

Research Paper

Correlation Between Family Relations, Emotional Intelligence and Anxiety in Young Adults

Vaishnavi Rajesh Pawar^{1*}, Dr. Shradha Sakatkar²

ABSTRACT

The current study examines the correlation between family relations, emotional intelligence and anxiety in young adults. A purposive sample of 200 young adults (18 -25) from Pune city was used for study. Participants completed the Index of Family Relations (IFR), Emotional Intelligence Scale (EIS) and the State and Trait Anxiety Questionnaire (STAI). The data was analyzed using SPSS descriptive statistics and Spearman's rho correlations were used. The findings revealed that family relations positively correlate with dimensions of emotional intelligence. In contrast, anxiety showed a negative correlation with both family relations and dimensions of emotional intelligence. These results underscore the role family dynamics and environment in the emotional development and anxiety levels in young adults.

Keywords: *Family Relations, Emotional Intelligence, Anxiety and Young Adults*

APA defines Family as “a kinship unit consisting of a group of individuals united by blood or by marital, adoptive, or other intimate ties. Although the family is the fundamental social unit of most human societies, its form and structure vary widely”. (APA dictionary 2018).

In the past, 19th-century thinkers such as Henry Maine, Lewis Henry Morgan, and John Ferguson McLennan formulated theories of cultural evolution to account for the evolution of family forms. Maine envisioned a shift from patriarch societies based on status to contractual societies based on modernity. (Carsten & Janet, 2025). Morgan, on the other hand, envisioned an evolutionary process from primitive promiscuity through to monogamous, patriarch families and associated kinship structures with technological and economic developments. Morgan's ideas shaped Karl Marx and Friedrich Engels, who viewed the evolution of kinship as part of the wider economic developments. (Carsten & Janet, 2025). Engels' *The Origin of the Family, Private Property, and the State* (1884), which followed Morgan's work, associated family structure with ownership of property and capitalism. Morgan saw 19th-century European family structures as the climax of civilization, but Engels disapproved of patriarchal family systems and their effect on women's condition. His thinking later found its way into feminist academicians and Soviet

¹Student, P.E.S. Modern College of Arts, Science and Commerce (Autonomous), Shivajinagar, Maharashtra, India

²Assistant Professor, P.E.S. Modern College of Arts, Science and Commerce (Autonomous), Shivajinagar, Maharashtra, India

*Corresponding Author

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and Chinese anthropologists, who still had an evolutionist approach toward studying kinship. (Carsten & Janet, 2025).

Nuclear, single parent, extended, childless, step, grandparents families are some types of family which are based on their structure and dynamics. (BetterHelp Editorial Team, 2025). Emotional intelligence has been defined by Peter Salovey and John Mayer as "accurately perceiving emotion, using emotions to facilitate thought, understanding emotion, and managing emotion". (Salovey & Mayer, 1990).

There are five main components of emotional intelligence based on the Goleman's model of emotional intelligence: self-awareness, self-regulation, motivation, empathy and social skills. (Williams, 2022).

- 1. Self-Awareness:** Individuals with high emotional intelligence are aware of the emotions they are feeling and also have the ability to put words to their feelings. They also have the insight of the consequences of their emotions and the over-time shifts and changes they may have. (Williams, 2022)
- 2. Self-Regulation:** Self-Regulation is the second step of emotional intelligence. In order to be able to effectively regulate one's own emotions and behaviour, an individual should be well aware of his/her emotions as well. Self-regulation means being able to acknowledge one's difficult emotions and preventing oneself from taking impulsive action on those emotions. (Williams, 2022)
- 3. Motivation:** Motivation is the process that pushes a person to pursue his desired goals and helps in achieving them. According to researchers motivation is an important aspect of emotional intelligence, it allows a person to be consistent and continue to follow his/her dreams and goals even during a challenging period. Individuals with low levels of motivation usually get discouraged easily by external influence and have the tendency to give up easily. Whereas individuals with high levels of motivation understand that achievement and rewards take time and require a lot of hard work and include many setbacks. (Williams, 2022)
- 4. Empathy:** Empathy is the ability to sense and understand other people's emotions. Individuals with high emotional intelligence are capable of identifying genuine and false emotions one is showcasing. This can be done focusing and paying close attention to other people's facial expressions, change in tone or body-language. (Williams, 2022)
- 5. Social Skills:** Individuals with high emotional intelligence tend to be better at having good social interaction skills than an individual with low Emotional intelligence. Having a high level of emotional intelligence helps a person to build good relationships and maintain friendships with others. (Williams, 2022)

According to the research done by Shital Patel individuals with higher levels of Emotional intelligence showcase lower levels of anxiety, depression and emotional distress. Her findings also suggest a higher level of emotional intelligence helps adolescents cope better with stress and social pressures. (Patel, S.,2024).

