

Family Relationship and Life Orientation Among Young Adults

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ABSTRACT

This study investigated the association between family relationship variables (cohesion, expressiveness, and conflict) and life orientation (optimism) in 170 Indian young adults (85 males, 85 females) aged 18-25. The Brief Family Relationship Scale and the Revised Life Orientation Test were used for data collection. Results revealed that 75.9% of individuals reported strong family cohesiveness, 61.2% high expressiveness, and 63.5% moderate conflict. More than half (57.1%) showed low optimism, with only 1.2% reporting high optimism. Pearson's correlation revealed that stronger family cohesiveness ($r = -0.35$) and expressiveness ($r = -0.25$) were substantially related with higher optimism, whereas increased conflict ($r = 0.30$) was associated with lower optimism. T-tests found no significant gender differences in cohesiveness, expressiveness, or optimism. However, males reported considerably higher levels of family conflict than females ($p < 0.05$). These findings emphasize the relevance of supportive family situations in generating optimism among young people, as well as the utility of employing t-tests and Pearson correlation to analyze such interactions in psychological research.

Keywords: *Family Relationships, Life Orientation, Optimism, Young adults, Gender differences*

Family plays a crucial role in shaping an individual's psychological health, emotional stability, and worldview. Positive family dynamics, such as cohesion and expressiveness, foster resilience and optimism, while negative relationships can lead to stress and maladaptive behaviors (Schrodt et al., 2014). Psychological theories such as Attachment Theory (Bowlby, 1969) and Social Learning Theory (Bandura, 1977) emphasize the importance of family in shaping behavior and coping mechanisms. Cognitive models like Beck's Cognitive Theory (1976) highlight that healthy family relationships develop positive thinking patterns.

Research shows that harmonious family environments contribute to psychological well-being and resilience in young adults. Family cohesion builds confidence and problem-solving skills, while expressive communication fosters emotional regulation and healthy coping strategies. Conversely, family conflict can lead to stress and maladaptive behaviors. The Brief Family Relationship Scale (BFRS) measures these dynamics and their impact on life orientation. Understanding how family relationships influence life adjustment and

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psychological outcomes can guide effective interventions aimed at promoting emotional health and resilience in young adults.

Life orientation: Psychological perspective

According to Kassin (2003) individual differences are comparatively secure, continuous design of behaviour, notion and feeling. In psychology, the synonyms trait and disposition may define an individual difference.

According to Seligman (1991) optimism can be achieved by happenings in life. Twin studies suggests that optimism is to a great extent inherited characteristic, although these inherited characteristics evaluations prone to be low to moderate.

Cheng & Furnham (2002) suggests that optimism is linked to the positive attitude and point of view towards oneself and life in general, which is consecutively connected to the feelings of self-confidence and ability to cope with stress and stronger elasticity. Optimism supposedly protects and strengthens mental well-being and other wellness lifestyle changes (Patton, et.al., 2011).

Optimism

According to Carver, Scheier and Segerstrom (2010) it is generally expected that one will experience something pleasant, helpful and positive in life and the ability to view and interpret the past and present occasions positively. This expectancy that differs from person to person is a predictor of behaviour (Scheier & Carver, 1992) and leads to perseverance and striving toward goal-directed behaviour (Carver et al., 2010).

Life satisfaction

Life satisfaction is the way a person evaluates his or her life and how he or she feels about where it is going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favourable attitude of one's life as a whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, amount of education, experiences, and residence, as well as many other topics (Diener, Emmons, Larsen, Griffin, 1985).

Statement of the problem

Family relationships constitute an important source of an individual's cognitive and emotional development, and life orientation in general. Not a lot of work, in contrast, has been done in researching family processes and adolescents, and even less in relation to 18-25-year-old youth in key educational, career, and life development transition phases. How family cohesion, expressiveness, and conflict affect 18-25-year-old youth's optimism, resilience, and coping is an under researched problem and one worth investigating in its own terms. In an attempt to fill in this vacuum, and in an attempt to make an empirical contribution towards 18-25-year-old youth's psychological interventions, family therapy, and mental care, this investigation seeks to explore family relationships and life orientation in 18-25-year-old youths'

Rationale of the Study

Family relationships have a powerful role in shaping an individual's psychological development, with an impact on life orientation, emotionality, and coping. Young adulthood (18-25 years) is a period of transition in life when one establishes a sense of identity,

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independence, and future orientation. Monitoring family dynamics, such as cohesion, expressiveness, and conflict, and its contribution to life orientation can provide significant information about mental well-being and adaptation function. Notwithstanding a strong background of studies in adolescents, little is known about continued impact in young adults, particularly in shaping optimism, resilience, and coping in them. In an endeavour to bridge that, in this study, an investigation of family relationships and life orientation through valid psychological tools will be performed, with theoretical and practical implications for mental and family interventions.

