationship between altruism and loneliness among emerging adults. Also, there is a significant relationship between sensation-seeking and loneliness among emerging adults. Finally, the result shows that there is no significant difference in altruism among male and female emerging adults and there is no significant difference in sensation seeking among male and female emerging adults. Also found that there is a significant difference in loneliness among male and female emerging adults.

Keywords: *Altruism, Sensation Seeking, Loneliness, Emerging Adults*

Emerging adults are those who have completed their transition from youth to full adulthood. Their ages often fall between 18 and 25 years old, though this range may vary. This phase is characterized by self-focus, instability, exploration, and identity formation. Emerging adults often have to adjust to significant changes in their housing, relationships, employment, and education while they navigate the opportunities and challenges of adulthood. This stage is characterized by a feeling of "in-between" youth and adulthood, as well as a sense of potential and optimism about the future.

Altruism is the selfless concern for the well-being of others, which often leads to acts performed without considering one's own advantage or reward. It comprises acts of kindness, generosity, and compassion towards other people, spurred on by empathy and a genuine desire to improve their situation or decrease their suffering, among the crucial aspects of

¹PG Student, Department of Psychology, Kristu Jayanti College

²Head- Department of Psychology Kristu Jayanti College

*Corresponding Author

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charity. Selflessness and concern for the welfare of others are more motivating factors for altruism than self-serving goals or self-interest. Even when doing altruistic acts puts oneself in danger, the fundamental objective is to help others. Altruistic people act freely, unaffected by coercion or other external factors. Altruism plays a significant role in fostering empathy, collaboration, and social cohesiveness in communities, which is advantageous to both individuals and society as a whole.

Sensation-seeking is a multifaceted psychological trait that encompasses several attributes related to the need for novel, captivating, and engaging experiences. Individuals with high sensation-seeking scores frequently exhibit several noteworthy characteristics, including: Seeking Excitement and Adventure: High sensation seekers are drawn to activities that offer excitement, adventure, and novelty. They may enjoy traveling on risky excursions, participating in extreme activities, or visiting new locations. Openness to Experience: Those who find sensationalism appealing tend to be curious and open to new experiences. Since they have a strong want to learn about and experience new things, they might be more willing to attempt new activities than persons who are less sensation-seeking. A subjective, upsetting emotional state known as loneliness is typified by a sense of discrepancy between one's ideal and real social relationships. Its typical feelings include emptiness, loneliness, and a lack of meaningful interpersonal ties. When a person's emotional demands for closeness, company, and a sense of belonging are not met in social situations, loneliness can still develop. Remembering that loneliness is a complicated phenomenon that is influenced by many different factors, such as social, psychological, and environmental factors, is crucial. A variety of factors, such as individual temperaments, social connections, and personal situations, may impact how loneliness manifests itself. Loneliness has been shown to have an effect on immune function, which may increase an individual's susceptibility to infections and impair their body's ability to heal from illness or trauma. Research suggests that individuals who experience loneliness may have altered immune responses, specifically about immune function-related gene expression.

REVIEW OF LITERATURE

Altruism

An analysis of the altruistic tendencies of Generation Z is presented in this study by Aastha, M., Jhanvi, V., and Nirja, M. (2020). A sample population of 50 boys and 50 girls living in the Gujarat region of India. The Altruism Scale was used to gather the data. The findings indicate that there is a noteworthy distinction in the levels of altruism exhibited by males and females, with the latter group being found to be more so.

Altruism and Subjective Well-Being Among Emerging Adults is the title of a study conducted in 2021 by J.P. Bala et al. Two hundred undergraduate college students, both male and female, make up the sample. The sample was given the PERMA Profile and the Helping Attitude Scale (HAS) to gather data. The results of the study showed a significant relationship between subjective well-being and benevolence.

The study "Altruistic behavior and subjective happiness based on gender" was conducted in 2021 by Eranimos, D.B., and Thankappan, S. There are 52 competitors in all, 21 of whom are men and 31 of whom are women. Data were gathered using the Altruistic Personality Scale and Subjective Happiness. The results demonstrated that women than males had reported higher levels of altruistic behavior.

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Feba, A., and Kiran, N.C. (2021) conducted a study named "Altruism and Self-Efficacious among Young Adults." A sample of seventy-five young individuals, thirty-five of whom were female and thirty-five of whom were male, from various Indian cities answered questions about self-efficacy and altruism. The outcome demonstrates that there was insufficient statistical significance to conclude that there was a relationship between the two variables due to the low positive correlation.