Findings of this research paper also concludes that lower levels of emotional intelligence can lead to poor psychological adjustment, lower level of self-esteem and difficulty in forming social relationships. (Patel, S.,2024).

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According to APA, anxiety is “an emotion characterized by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune”. (APA. 2018)

Unlike other mental disorders, researchers are unsure about the causes of anxiety, however researchers believe that the following factors play an important role.

Chemical imbalances: Norepinephrine, serotonin, dopamine, and gamma-aminobutyric acid (GABA) are some of the neurotransmitters and hormones involved in anxiety. These chemical imbalances could be a causative factor for anxiety disorders. (MentalHealth.com, 2024)

Brain changes: The amygdala, a part of the brain, plays an essential role in managing anxiety and fear. Research has shown that people with anxiety disorders respond to anxiety stimuli with increased amygdala activity. (MentalHealth.com, 2024)

Genetics: Biological family members are most likely to experience anxiety disorders. This makes one wonder about genetics. If you or your biological parents or siblings suffer from an anxiety issue, chances are you're more likely to develop one for yourself. (MentalHealth.com, 2024)

Environmental causes: Chronic or excessive stress could change the balance of neurotransmitters that control your mood. Significant amounts of stress over an extended time could lead to an anxiety disorder. Going through a traumatic event can also cause anxiety disorders. (MentalHealth.com, 2024)

A constant, stable personality trait known as trait anxiety causes people to be consistently prone to feeling anxious in a variety of circumstances. In contrast to state anxiety, which is brought on by sudden stressors, trait anxiety is more closely related to a person's overall personality than to particular incidents. Spielberg (1983) defined trait anxiety as "relatively stable individual differences in anxiety-proneness," whereas State anxiety can be "temporary in nature or specific to a particular stimulus," (Greenberg 2010)

Statement of the problem:

To study the relationship between Family relations, Emotional Intelligence, and Anxiety among Young Adults.

Objectives

1. To study Family relations in Young Adults.
2. To study the level of Emotional Intelligence in Young Adults.
3. To study the level of Anxiety in Young Adults.
4. To study the relationship between Family relations and Emotional Intelligence in Young adults.
5. To study the relationship between Family relations and Anxiety among Young Adults.
6. To study the relationship between Emotional Intelligence and Anxiety among Young Adults.

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Rational & significance

This study aims to explore the interplay between emotional intelligence, family functioning, and general anxiety in young adults. It aims to provide a deeper understanding of how these factors interact and contribute to their well-being. The findings will offer insights for designing effective interventions that target emotional intelligence enhancement, improve family dynamics, and reduce anxiety levels. The research also has the potential to inform mental health professionals, educators, and policymakers in developing programs and policies tailored to the unique needs of young adults. The study emphasizes the importance of a holistic approach to addressing mental health challenges during young adulthood.

Hypotheses

1. There will be a positive correlation between Family Relations and Emotional Intelligence among young adults.
2. There will be a negative correlation between Family Relations and Anxiety among young adults
3. There will be a negative correlation between Emotional Intelligence and Anxiety in young adults.

Sample

The sample selected consists of individuals between age of 18- 25. The participants consisted of 200 individuals. Out of the 200 individuals ,100 participants are females that is 50% of the sample and 100 are males - 50% of sample.

Inclusion Criteria:

- Individual between age 18 – 25
- Gender – Male and Female
- Nuclear Family

Exclusion Criteria:

- Individual Diagnosed with Psychiatric disorder
- Working
- Accommodations
- Joint Family

Research Design

The investigator undertook a correlational analysis to examine the Correlation between Family Relations, Emotional Intelligence and Anxiety. The research used a mixed-methodological approach, combining a quantitative survey with a qualitative questionnaire. A purposive sampling of 200 (100-male, 100-female) participants was used, with a well-formulated questionnaire for numeric data and a descriptive questionnaire for qualitative aspects.