REVIEW OF LITERATURE

Anna Paszkowska-Rogacz (2024) studied 435 young adults (18–34) to explore how life orientation and self-regulation relate to career adaptability. Transitive life orientation was more common than moratorium. Promotion focusses positively influenced all aspects of career adaptability and mediated the link between transitive orientation and adaptability. In contrast, prevention focus mediated the link between moratorium orientation and career concerns like worry and control, and also supported adaptability in transitive individuals for worry, control, and curiosity.

Chung et al. (2024) studied 379 young adults (Malaysia: 199, UK: 180) to examine how filial piety and perfectionism affect life satisfaction. Both reciprocal and authoritarian filial piety were linked to higher life satisfaction, while maladaptive perfectionism had a negative effect. Adaptive perfectionism boosted life satisfaction only in the Malaysian group. Reciprocal filial piety promoted adaptive traits and reduced maladaptive ones, improving well-being. Authoritarian filial piety raised maladaptive perfectionism in both groups, but in Malaysia, it also increased adaptive perfectionism. The study highlights how family values and personal traits influence life satisfaction.

Lopez-Cepero et al. (2024) studied 1,721 young adults in Puerto Rico to explore how resilience factors relate to cardiovascular health. Among optimism, life satisfaction, spirituality, and social support, shift-and-persist (SP) stood out as the strongest predictor of better cardiovascular outcomes (OR=1.17). The study suggests SP may be key in preventing cardiovascular disease in youth.

Sultana et al. (2024) highlighted the effect of family functioning on self-esteem and resilience in 400 university students from southern Bangladesh. Using standardized measures, the findings revealed considerable gender variations in family functioning. Pearson's correlation found a positive association between family functioning, self-esteem, and resilience, and regression analysis demonstrated that family functioning predicts both self-esteem and resilience. The findings underline the significance of good family interactions in promoting psychological well-being.

Naydenova and Lamteva (2024) examined how job experience influences maturity and temporal perspective in young adults (18–25). Among 47 participants, those without job experience were more present-focused, fatalistic, hedonistic, and showed greater self-focus and infantilism. The study found significant links between temporal perspective, maturity, and job experience, suggesting that present-focused views may delay maturity as a coping response to social uncertainty.

Sayed and Sinha (2024) studied 207 young people to explore how family communication, conflict resolution styles, and cognitive flexibility interact. Using FACES-IV, CRSI, and the

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Cognitive Flexibility Inventory, they found strong links between these factors. The results highlight how effective family communication supports better conflict resolution and mental adaptability, with important implications for therapy and relationship-building.

Musthab Shira S (2024) examined how parenting styles and love languages relate to conflict resolution in romantic relationships among 100 Indian young adults (18–30). "Quality time" emerged as the most preferred love language across all parenting styles. While no significant links were found between parenting, love languages, and conflict resolution, the study offers valuable insights into how early experiences may shape adult relationship dynamics.

Ben-Shlomo et al. (2022) explored the relationship between healthy eating fixation (HEF), past family experiences, and eating habits in 225 young adults (18–24). Most family experiences showed no strong links to HEF or healthy orthorexia (HO), except "limited social activity" (linked to HEF) and "health/social problems" (linked to HO). HEF was strongly associated with disordered eating ($r = .57$), suggesting that certain family factors may contribute to orthorexic tendencies. The study offers useful insights for health professionals in identifying and managing HEF-related issues.

G. & Yilmaz (2023) studied 572 young Jewish Israelis (18–29) to explore how personal values and relationships with parents and friends affect life satisfaction. Using Self-Determination and Family Systems Theory, they found that women received more parental support than men. Strong commitment to values and friend support boosted life satisfaction, but heavy parental support at older ages was linked to lower satisfaction. The study highlights the shifting role of parental support and the need for therapists to focus on protective factors during emerging adulthood.

Yakhnich and Michael (2022) explored the long-term effects of immigration on parent-child interactions and future parenting attitudes in young immigrants to Israel from Ethiopia ($n=14$) and the former Soviet Union ($n=11$). Interviews identified three key themes: changes in parent-child dynamics during immigration, evolving relationships through adaptation, and the influence of culture on family life. Many parents aimed to protect their children from past challenges while maintaining traditional child-rearing practices. The study offers valuable insights for professionals and policymakers on supporting immigrant families in balancing cultural integration and parenting flexibility.

Kavya K (2022) studied life satisfaction, optimism, and happiness among 120 young adults (18–24) using the Satisfaction with Life Scale, Life Orientation Test, and Oxford Happiness Questionnaire. The results showed no gender differences in these factors, but found a strong positive link between happiness and life satisfaction, as well as between optimism and life satisfaction, highlighting the interconnectedness of these psychological traits in young adulthood.

Lin & Chiao (2022) studied 2,393 young adults (14–28) to examine how adverse childhood experiences (ACEs) influence problematic internet usage (PIU), with loneliness as a mediator. The results showed a dose-response relationship between ACEs and PIU ($OR = 1.12$). Three loneliness trajectories were identified: continuous low, moderate drop, and growing. Structural equation modeling revealed that ACEs increased PIU risk through their link with loneliness, emphasizing the importance of early intervention to address childhood trauma and prevent long-term mental health issues.