The study "Altruism and Aggression Among Rural Adolescents" by Patil, P. S., and Patil, J. R. (2018) included 60 students in its sample, of which 30 were randomly selected from Saravade college students to be boys and 30 to be girls. Scales measuring aggression and altruism were employed in this investigation. The findings indicate that among rural adolescents, there is no gender difference in terms of compassion or violence.

Sensation Seeking

The research conducted by Britto, J.B., et al. (2019) is titled "Sensation Seeking, Risk Taking Behaviour and Self Efficacious among Young Adults." The sample is made up of one hundred young people who were selected by the purposive sampling approach from several colleges in Coimbatore, Tamilnadu, India. The Sensation-seeking scale and the general self-efficacy measure were self-reported. The findings also demonstrated a strong correlation between self-efficacy, risk-taking behavior, and sensation-seeking.

The relationship between impulsivity, sensation seeking, and personality traits of male off-road racers is examined in this study by A.E. Jhonson (2021). The sample was made up of all off-road racers from southern India, specifically from Kerala and Karnataka (N = 30). Data were gathered using the Ten Item Personality Measure (Tipi), the Brief Sensation Seeking Scale (BSSS), and the BIS-11. The results indicate that openness to experience, extraversion, and sensation-seeking are positively correlated. Additionally, impulsivity, agreeableness, and conscientiousness were found to be negatively correlated.

Kamal, D., and Dhanaraj, K. (2019) conducted a study named "Sensation Seeking and Angry Thoughts among Drivers in Chennai City." Two hundred male and female drivers, both two-wheel and four-wheel, who are commuting in Chennai city make up the sample. The Driver's Angry Thoughts Questionnaire and the Arnett Inventory of Sensation Seeking are the instruments utilized to collect data. The outcome demonstrates that there is a strong correlation between thoughts of anger and sensation seeking.

The study "Sensation seeking among marijuana smokers" was conducted in 2020 by Rao, A.V. and Malagi, V.A. Thirty male participants and six female participants, ages ranging from 21 to 39, are consuming marijuana for smoking purposes. A separate administration of the Sensation Seeking scale (consisting of 8 items, developed in 2019) was used to gather data. According to the report, neither men nor women are using marijuana. In terms of sensation seeking, there is an average positive link between marijuana users who are male and female.

Siraj, R., Najam, B., and Ghazal, S. (2021) conducted a study named "Sensation Seeking, Peer Influence, and Risk-Taking Behaviour in Adolescents." There are 200 teenagers in the samples, ages 10 to 18 (M = 17.57, SD = 0.98). The Stimulating and Instrumental Risk questionnaire, the Resistance to Peer Influence Scale, the Brief Sensation-seeking scale, and a demographic information sheet were among the assessment tools. The findings indicate that while peer influences and sensation seeking both positively predicted risk-taking behavior in

teenagers, there was no discernible interaction between the two in terms of risk-taking behavior prediction.

Loneliness

The effect of loneliness on high school boys' and girls' self-esteem is examined in this study by Ashwini, A.K. (2017). The study's sample consisted of 120 high school pupils, 60 of whom were male and 60 of whom were female, and ranged in age from 11 to 14. Data were gathered using the UCLA Loneliness Scale (Version 3) and the Self-Esteem Inventory. The findings showed a substantial correlation between high school males' levels of self-esteem and their feelings of loneliness. The degree of self-esteem among high school girls and their emotions of loneliness do not significantly correlate.

COVID-19: Examining the Effects of Loneliness on Memories, Overall, Health, and Life Satisfaction in College Students is the title of this study by A. Dsouza (2021). 60 persons, 46 of them female and 14 of them male, between the ages of 18 and 25, made up the sample. Data were gathered using the Southampton Nostalgia Scale, Psychological Well-Being Scale, De Jong Gierveld Loneliness Scale, and Satisfaction with Life Scale. The findings indicate a very high negative link between life satisfaction and loneliness and a strong positive correlation between loneliness and nostalgia.

The study "Loneliness and Social Support of Ageing People in Jharkhand" was conducted in 2019 by Prasad, R., and Kumari, R. Random sampling was used to choose the 240 elderly samples. The findings demonstrated that low social support, inadequate financial resources, and poor mental health were all strongly linked to older individuals' feelings of loneliness, with social support standing out as the main risk factor.

In Satyananda, P. (2016) study, "Personality Traits and the Feeling of Loneliness of Post-Graduate University Students," The NEO Five-Factor Inventory-3 (NEO-FFI-3) and the felt loneliness scale was given to a sample of 60 post-graduate students from various disciplines who were in the age range of 21 to 24 years. This sample was non-clinical and consisted of 30 male and 30 female participants. The findings indicate that there were no statistically significant differences in loneliness and Big Five personality traits between male and female post-graduate university students. However, given that both male and female post-graduate university students in this study had high mean scores for loneliness, professionals should be aware of the psychosocial state of these individuals.