Variables Under in the Study:

Operational Definitions:

1. **Family Relations:** Participants scoring above 70 are considered to have a high degree of problems in the family.
The participants scoring below 30 are considered to have low degree of problems in their family.
2. **Emotional Intelligence:** Participants scoring above 85 are considered to have high level of emotional intelligence.

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Participants scoring below 51 are considered to have low level of emotional intelligence

3. **Anxiety:** Participants scoring above 60 are considered to have high level of anxiety. Participants scoring below 40 are considered to have low level of anxiety.

- Predictor variable: Family Relations
- Criterion variable:
 1. Emotional Intelligence
 2. Anxiety
- Control variables:
 1. Individual Diagnosed with Psychiatric disorder
 2. Working
 3. Accommodations
 4. Joint Family

Tools

Index of Family Relations (IFR)

Family functioning will be measured by the Index of Family Relations developed by Walter W. Hudson in 1997. (Hudson, W. W. 1997)

The Index of Family Relations (IFR) is a 25-item scale used to measure the extent, severity, or magnitude of problems family members have in their relationships. The scale has shown mean alpha of .95, indicating excellent internal consistency and also has a good construct validity. High score indicating higher level of problems in the family

Emotional Intelligence Scale (EIS)

Emotional intelligence will be measured by Emotional Intelligence Scale (EIS) developed by Anukool Hyde, Sanjyot Pethe, and Upinder Dhar in 2002.

The Emotional Intelligence Scale (EIS) measures 10 factors of emotional intelligence, self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment, and altruistic behavior. The split half reliability coefficient of the scale was found to be 0.88. The scale also has a high face and content validity. High score indicating high emotional intelligence.

State and Trait Anxiety Inventory-short form (STAI)

Anxiety will be measured by State and Trait Anxiety Inventory (STAI) developed by Charles D. Spielberger, Richard L. Gorsuch, and Robert E. Lushene in 1983.

The State and Trait Anxiety Inventory-short form (STAI) assesses the level of anxiety, consisting of 40 items rated on a 4-point Likert scale. The STAI has high internal consistency, with Cronbach's alpha coefficients typically ranging from 0.86 to 0.95. The scale also shows a good construct validity, and is suitable for individuals aged 18-25. High score indicating higher level of anxiety. The scale consists of 40 items and 20 items were utilized for the current study.

Procedure

The research used a mixed-methodological approach, combining a quantitative survey with a qualitative questionnaire. A purposive sampling of 200 participants was used, with a well-formulated questionnaire for numeric data and a descriptive questionnaire for qualitative aspects. Participants were given an informed consent form, and the collected information was properly kept by the researchers.

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Statistical Analysis

Statistical analysis will use descriptive statistics like mean, mode, median, skewness, and kurtosis, and inferential statistics like correlation.

RESULTS AND DISCUSSION

Descriptive Statistics

Table 1: Showing descriptive statistics of Variables

Statistic	Mean (M)	Median (Mdn)	Standard Deviation	Skewness	SE of Skewness	Kurtosis	SE of Kurtosis
Self-awareness	7.1	5	6.33	0.75	0.17	-0.73	0.34
Empathy	10.3	8	7.63	0.57	0.17	-0.98	0.34
Self-motivation	12.07	11	9.06	0.42	0.17	-1.06	0.34
Emotional Stability	7.63	6	5.35	0.84	0.17	-0.59	0.34
Managing Relations	10.67	7	8.66	1.1	0.17	-0.28	0.34
Integrity	6.21	5	3.8	0.93	0.17	-0.48	0.34
Self-development	3.68	3.41	3.1	0.76	0.17	-0.9	0.34
Value Orientation	3.62	3.43	2.99	0.78	0.17	-0.76	0.34
Commitment	3.62	4.94	2.95	0.73	0.17	-0.89	0.34
Altruistic Behaviour	5	6	3.67	-0.02	0.17	-1.75	0.34
Family Relation	63.24	63	23.25	-0.07	0.17	-1.34	0.34
Anxiety	40.93	35	17.14	0.72	0.17	-0.66	0.34
Emotional Intelligence	69.9	67	50.23	0.55	0.17	-1.24	0.34

The table above explores descriptive statistics for family relations, dimensions emotional intelligence and anxiety.

For Self-awareness, the mean is 7.10, which suggests normal level of self-awareness among adults and the median is 5.00 with a standard deviation of 6.33. The skewness value is 0.75 and the kurtosis value is -0.73. These values indicate a moderately positively skewed distribution, suggesting a relatively flat distribution indicating scores are spread more broadly than a normal curve.