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Chauhan & Gulati (2022) studied 100 young adults (20–25) to explore the link between family environment and self-regulation. Significant correlations were found between family factors like cohesiveness and competitiveness, as well as between self-regulation and the competitive framework. Developing a recreational orientation within families may improve self-regulation in young people.

Mangialavori et al. (2021) examined 301 young adults to explore how attachment styles and family functioning contribute to problematic smartphone use (PSU). The study found that preoccupied attachment styles and dysfunctional family environments (disengaged, chaotic, enmeshed) were positively linked to PSU, suggesting a need for interventions addressing these factors to reduce PSU risks.

Joshi & Joshi (2021) explored the relationship between optimism and perceived stress in 170 young adults (18–25). The study found a negative correlation between optimism and stress, with females reporting higher stress levels than males. However, there was only a minimal gender difference in optimism, suggesting the need for further research on how gender influences optimism.

Hihara et al. (2020) conducted a longitudinal study of 912 Japanese young adults to examine identity distress across various domains (e.g., career, friendships). The study revealed that identity anxiety was most prominent in areas related to future goals, and demographic factors (such as gender, parents' education, and family income) influenced identity distress, highlighting the need for culturally aware research on identity development.

Marzilli et al. (2020) explored the relationship between family functioning, impulsivity, and psychopathological symptoms in 244 university students with Internet Addiction (IA). They found that moderate IA was linked to lower family emotional engagement, higher impulsivity, and more depressive symptoms. Impulsivity influenced the relationship between family engagement and IA, highlighting the need for targeted treatments that improve family dynamics and self-regulation.

Alavi et al. (2020) examined how family functioning affects attachment patterns across Western and non-Western cultures with 600 young participants. They found that family flexibility and cohesiveness were linked to anxiety, closeness, and dependency in both cultures. Surprisingly, stronger family adaptation was linked to increased anxiety attachment, suggesting cultural differences in these relationships.

Saxena et al. (2020) studied the effects of body shaming on body image, emotional expressiveness, and optimism in 150 participants. They found that body image was positively correlated with emotional expressivity but negatively linked to optimism, challenging the idea that a positive body image leads to higher optimism.

Rosenthal et al. (2020) examined the effects of relationship stigma from family, friends, and the public on well-being in 467 individuals in interracial and/or same-sex partnerships. They found that stigma from friends was linked to higher depression, while same-sex relationships reduced the impact of family stigma on anxiety and depression. Egalitarianism and dyadic coping acted as buffers, with egalitarianism mediating the link between public stigma and anxiety. Friendship stigma negatively affected self-rated health through increased depression. The study highlights the negative impact of relationship stigma and the potential of egalitarianism and dyadic coping as protective factors.

METHODOLOGY

This study aims to assess the level of family relationships and life orientation in young adults and explore their correlation, focusing on young adults in India.

Sample

- **Sample Size**

The sample group consists of 170 young adults aged 18-25 years from various regions in India. The sample includes 85 females and 85 males.

- **Inclusion Criteria**
 - a) Young adults aged 18-25 years.
 - b) Individuals residing in India.
 - c) Participants willing to provide informed consent.
- **Exclusion Criteria**
 - a) Individuals below 18 or above 25 years.
 - b) Those who do not provide informed consent.
 - c) Participants with incomplete or inconsistent responses in the survey.

Objectives of the Study

- a) To assess the levels of family cohesion, expressiveness, and conflict among young adult.
- b) To examine the life orientation among young adults.
- c) To analyze the relationship between family relationship and life orientation.
- d) To examine the gender difference in the levels Relationship.
- e) To examine the gender difference in the levels of life orientation among young adults.

Hypotheses of the Study

- **H1:** There is a significant difference in the levels of family cohesion, expressiveness, and conflict among young adults.
- **H2:** There is a significant difference in the levels of life orientation (optimism) among young adults.
- **H3:** There is a significant relationship between family relationship dimensions (cohesion, expressiveness, conflict) and life orientation among young adults.
- **H4:** There is a significant gender difference in the levels of family cohesion, expressiveness, and conflict among young adults.
- **H5:** There is a significant gender difference in the levels of life orientation among young adults.

Research Design

This study follows a quantitative, correlational, and comparative research design to examine the relationship between family relationships and life orientation among young adults, as well as to compare differences based on gender. This design helps in understanding the level of these variables and their correlation without manipulating any conditions. The study will be conducted in a natural setting, ensuring that the data collected reflects real-life experiences. Using this design, valuable insights can be gained about how family relationships influence life orientation in young adults.

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Variables

Independent Variables (IV)

- a) Cohesion
- b) Expressiveness
- c) Conflict

Dependent Variables (DV)

- a) Optimism
- b) Resilience
- c) Coping Strategies

Operational Definition

Family relationships are the interactions, ties, and communication patterns within a family unit. In this study, family relationships will be assessed using the Brief Family Relationship Scale (BFRS), which measures Cohesion, Expressiveness, and Conflict within the family.