Need and significance of the study

Some studies have shown that altruism can improve one's physical and mental health, as well as one's sense of self-worth, life satisfaction, and physical and mental health (Post S.G, 2005). Also, some studies say that loneliness mediates the effect of sensation seeking. Loneliness, life satisfaction, and well-being are interrelated, loneliness is affected by an external stimulus, and it impacts the psychological well-being of an individual, leading to an impact on the life satisfaction perceived by them. Studies have already proven that loneliness leads to growth in more diversified and drastic mental health issues like anxiety (especially social anxiety), mild or even severe forms of depression, low self-esteem, and other serious health-related risks.

A lot of research has been done separately on altruism, sensation seeking, and loneliness but there are fewer studies on altruism, sensation seeking, and loneliness. Also, no such study is available that examines the relationship between them on emerging adults. So, the present

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study will shed some light on altruism, sensation seeking, and loneliness among emerging adults in their lives, and the relationship between them.

METHODOLOGY

Objectives of the study

- To study the correlation between altruism and sensation-seeking among emerging adults.
- To study the correlation between altruism and loneliness among emerging adults.
- To study the correlation between sensation-seeking and loneliness among emerging adults.
- To study the difference in altruism among male and female emerging adults.
- To study the difference in sensation seeking among male and female emerging adults.
- To study the difference in loneliness among male and female emerging adults.

Hypothesis

- H0: There is no significant relationship between altruism and sensation-seeking among emerging adults.
- H0: There is no significant relationship between loneliness and altruism among emerging adults
- H0: There is no significant relationship between sensation-seeking and loneliness among emerging adults.
- H0: There is no significant difference in altruism among male and female emerging adults.
- H0: There is no significant difference in sensation seeking among male and female emerging adults.
- H0: There is no significant difference in loneliness among male and female emerging adults.

Measures

- **Altruism**
Self-report Altruism Scale (SRAS) developed by J. Philippe Rushton, Roland D. Chrisjohn, and G. Cynthia Fekken.
- **Sensation seeking**
Brief Sensation Seeking Scale (2002) developed by Hoyle et al.
- **Loneliness**
UCLA Loneliness Scale developed (1996) developed by Daniel Russell.

Sample

The sample for the study is emerging adults. The sample for the study comprised 200 emerging adults including 100 males and 100 females. The age range was from 18 to 25 years for the population. The purposive sampling technique is used for collecting the samples for the study.

Research design

The research designs used for the research are correlational and comparative. The correlational design for studying the relationship between altruism, sensation seeking, and loneliness among emerging adults. The comparative design for studying differences in altruism among male and female emerging adults, the difference in sensation seeking among

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male and female emerging adults, and the difference in loneliness among male and female young adults.

Statistics techniques

The statistical techniques to be used for data analysis are descriptive Statistics, correlation, and independent Sample t-tests using SPSS Software.

Inclusion criteria

- Literacy in the English language is mandatory.
- The sample was collected from south Indian states including Andhra Pradesh, Karnataka, Kerala, Tamil Nadu, and Telangana
- The sample was obtained from college students and office workers in the age group of 18 to 29 years.

Exclusion criteria

- The study excluded the data from all other age groups other than emerging adults.
- Participants with prior chronic health issues.
- Participants with mental health issues
- Participants experienced any major life events like the loss loved ones in the last 3 months

Ethical considerations

- Informed consent form the participant is collected.
- Respect for the dignity of research participants had been prioritized.
- Anonymity of individuals and organizations participating in the research has been ensured.
- The researcher safeguarded the right to privacy of the participants.
- Participants are given the choice to drop out at any point of the research study.

RESULT AND DISCUSSION

Table 1 Shows the Number, Mean, and Standard Deviation

	N	M	SD
Sensation seeking	200	23.47	6.071
Altruism	200	66.94	14.689
Loneliness	200	21.96	12.163

Table 1 shows the N, mean, and standard deviation of sensation-seeking, altruism, and loneliness of emerging adults of the present study. The mean and standard deviation sensation seeking among emerging adults are 23.47 and 6.071. The mean and standard deviation of altruism among emerging adults are 66.94 and 14.689. The mean and standard deviation of loneliness among emerging adults are 21.96 and 12.163.