For Empathy, the mean is 10.30 which suggests normal level of Empathy among adults and median is 8.00 with a standard deviation of 7.63. The skewness is 0.57 and kurtosis is -0.98, which indicates a slightly positive skew and a platykurtic distribution, meaning the scores are fairly evenly distributed with no extreme peaks.

Self-motivation shows a mean of 12.07 which suggests normal level of Self-motivation among adults, median of 11.00, and standard deviation of 9.06. The skewness (0.42) and kurtosis (-1.06) suggest a near-symmetric distribution, but with a flat, broad spread of scores.

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For Emotional Stability, the mean score is 7.63 which suggests normal level of Emotional Stability among adults with a median of 6.00 and standard deviation of 5.35. The skewness of 0.84 suggests moderate positive skewness, indicating more lower scores, while a kurtosis of -0.59 points to a slightly flat distribution.

Managing Relations had a mean of 10.67 which suggests normal level of Managing Relations among adults and median of 7.00 with a standard deviation of 8.66. The skewness value was 1.10 and kurtosis was -0.28, indicating a positively skewed distribution and a moderately flat spread of data.

Integrity had a mean of 6.21, which suggests normal level of Integrity among adults with median of 5.00, and standard deviation of 3.80. The skewness (0.93) suggests a positive skew and the kurtosis (-0.48) reflects a flatter distribution, indicating that most responses are on the lower end.

For Self-development, the mean was 3.68, which suggests normal level of Self-development among adults with median 3.41, and standard deviation 3.10. A skewness of 0.76 and kurtosis of -0.90 reveal a moderately skewed and flat distribution.

For Value Orientation, the mean was 3.62, which suggests normal level of Value Orientation among adults with a median 3.43, with standard deviation of 2.99. Skewness was 0.78, and kurtosis was -0.76, again suggesting a moderate positive skew and a flatter than normal distribution.

Commitment shows a mean of 3.62 which suggests normal level of Commitment among adults and a median of 4.94, with a standard deviation of 2.95. The skewness was 0.73, and the kurtosis was -0.89, indicating a positive skew and a moderately flat distribution.

For Altruistic Behaviour, the mean was 5.00, which suggests normal level of Altruistic Behaviour among adults with median was 6.00, and standard deviation was 3.67. A skewness of -0.02 indicates a nearly perfect symmetric distribution, while the kurtosis of -1.75 reflects a very flat distribution, suggesting a broad spread of scores.

Family Relations had a mean of 63.24, which indicates moderate level of family problems in adults with a median of 63.00, and standard deviation of 23.25. Skewness was -0.07 (almost symmetrical), and kurtosis was -1.34, indicating a platykurtic (flat) distribution with a wide range of scores.

For Anxiety, the mean score was 40.93, which indicates a moderate level of anxiety in adults and the median was 35.00 with a standard deviation of 17.14. The skewness of 0.72 suggests a moderate positive skew, meaning most participants reported lower anxiety levels, and the kurtosis of -0.66 indicates a relatively flat distribution.

Emotional Intelligence as a composite score had a mean of 69.90, which indicates a normal range of Emotional Intelligence in adults with a a median of 67.00, and a high standard deviation of 50.23. A skewness of 0.55 and kurtosis of -1.24 reflect a moderately positive skew and a broadly spread distribution.

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Inferential Statistics

Table 2. Table showing correlation between Family relations, Emotional intelligence and Anxiety.

Emotional Intelligence Dimensions	Family Relations	Anxiety
Self-awareness	-0.754**	-.737**
Empathy	-0.747**	-.740**
Self-motivation	-0.738**	-.719**
Emotional Stability	-0.776**	-.767**
Managing relations	-0.758**	-.775**
Integrity	-0.768**	-.757**
Self-development	-0.781**	-.744**
Value orientation	-0.759**	-.752**
Commitment	-0.769**	-.753**
Altruistic Behavior	-0.789**	-.740**
Anxiety	0.751**	

The above table shows correlation between Family relations, dimensions of Emotional Intelligence; Self-awareness, Empathy, Self-motivation, Emotional Stability, Managing relations, Integrity, Self-development, Value orientation, Commitment, Altruistic Behavior and Anxiety.