Life Orientation refers to an individual's overall attitude on life, especially their predisposition to be optimistic or pessimistic. In this study, life orientation will be examined using the Revised Life Orientation Test (LOT-R), which assesses an individual's positive or negative future expectations.

Tools for assessment

- **Demographic details:** To collect demographic information, the researcher designed a demographic questionnaire tailored to the requirements of this study.

Tools used

Two scales were used to collect data for this study:

1. **The Brief Family Relationship Scale (BFRS)**, developed by Tolan, Gorman-Smith, & Henry (2010), is a psychological tool for evaluating the nature of family interactions. It has three fundamental dimensions: cohesion, expressiveness, and conflict. Cohesion refers to the emotional closeness and support within the family; Expressiveness assesses how freely family members share their views and feelings; and Conflict assesses the amount of disagreement and conflict among family members. Participants rate items on a Likert scale, with higher ratings for Cohesion and Expressiveness indicating stronger, healthier family ties and higher scores for Conflict indicating greater family dysfunction. This measure aids in understanding the overall family dynamics and how they affect an individual's psychological well-being.
- **Reliability**
The Brief Family Relationship Scale (BFRS), developed by Tolan, Gorman-Smith, and Henry, has shown satisfactory reliability in study. Internal consistency estimations (Cronbach's alpha) for the scale's subscales, such as family cohesiveness, support, and communication, have varied from moderate (0.51-0.58) in some studies to good (0.78-0.89) for the whole scale and short versions in others. These findings indicate that, while some subscales may have only moderate reliability depending on the sample and setting, the BFRS is a trustworthy instrument for measuring family functioning.
2. **The Revised Life Orientation Test (LOT-R)**, developed by Scheier, Carver, and Bridges (1994), is a commonly used measure of dispositional optimism, a person's

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proclivity to anticipate optimistic or negative life events. The test consists of ten items, 6 of which are scored and 4 of which are filler questions. The scored items are three for optimism and three for pessimism, assessed on a 5-point Likert scale ranging from "Strongly Disagree" to "Strongly Agree." Higher scores indicate a more optimistic view, implying that the individual anticipates favourable experiences, whilst lower scores show a more pessimistic approach, implying a predisposition to predict poor consequences. This assessment assists in determining an individual's overall life orientation and its impact on their psychological and emotional health.

- **Reliability**

The Revised Life Orientation Test (LOT-R), created by Scheier, Carver, and Bridges (1994), is frequently used to measure dispositional optimism and has shown adequate reliability across a variety of demographics. The LOT-R's internal consistency (Cronbach's alpha) varies from 0.66 to 0.78 for the total score, with subscale alphas of around 0.70 for optimism and 0.63 for pessimism. Test-retest reliability has been found to be 0.68 over four months and 0.79 over 28 months, demonstrating high temporal stability. These findings lend credence to the LOT-R's use as a dependable tool for evaluating optimism in research and therapeutic settings.

Procedure

In this study, data from the sample was gathered using Google Forms, an electronic form (E-form) approach. According to the study's goals, the form clearly stated the technique and instructions supplied in the scales' manuals. Participants were guaranteed of their confidentiality, and it was underlined that all questions should be answered to ensure the data was comprehensive. While no time restriction was set for completion, participants were expected to finish the questionnaire in 10-15 minutes.

Data Analysis

The data were analyzed using descriptive statistics. The Pearson's correlation coefficient was utilized to investigate the association between family factors and life orientation. In addition, an independent samples t-test was used to examine gender differences in family aspects and life orientation.

DATA ANALYSIS

Demographic Information

The study consisted of a total of 170 young adults aged 18-25 years. Among them, 85 were females, 85 were males. As stated in Chapter 3, the researcher collected data using two standardized tools: the Brief Family Relationship Scale and the Revised Life Orientation Test.

Assessment of Family Relationship Dimensions Among Young Adults

The first objective of the present study was to assess the levels of family cohesion, expressiveness, and conflict among young adults. The frequency distribution and percentages were analyzed across different levels for each dimension.

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Table 4.1 presents the descriptive statistics of family relationship dimension scores.

	Mean	Standard Deviation
Cohesion Score	5.33	4.03
Expressiveness Score	3.25	1.97
Conflict Score	10.23	3.59

Family Cohesion

Table 4.2 presents the distribution of participants across different levels of family cohesion.

Cohesion	Frequency	Percentage
Most Cohesive	129	75.9
Moderate	36	21.8
Least Cohesive	5	2.4
Total	170	100

From Table 4.2, which shows the participants' frequency and percentage of cohesion, it can be observed that out of 170 participants, 129 (75.9%) reported most cohesive family relationships, 36 (21.8%) reported moderate cohesion, and only 5 (2.4%) reported least cohesive family relationships.

