

## Impact of Home Environment on Mood among Young Adults: A Review Study

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### ABSTRACT

A home is a place where a person lives, with their family and loved ones. It's not only a physical area but also a place where one feels comfortable, belonging, safe, secure and warm. A surrounding within a household where a person lives is called a Home Environment. Mood is a somewhat persistent emotional state or disposition that affects a person's thoughts, acts, and experiences in addition to coloring their view of the world. Mood is of two types: Positive and Negative mood. The review paper aims to investigate the impact of home environment on the mood. However, studies exploring the relation between home environment and mood are limited. Review of existing literature discuss that the mood and psychological health are greatly influenced by their home environments. Research indicates that aspects like happiness, sociability, and interpersonal connections are improved in homes with supportive and positive environment. Lastly findings of the study suggest that fostering a loving and encouraging family environment is essential for enhancing positive experiences in individuals whereas unfavorable home circumstances can result in serious mental health issues.

**Keywords:** *Home Environment, Mood, Young Adults*

A person's home is where they reside with their family and close friends. It's not merely a physical spot; it's also a place where one can feel warm, protected, secure, and at ease. It's a place where relationships flourish, comfort is experienced, memories are created, etc. (Moore, 2000). A person's home environment is the area of their home where they live, usually with their family or close friends. It consists of various components that influence a person's behavior and personality, including social, physical, and emotional components. (Bronfenbrenner, 1979).

Mood refers to a rather persistent emotional state or disposition that influences a person's perception of the world and impacts their ideas, behaviors and experiences. An individual's overall emotional mood and psychological attitude are shaped by their mood. (Watson, 1999). A complex interaction between biological, psychological, and environmental elements affects mood. Hormones, neurochemistry, and genetics are examples of biological influences. Cognitive tests, coping strategies, and personality traits are all considered

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psychological elements. Social interactions, events in life, and stressors are examples of external factors that affect mood stability and regulation.

Two categories of mood exist: positive mood and negative mood. A positive mood is characterized by joy, enthusiasm, excitement, or contentment and is a state of emotional elevation. Laughter, smiles and partaking in enjoyable activities are examples of positive mood states. Conversely, a negative mood is characterized as an uncomfortable or distressed emotional state that is accompanied by feelings like outrage, aggravation, sorrow or anxiety. Symptoms of a negative mood can include agitated, emotional, or retreating behaviors. (Moore, 2000)

### REVIEW OF LITERATURE

A study was conducted by **Raphael J et al. (2014)** on 153 higher secondary school students in order to determine the impact of the home environment on the psychological well-being of adolescents. The psychological well-being dimensions of "satisfaction," "sociability," and "interpersonal relationships" were found to be significantly influenced by disciplinary characteristics. On the other hand, Positive HE variables, demonstrated strong predictive ability in each of the five domains of psychological well-being.

In this paper **Kim Y & Yang M (2008)** investigates the power of past events in the home environment and motivation strategies on later EI and creative thinking. This paper shows a strong correlation between internal motivation and childhood home environment and adult emotional intelligence and creative thinking. It can be concluded by saying that childhood memories have a long-lasting impact on cognitive functioning in later life. It can be seen that internal motivation and home environment during childhood play an important role in EI in adulthood.

A study was conducted by **Xv Yan (2024)** that shows concerned and caring space is important for adolescents for their well-being, amplifying their abilities, uniqueness, and adaptive functioning. . It highlights some crucial elements of the home environment, like a sufficient framework, parental sympathy, apt control and advice, as well as comfort. The finding shows that a caring and supportive HE can create an adolescents overall well-being whereas a non-supportive HE can impact an adolescents well-being.

**Lizardi H & Klein N. D (2000)** conducted a research on 97 adult outpatients with early-onset, 45 adult outpatients with episodic major depressive disorder (MDD) and 45 normal controls and their first-degree relatives. The nature of the study shows that there is a relationship between the childhood home environment, parental psychopathology and early onset of DD in adults. The result of the study shows that there is a significant impact of early home environment on individuals with DD and also it highlights the importance of considering both parental psychopathology and individual experiences when delving the etiology of early onset DD.

**Sil P & Kayal H (2017)** conducted a study on 77 students, 44 males and 63 females, aged around 25 years. For students, attending college can be demanding because of academic stress, staying away from family and other responsibilities. The nature of the study is to compare the mood state of male and female college students. The result shows that the mood state is minimal i.e. only the active mood state showing the variation between males and females. The males scored higher than the females in the active mood state.

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A study was conducted by **Sahu & Singh (2015)** to show the importance of family setting and adaptation in the lives of young adults. It draws the significance of a happy and healthy family where everyone respects each other and gives equal attention and rights. The result shows that a positive correlation is found between family environment and adjustment and that young adults had a higher level of adjustment.

This paper tries to delve into the relationship between mood, anxiety and alcohol use disorders with sick leaves in young adults. The research includes disorders like generalized anxiety disorder, major depressive disorder, social anxiety disorder, alcohol use disorder, agoraphobia etc. From the data, it can be seen that major depressive disorder and specific phobias were the most common causes with rates of 13.8% and 17.4% respectively. **Torvik F et al. (2016)**

A study conducted by **Aplin T et al. (2022)** aims to determine whether societal and physical characteristics of the home environment can influence the health and well-being of older adults in Australia. The results show that for young adults, cost burdens like fixed retirement pensions and hypertension were common factors, whereas for older adults, especially males, facing depression was a key factor contributing to health.

The study tries to understand the past of young people who stay longer at home with their parents. The result shows that young people's expressions of independence are not only tied to financial benefaction but also to choosing and getting acceptance from their parents. This research shows that independence goes over financial benefaction. **White & Rush N (2002)**

**Hovland J et al. (2023)** conducted a study that delves into the involvement of home-living adults with serious mental illness and their social environments. According to the study, social support and societal inclusion are vital for establishing a sense of harmony, health, and well-being in people with SMI.

**Kaur J (2015)** conducted a research that focuses on exploring the impact of school and home environments on the lives of adolescents, highlighting the need for educational settings and understanding family dynamics in forming the well-being and development of adolescents. The study revealed that a poor environment in the home can have a bad impact on the adolescent lifestyle; there is a need to give importance on emotional, cognitive and social support within the home environment.

### CONCLUSION

The review paper demonstrates that the mood and psychological health are greatly influenced by their home environments. Research indicates that aspects like happiness, sociability, and interpersonal connections are improved in homes with supportive and positive environment (Raphael J et al., 2014). Furthermore, studies on the effects of caring childhood environments on emotional intelligence, creativity, and adaptive functioning have shown long-term benefits (Kim Y & Yang M, 2008; Xv Yan, 2024). On the other hand, dysfunctional home conditions and parental psychopathology have been connected to the early onset of depressive disorders and other mental health problems, which can have an adverse effect on day-to-day functioning and general wellbeing (Lizardi H & Klein N.D, 2000; Torvik F et al., 2016). Additionally, Better adjustment and higher levels of emotional stability are correlated with favorable family settings (Sahu & Singh, 2015). The home environment provides emotional, cognitive, and social support that is highly beneficial for

overall wellbeing (Hovland J et al., 2023; Kaur J, 2015). In conclusion, fostering a loving and encouraging family environment is essential for enhancing positive experiences in individuals whereas unfavorable home circumstances can result in serious mental health issues.

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### **Conflict of Interest**

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