Table 2 The Correlation Between Altruism and Sensation Seeking Among Emerging Adults

Variables	N	M	SD	1	2
Altruism	200	66.94	14.689	-	.067
Sensation seeking	200	23.47	6.071	.067	-

Table 2 shows the correlation between altruism and sensation-seeking among emerging adults. The r value between altruism and sensation seeking among emerging adults is .067.

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The significant value is greater than 0.05 so there is no significance. There is no significant relationship between altruism and sensation-seeking among emerging adults. Hence the hypothesis is accepted. Hence the hypothesis stating that there is no significant relationship between sensation-seeking and loneliness among emerging adults is accepted.

Though there are studies, the study conducted by Bala, J.P., et.al (2021) result shows that there is a strong correlation between altruism and subjective well-being. The study conducted by Britto, J.B., et.al (2019) result shows a significant relationship between Sensation seeking, Risk-taking behavior, and Self-efficacy. However, paucity was noted in research exploring altruism and sensation seeking.

Table 3 The Correlation Between Loneliness and Altruism Among Emerging Adults

Variables	N	M	SD	1	2
Altruism	200	66.94	14.689	-	.014**
Loneliness	200	21.96	12.163	.014**	-

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

Table 3 shows the correlation between loneliness and altruism among emerging adults. The r value between loneliness and altruism among emerging adults is .014. The significant value is less than 0.05 so there is significance. That there is a significant relationship between loneliness and altruism among emerging adults. Hence the hypothesis is rejected. Also, they are positively correlated that is when loneliness increases altruism also increases, and vice versa.

Though there are studies, the study conducted by Feba, A.,Kiran, N.C. (2021) result shows that a low positive correlation was not statistically significant to be able to say that there is a relationship between the two variables that is altruism and self-efficacy. The study conducted by Ashwini, A.K. (2017) the result shows that there is no significant relationship between feelings of loneliness and level of self-esteem among high school girls. However, paucity was noted in research exploring altruism and loneliness.

Table 4 The Correlation Between Sensation Seeking and Loneliness Among Emerging Adults

Variables	N	M	SD	1	2
Sensation seeking	200	23.47	6.071	-	.001**
Loneliness	200	21.96	12.163	.001**	-

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

Table 4 shows the correlation between altruism and loneliness among emerging adults. The r value between sensation-seeking and loneliness among emerging adults is .001. The significant value is less than 0.05 so there is a significance. There is a significant relationship between sensation seeking and loneliness among emerging adults. Hence the hypothesis is rejected. Also, they are weakly positively correlated that is when sensation seeking increases the loneliness increases and vice versa.

Though there are studies, the study conducted by Kamal, D., Dhanaraj, K. (2019) the result shows that there is a significant relationship between sensation-seeking and angry thoughts. The study conducted by Dsouza, A. (2021) the result shows that show a strong positive correlation between loneliness and nostalgia. However, paucity noted in research exploring sensation-seeking and loneliness.

Table 5 Mean, Standard Deviation and T-Value Obtained by Altruism Among Male and Female Emerging Adults.

Variables	Male emerging adults		Female emerging adults		F	Sig
	M	SD	M	SD		
Altruism	74.01	13.564	59.87	12.197	2.177	.142

Table 5 shows the mean, standard deviation, t-value, and significant value obtained by altruism among male and female emerging adults. The mean score and standard deviation of altruism among male emerging adults are 74.01 and 13.564. The mean score and standard deviation of altruism among female emerging adults are 59.87 and 12.197. The corresponding t-value for altruism is 2.177. The significant value obtained is .142. The significant value is greater than 0.05 so there is no significance. That is there is no significant difference in altruism among male and female emerging adults. Hence the hypothesis is accepted.

Though there are studies conducted by Patil, P. S., Patil, J. R. (2018), The findings indicate that among teenagers living in rural areas, there is no gender difference in terms of altruism. But paucity noted in research exploring altruism.

Table 6 Mean, Standard Deviation, and T-value obtained By Sensation Seeking Among Male and Female Emerging Adults.

Variables	Male emerging adults		Female emerging adults		F	Sig
	Mean	SD	Mean	SD		
Sensation seeking	22.70	5.885	24.23	6.187	.252	.616

Table 6 shows the mean, standard deviation, t-value, and significant value obtained by sensation among male and female emerging adults. The mean score and standard deviation of sensation seeking among male emerging adults are 22.70 and 5.885. The mean score and standard deviation of sensation seeking among female emerging adults are 24.23 and 6.187. The corresponding t-value for sensation seeking is .252. The significant value obtained is .616. The significant value is greater than 0.05 so there is no significance. That is there is no significant difference in sensation seeking among male and female emerging adults. Hence the hypothesis is accepted.