These findings indicate that a substantial majority of young adults in the sample perceive their families as highly cohesive.

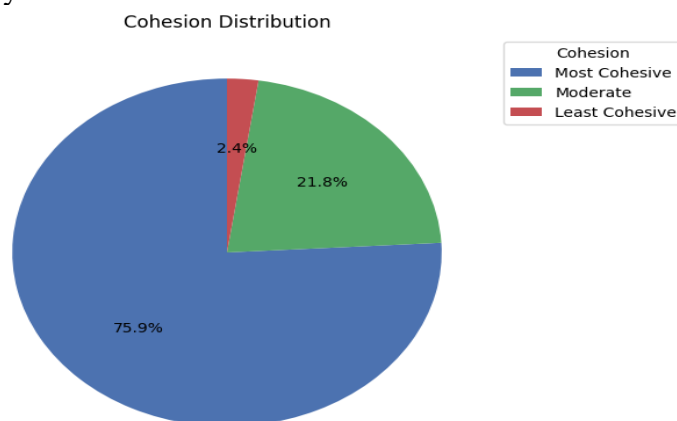


Figure 1: Pie chart showing the participants' different levels of Cohesion.

Family Expressiveness

Table 4.3 illustrates the distribution of participants across different levels of family expressiveness.

Expressiveness	Frequency	Percentage
Most Expressiveness	104	61.2
Moderate	57	33.5
Least Expressiveness	9	5.3
Total	170	100

From Table 4.3, which presents the participants' frequency and percentage of expressiveness, it can be seen that out of 170 participants, 104 (61.2%) reported most expressive family interactions, 57 (33.5%) reported moderate expressiveness, and 9 (5.3%) reported least expressive family communication patterns.

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These findings indicate that the majority of young adults perceive their families as having open and expressive communication.

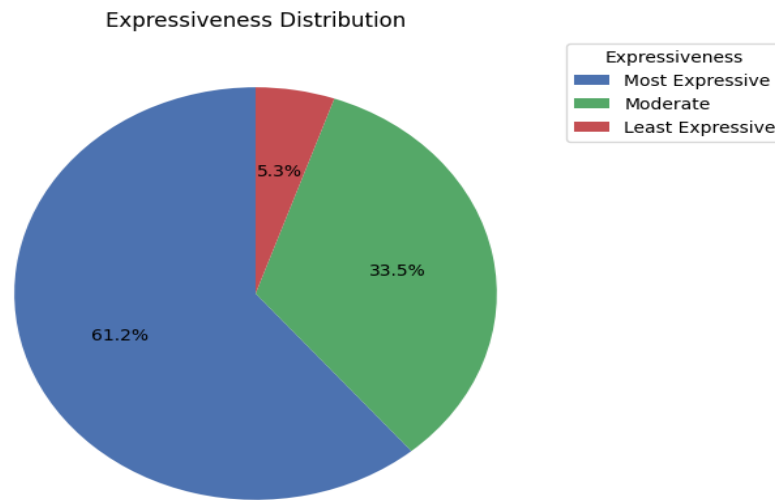


Figure 2: Pie chart showing the participants' different levels of Expressiveness.

Family Conflict

Table 4.4 displays the distribution of participants across different levels of family conflict.

Conflict	Frequency	Percentage
Most Cohesive	24	14.1
Moderate	108	63.5
Least Cohesive	38	22.4
Total	170	100

Table 4.4 shows that of the 170 participants, 24 (14.1%) reported the greatest conflict in their family ties, 108 (63.5%) reported moderate levels of conflict, and 38 (22.4%) reported the least conflict.

According to these data, the majority of young people experience moderate levels of conflict within their families, with a smaller number reporting high levels of conflict.

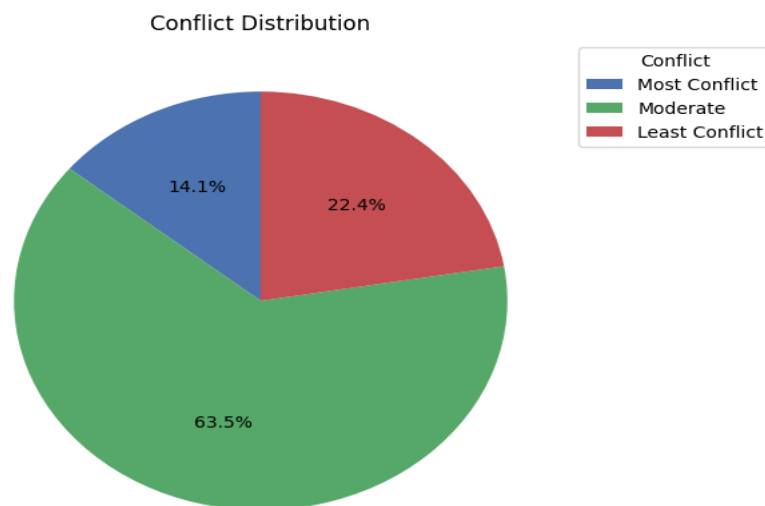


Figure 3: Pie chart showing the participants' different levels of Conflict.