In the above table the correlation coefficient for Family relations and Self Awareness is $\rho = -.754$ with $p < .001$, indicating a significant negative correlation between Family relations and Self Awareness. This means that better family relations fosters higher self-awareness among young adults.

The correlation coefficient for Family relations and Empathy is $\rho = -.747$ with $p < .001$, which reveals a significant negative correlation between Family relations and Empathy. This means that good family relations reveal increased empathy in young adults.

The correlation coefficient for Family relations and Self-motivation is $\rho = -.738$ with $p < .001$, indicating a significant negative correlation between Family relations and Self-motivation. This suggests that better family dynamics can improve self-motivation in young adults.

The correlation coefficient for Family relations and Emotional Stability is $\rho = -.776$ with $p < .001$, indicating a significant negative correlation between Family relations and Emotional Stability. This suggests that better family dynamics can develop better emotional stability in young adults.

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The correlation coefficient for Family relations and Managing Relations is $\rho = -.758$ with $p < .001$, indicating a significant negative correlation between Family relations and Managing Relations. This suggests that good family dynamics can improve the skill of Managing Relations in young adults.

The correlation coefficient for Family relations and Integrity is $\rho = -.768$ with $p < .001$, indicating a significant negative correlation between Family relations and Integrity. This suggests that individuals with better family dynamics are higher on integrity.

The correlation coefficient for Family relations and Self-development is $\rho = -.781$ with $p < .001$, indicating a significant negative correlation between Family relations and Self-development. This suggests that good family relations can foster higher self-development in young adults.

The correlation coefficient for Family relations and Value Orientation is $\rho = -.759$ with $p < .001$, indicating a significant negative correlation between Family relations and Value Orientation. This suggests that better family relations are associated with stronger values in young adults.

The correlation coefficient for Family relations and Commitment is $\rho = -.769$ with $p < .001$, indicating a significant negative correlation between Family relations and Commitment. This suggests that better family relations are linked with greater personal commitments in young adults.

The correlation coefficient for Family relations and Altruistic Behavior is $\rho = -.789$ with $p < .001$, indicating a significant negative correlation between Family relations and Altruistic Behavior. This indicates that individuals with better family functioning are more altruistic.

As seen in the above results, Family relations have a significant negative correlation with all the dimensions of Emotional intelligence, hence it can be concluded that Family relations will have significant negative correlation with overall Emotional intelligence. The correlation coefficient for Family Relations and Emotional Intelligence is $\rho = -.749$ with $p < .001$ indicating a negative correlation.

In the above results it has been observed that there is a negative correlation between Family relations and dimensions of Emotional intelligence, this is because high scores on family relations indicates, high level of problems in the family which is hampering emotional development in young adults.

The correlation coefficient for Family Relations and Anxiety is $\rho = .751$ with $p < .001$, indicating a significant positive correlation between Family Relations and Anxiety. This suggests that individuals with better family dynamics tend to experience lower levels of anxiety.

As seen above there is a positive correlation between Family relations and Anxiety, this is because high scores on family relations indicate higher level of problems in the family which is affecting anxiety levels in young adults.

The correlation coefficient for Self-awareness and Anxiety is $\rho = -.737$ with $p < .001$, indicating a significant negative correlation between Self-awareness and Anxiety. This

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indicates that higher levels of self-awareness are associated with lower levels of anxiety in young adults.

The correlation coefficient for Empathy and Anxiety is $\rho = -.737$ with $p < .001$, indicating a significant negative correlation between Empathy and Anxiety. This indicates that higher levels of Empathy are associated with lower levels of anxiety in young adults.

The correlation coefficient for Self-motivation and Anxiety is $\rho = -.719$ with $p < .001$, indicating a significant negative correlation between Self-motivation and Anxiety. This indicates that individuals with higher self-motivation tend to experience lower levels of anxiety.

The correlation coefficient for Emotional Stability and Anxiety is $\rho = -.767$ with $p < .001$, indicating a significant negative correlation between Emotional Stability and Anxiety. This indicates that Higher emotional stability is associated with lower anxiety levels.

The correlation coefficient for Managing Relations and Anxiety is $\rho = -.775$ with $p < .001$, indicating a significant negative correlation between Managing Relations and Anxiety. This indicates that Strong relational skills are linked with decreased anxiety levels in young adults.

The correlation coefficient for Integrity and Anxiety is $\rho = -.757$ with $p < .001$, indicating a significant negative correlation between Integrity and Anxiety. This indicates that higher integrity is associated with lower anxiety in young adults.