Though there are studies conducted by Rao, A.V., Malagi, V.A. (2020) the result shows that shows no difference in males and females using marijuana for smoking in sensation seeking. However, paucity was noted in research exploring sensation seeking.

Table 7 Mean, Standard Deviation, and T-Value Obtained by Loneliness Among Male and Female Emerging Adults.

Variables	Male emerging adults		Female emerging adults		F	Sig
	Mean	SD	Mean	SD		
Loneliness	59.61	11.299	56.47	12.833	3.655**	.05

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

Table 7 shows the mean, standard deviation, t-value, and significant value obtained by loneliness among male and female emerging adults. The mean score and standard deviation of loneliness among male emerging adults are 59.61 and 11.299. The mean score and

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standard deviation of loneliness among female emerging adults are 56.47 and 12.833. The corresponding t-value for altruism is 3.655. The significant value obtained is .05. The significant value is equal to 0.05 so there is a significance. That is there is no significant difference in loneliness among male and female emerging adults. Hence the hypothesis is rejected.

In the study conducted by Satyananda, P. (2016) The findings indicate that there were no statistically significant differences in loneliness and Big Five personality traits between male and female post-graduate university students. However, paucity was noted in research exploring loneliness.

CONCLUSION

The main purpose of the study is to assess altruism, sensation seeking, and loneliness among emerging adults. That is the relationship between altruism, sensation seeking, and loneliness among emerging adults and differences across the same in emerging adults. The sample consists of 200 emerging adults that is 100 males emerging adults and 100 females emerging adults. A non-probability purposive sampling technique was used for collecting the samples for the study. The major finding was that there is no relationship between altruism and sensation-seeking among emerging adults. That is when sensation increases or decreases it doesn't affect altruism. There is a weakly positive correlation between sensation seeking and loneliness among emerging adults. That is when sensation seeking increases the loneliness also increases and vice versa. And there is a positive correlation between loneliness and altruism among emerging adults. So when loneliness increases then altruism also increases and vice versa. The other findings are there is no difference in altruism among male and female emerging adults and no difference in sensation seeking among male and female emerging adults. Also, there is a difference in loneliness among male and female emerging adults. That is loneliness is different among male and female emerging adults.

Implications of study

From the present study, it is evident that loneliness contributes to altruism. That is, when loneliness increases it leads to increased altruism and when loneliness decreases it leads to decreased altruism. That is people feel lonely and start to help others without expecting any reward. So, this action helps them to feel good, gives a sense of belonging, and reduces isolation from others. That is, it helps them to make new friends and connections with others. So, altruism helps them to reduce loneliness and make them feel belonging. And will motivate them to improve social connections. So altruistic intervention can be implied in daily life helping in improving satisfaction of life and positive emotions. Also, the study is evident that sensation-seeking contributes to loneliness. That is sensation seeking increases leading to an increase in loneliness among emerging adults and when sensation seeking decreases it leads to a decrease in loneliness. Sensation-seeking is a risk-taking behavior that is willing to do risk-taking activities in daily life for an experience. The sensation-seeking has also been linked to career preferences and choices, job satisfaction, social relationships before and after marriage, eating habits and food preferences, creativity, humor, fantasy, media and art preferences, and social attitudes. That is sensation-seeking leads to becoming isolated from others when they spend more time in risk-taking activities and they give more priority to these activities than activities needed in daily life such as social interaction, academic responsibility, and job responsibility. In daily life for all populations encourages a balance between their important activities. Also providing training and support in building resilience and effective coping skills can be beneficial.

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Also in the study, it is evident that in male and female emerging adults the loneliness is different. That is emerging adults have a difference in loneliness so they can show gender differences. Loneliness is a feeling of emptiness that isolates themselves from others from subjective and objective cognition. That is gender differences are found in loneliness so needed to use different types of loneliness may need different intervention strategies so that this study can be used in implication for the development of interventions to reduce loneliness. That is for each population to reduce isolation. Also, these interventions can be applied in schools, colleges, workplaces, and social settings to reduce loneliness.

Limitations of the study

- The sample size was invited to 200. A large sample would give under scope for generalizing the result.
- As the study was time-bound and had to be completed in a limited period the sample size and area were restricted.
- Only one population were added in this study for comparison.
- The samples collected were limited to only in south India.

Suggestions for future study

- The future study can include other socio-demographic details
- More sample size can help generalize the result.
- More geographical areas may be added for future studies
- More variables would be added to assess more detailed characteristics of the population.

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Conflict of Interest

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