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Assessment of Life Orientation Among Young Adults

The second objective of the present study was to examine the levels of life orientation among young adults. The frequency distribution and percentages were analyzed across different levels of optimism.

Table 4.5. Showing the frequency and percentage of Life Orientation.

Life Orientation	Frequency	Percentage
Low Optimism	97	57.1
Moderate	71	41.8
High Optimism	2	1.2
Total	170	100

From the above table 4.5. which shows the participants' frequency and percentage of Life Orientation, it can be seen that out of 170 participants, 97 (57.1%) obtained low optimism, 71 (41.8%) obtained moderate optimism, and 2 (1.2%) obtained high optimism.

The results indicate that more than half of the participants reported low levels of optimism, while a significant portion showed moderate optimism. Only a very small percentage of participants demonstrated high optimism.

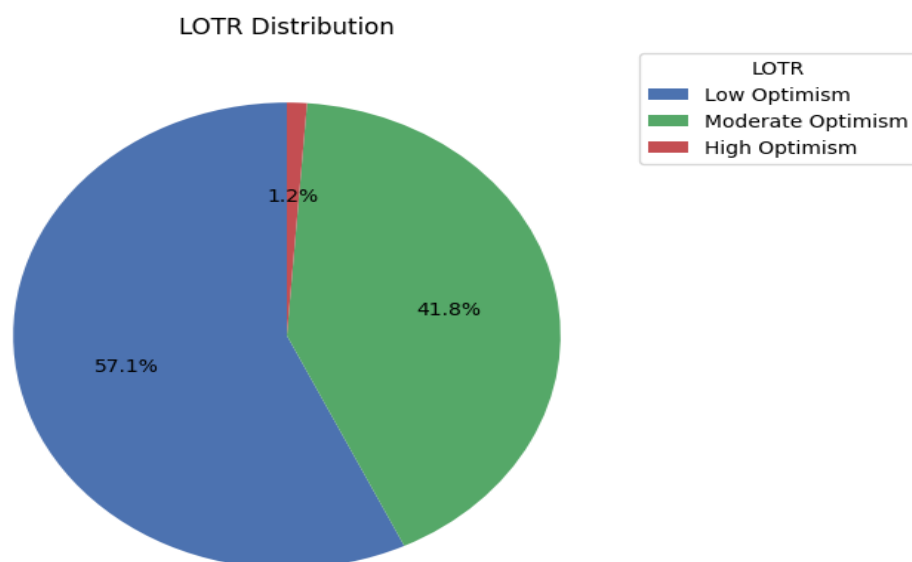


Figure 4: Pie chart showing the participants' different levels of Life Orientation.

Test for Normality of Data

Table 4.6. Showing the results of Skewness and Kurtosis.

	No of records	Skewness	Kurtosis
Cohesion	170	1.04	1.92
Expressiveness	170	0.43	0.30
Conflict	170	-0.46	0.55

The kurtosis values for all three variables are positive, with Cohesion having the highest kurtosis (1.92), indicating a more peaked distribution than a normal distribution.

The results show that the data is roughly normally distributed, with some variations within acceptable limits for parametric statistical analysis.

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Relationship Between Family Dynamics and Life Orientation

The third objective of the present study was to analyze the relationship between family relationship and life orientation. Pearson's correlation was used to examine the relationship between Cohesion, Expressiveness, Conflict and Life Orientation (LOT-R) Score.

Table 4.7 displays the Pearson correlation coefficients and statistical significance between family relationship dimensions (cohesion, expressiveness, conflict) and life orientation (LOT-R scores).

	Cohesion Score	Expressiveness Score	Conflict Score	LOT-R Score
Cohesion Score	1.00	0.577	-0.430	-0.353
Expressiveness Score	0.577	1.00	-0.335	-0.247
Conflict Score	-0.430	-0.335	1.00	0.298
LOT-R Score	-0.353	-0.247	0.298	1.00

From Table 4.7, the results of the relationships between family dynamics and life orientation can be seen.

The research study found a substantial negative association ($r = -0.35$) between family cohesiveness and life orientation, with lower cohesion scores suggesting increased optimism. A negative connection was identified for family expressiveness ($r = -0.25$), with lower scores suggesting stronger expressiveness and higher optimism. In contrast, family conflict exhibited a strong positive link with life orientation ($r = 0.30$), implying that lower conflict scores (showing more conflict) correspond with lower optimism.

These data suggest that supportive family situations with strong cohesiveness, open communication, and limited conflict are related with a more positive view among young people.

Gender Differences in Family Relationship Dimensions Among Young Adults

The fourth objective of the present study was to examine the gender differences in the levels of family cohesion, expressiveness, and conflict among young adults. To analyze these differences, t-tests were conducted, and the results are presented in Table 4.8.

Table 4.8. Showing the results of Levene's Test for Equality of Variances.

	F	Sig.
Cohesion	0.387	0.534
Expressiveness	3.841	0.051
Conflict	1.635	0.203

From table 4.8 the results of Levene's Test for Equality of Variances can be seen.

The result of Cohesion shows a frequency (F) of 0.387 and significance of 0.534. The result of Expressiveness shows a frequency (F) of 3.841 and significance of 0.051. The result of Conflict shows a frequency (F) of 1.635 and a significance of 0.203.

Since the significance values are greater than 0.05 ($p > 0.05$), the F ratios are not significant. Therefore, equal variances are assumed for Cohesion, Expressiveness, and Conflict. The homogeneity of variances assumption is met, and T-Test was used to analyze gender differences.

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Table 4.9 Showing the results of T-test for gender difference in the levels of Cohesion, Expressiveness and Conflict.

	Gender	No of Subjects (N)	Mean	Standard Deviation (SD)	Mean Difference	T-Value	Degree of Freedom	P Value
Cohesion	Male	85	5.235	4.314	0.504	-0.377	168	0.707
	Female	85	5.470	3.810				
Expressiveness	Male	85	3.270	1.809	-0.320	0.155	168	0.877
	Female	85	3.224	2.129				
Conflict	Male	85	10.824	3.444	-0.195	2.272	168	0.024
	Female	85	9.589	3.639				

From Table 4.9, the results of Cohesion, Expressiveness, and Conflict can be seen.

The result of Cohesion shows the gender difference between male (M=5.235, SD=4.314) and female (M=5.470 SD=3.810). T-Test showed a non-significant t-value (-0.377; $p>0.05$). This indicates that there is no significant difference in the level of Cohesion between male and female.

The result of Expressiveness shows the gender difference between male (M=3.270, SD=1.809) and female (M=3.224, SD=2.129). The T-Test showed a non-significant t-value (0.155; $p>0.05$). This indicates that there is no significant difference in the level of Expressiveness between male and female.

The result of Conflict shows the gender difference between male (M=10.824, SD=3.444) and female (M=9.589, SD=3.639). The T-Test showed a significant t-value (2.272; $p<0.05$). This indicates that there is a significant difference in the level of Conflict between male and female, with males reporting higher levels of conflict than females.

Gender Differences in Life Orientation Among Young Adults

The fifth objective of the present study was to examine the gender differences in the levels of life orientation among young adults. To analyze these differences, t-tests were conducted after checking for the homogeneity of variances, and the results are presented in Table 4.9.

Table 4.10. Showing the results of Levene's Test for Equality of Variances.

	F	Sig.
Life Orientation	7.333	0.007

From table 4.10, the results of Levene's Test for Equality of Variances can be seen.

The result of Life Orientation (LOTR) shows a frequency (F) of 7.33 and significance of 0.01.

Since the significance value is less than 0.05 ($p < 0.05$), the F ratio is significant. Therefore, equal variances are not assumed for Life Orientation. The homogeneity of variances assumption is not met, and a modified T-Test (such as Welch's t-test) should be used to analyze gender differences in Life Orientation.

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Table 4.11. Showing the results of Welch's T-Test for gender difference in the levels of Life Orientation.

	Gender	No of Subjects (N)	Mean	Standard Deviation (SD)	Mean Difference	T-Value	Degree of Freedom	P Value
Life Orientation	Male	85	12.835	2.707	- 1.309	0.716	168	0.475
	Female	85	12.459	4.016				

From Table 4.11, the result of gender difference in the level of Life Orientation can be seen.

The result shows the gender difference between male (M=12.835, SD=2.707) and female (M=12.459, SD=4.016). Welch's T-Test showed a non-significant t-value (0.716; $p>0.05$). This indicates that there is no significant difference in the level of Life Orientation between male and female.

DISCUSSION

The present study aimed to examine the levels of family relationship dimensions (cohesion, expressiveness, and conflict) and life orientation among young adults, as well as to explore gender differences in these variables. This chapter discusses the findings in relation to previous research and theoretical frameworks.

Family Relationship Dimensions Among Young Adults

The study found that a considerable majority of young people (75.9%) reported high levels of family cohesion, indicating strong emotional relationships within their families. This finding is consistent with previous research showing that increased family closeness improves family function and psychological wellness. Fang et al. (2004) found that families with stronger cohesiveness function better, but those with poor cohesion are more likely to have psychological and behavioral problems in their children.

Similarly, the majority of participants (61.2%) reported high levels of family expressiveness, indicating that most young adults believe their families communicate openly and expressively. This is relevant since research has shown that people from families with greater levels of emotional expression face less adjustment difficulties than those from homes with lower levels of emotional expression (Johnson, 2010). In young people, family expressiveness has been connected to improved emotional understanding and social skills.

In terms of family conflict, the majority of participants (63.5%) indicated moderate levels, with only a small proportion reporting high levels (14.1%). This balanced distribution shows that, while conflict is a regular part of family interactions, most young adults deal with it in a reasonable way.

According to research, moderate amounts of conflict, when addressed constructively, can help people develop problem-solving abilities and emotional regulation.

Life Orientation Among Young Adults

The results for life orientation indicated a concerning trend, with more than half of the participants (57.1%) expressing low levels of optimism, 41.8% reporting moderate optimism, and only 1.2% reporting high optimism. The prevalence of low optimism ratings shows that many young individuals in the sample have less optimistic hopes for their future.

This conclusion is particularly significant since life orientation has been linked to different elements of psychological well-being and job flexibility in young people. Optimism is essential in the search for and existence of significance in life, as well as in developing a positive attitude toward life. The low levels of optimism seen in this study may reflect greater socioeconomic difficulties confronting young adults today, such as economic uncertainty, professional demands, and social expectations.

Relationship Between Family Dynamics and Life Orientation

The study also examined the relationship between family relationship dimensions and life orientation. The findings revealed a strong negative connection between family cohesiveness and life orientation ($r = -0.35$), implying that better family cohesion (lower scores) is linked with more optimism. Similarly, family expressiveness had a negative correlation with life orientation ($r = -0.25$), implying that more expressive families instill optimism in young individuals. In contrast, family conflict showed a strong positive connection with life orientation ($r = 0.30$), implying that lesser conflict (higher scores) is associated with greater optimism.

These findings support the hypothesis that supportive family environments characterized by strong cohesion, open communication, and minimal conflict are associated with a more optimistic outlook among young adults.

Gender Differences in Family Relationship Dimensions

The study identified no significant gender differences in family cohesiveness and expressiveness, indicating that male and female young people have equal perceptions of emotional connectedness and communication openness within their families. This conclusion contrasts prior research indicating that females report stronger degrees of closeness to their parents (Mendonça & Fontaine 2013).

However, there was a substantial gender difference in the perception of family conflict, with men reporting higher levels of conflict than women. This conclusion is intriguing since it contradicts some earlier research indicating that females are more sensitive to family processes due to their higher inclination for interpersonal closeness. Males' greater levels of conflict may represent variations in how males and females perceive and interpret family relationships, or it might signify true disparities in how families deal with male vs female offspring.

Gender Differences in Life Orientation

The study identified no significant gender differences in life orientation, indicating that male and female young people are equally optimistic about their future. This research implies that optimism as a personality characteristic may be generally stable between genders, however impacted by a variety of cultural, social, and environmental influences.

Implications

This study's findings have important significance for understanding family dynamics and early adult development. Most participants reported high levels of family togetherness and expressiveness, highlighting their relevance in maintaining good family functioning. Interventions to promote family connections should focus on improving these elements while also offering constructive dispute resolution skills.

The low levels of optimism reported among young adults indicate the need for programs that encourage optimistic thinking and future orientation. Educational institutions and mental health organizations should explore adopting programs to boost young people's optimism and resilience.

The gender difference in family conflict perception but not in cohesiveness or expressiveness underscores the complexities of family dynamics and implies that intervention techniques should be customized differently for males and females when dealing with family relationship difficulties.

Limitations and Future Directions

While this study sheds light on family ties and life direction in young adults, some limitations should be noted. The cross-sectional design reduces the ability to draw causal inferences regarding variables' connections. Future study might use longitudinal designs to look at how family connection qualities and life orientation evolve over time.

Furthermore, the study used self-report measures, which are susceptible to social desirability bias. Future research might include numerous informants (e.g., parents, siblings) to offer a more complete picture of family dynamics.

Future study should also look at the mediating and moderating elements that affect the link between family characteristics and life orientation, such as personality traits, coping techniques, and cultural influences. Furthermore, qualitative research may give more in-depth insights into young people's actual experiences with family ties and future prospects. In conclusion, this study adds to our understanding of family connection aspects and life orientation among young adults, emphasizing the relevance of family cohesiveness and expressiveness in fostering well-being, as well as the need to address low levels of optimism in this demographic. The findings also highlight the complicated role of gender in family dynamics, particularly in terms of conflict perception.

CONCLUSION

The study provides valuable insights into the relationship between family dynamics and life orientation among young adults in India. It found that while most participants viewed their families as cohesive and expressive, over half exhibited low optimism. Higher family cohesion, expressiveness, and lower conflict were linked to greater optimism, highlighting the importance of positive family relationships in fostering a hopeful outlook. Males reported higher family conflict than females, suggesting the need for gender-sensitive approaches in interventions.

These findings underscore the role of family functioning in shaping young adults' psychological well-being. Interventions focusing on strengthening family bonds and managing conflict could promote optimism and resilience. The study also calls for

educational and mental health programs to address the low optimism levels prevalent among young adults.

While the study's cross-sectional design and reliance on self-report measures limit its scope, it sets the stage for future research exploring the long-term impact of family relationships on young adult development. Overall, it contributes to the literature on family psychology and offers practical insights for supporting young adults during this crucial life stage.

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Conflict of Interest

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