The correlation coefficient for Self-development and Anxiety is $\rho = -.744$ with $p < .001$, indicating a significant negative correlation between Self-development and Anxiety. This indicates that higher self-development is associated with lower anxiety in adults.

The correlation coefficient for Value Orientation and Anxiety is $\rho = -.752$ with $p < .001$, indicating a significant negative correlation between Value Orientation and Anxiety. This indicates that stronger values are associated with lower anxiety in adults.

The correlation coefficient for Commitment and Anxiety is $\rho = -.769$ with $p < .001$, indicating a significant negative correlation between Commitment and Anxiety. This indicates that committed individuals tend to experience lower levels of anxiety.

The correlation coefficient for Altruistic Behavior for and Anxiety is $\rho = -.789$ with $p < .001$, indicating a significant negative correlation between Altruistic Behavior and Anxiety. This indicates that altruistic individuals are likely to have lower anxiety.

Table 3 – Table showing regression between Family Relation and Emotional Intelligence

Model	R	R Square	Adjusted R Square	F	Sig.	Standardized Coefficients Beta
1	.721 ^a	.519	.516	213.86	.000 ^b	-.721

a. Dependent Variable – Emotional Intelligence

b. Predictor – Family Relation

The regression analysis reveals a significant relationship between Family Relation and Emotional Intelligence, with $R = .721$ and $R^2 = .519$, indicating that 51.9% of the variance in

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Emotional Intelligence is predicted by Family Relations. The negative beta suggests poorer family relations are associated with lower emotional intelligence.

Table 4 – Tale showing regression between Family Relation and Anxiety

Model	R	R Square	Adjusted R Square	F	Sig.	Standardized Coefficients Beta
1	.767 ^a	.589	.586	283.56	.000 ^b	.767

a. Dependent Variable – Anxiety

b. Predictor – Family Relation

The table shows the regression between Family Relation and Anxiety in young adults. The R value is .767 and R Square is .589, indicating that Family Relation predicts 58.9% of the variance in Anxiety. Higher quality of family relations is associated with lower levels of anxiety.

Table 5 – Tale showing regression between Emotional Intelligence and Anxiety

Model	R	R Square	Adjusted R Square	F	Sig.	Standardized Coefficients Beta
1	.702 ^a	.493	.489	192.91	.000 ^b	-.702

a. Dependent Variable – Anxiety

b. Predictor – Emotional Intelligence

This table shows the regression between Emotional Intelligence and Anxiety. The R value is .702 and R Square is .493, meaning Emotional Intelligence accounts for 49.3% of the variance in Anxiety. The negative beta (-.702) indicates that higher emotional intelligence is associated with lower anxiety.

The present study aims to study the relationship between Family Relations, Emotional Intelligence and Anxiety in young adults. Data was collected using 3 scales measuring, Index of Family Relations scale developed by Walter W. Hudson in 1997. Emotional Intelligence Scale- short form (EIS) was utilized, developed by Anukool Hyde, Sanjyot Pethe, and Upinder Dhar in 2002 and State and Trait Anxiety Inventory- short form (STAI) by Charles D. Spielberger, Richard L. Gorsuch, and Robert E. Lushene in (1983). These scales were administered on a sample of 200, from which 100 were male and 100 were female. Non-parametric statistics was used with the help of SPSS as data was found to be not normal.

There are total 10 dimensions of Emotional Intelligence: Self-awareness, Empathy, Self-Motivation, Emotional Stability, Managing Relations, Integrity, Value Orientation, Commitment, Altruistic Behavior, below is the dimension wise discussion for the results.

It was hypothesized by the research that “There will be a positive correlation between Family relations and Self-Awareness among Young Adults.” From the results, it was observed that the Spearman rank order correlation coefficient was $\rho = -.754$ ($p < .001$), indicating a significant negative correlation. Since higher scores on the family relations scale indicate more family problems, the results suggest that individuals from healthier family environments tend to have higher self-awareness. These findings are supported by Alavi et al. (2017), who found strong family cohesion linked to emotional intelligence traits like self-awareness, and by Bowen’s Family Systems Theory, which emphasizes the role of

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emotional units in personal identity development. Hence from data collected, results obtained, and past literature, it can be said that the hypothesis is proved and hence accepted.

It was hypothesized by the research that “There will be a positive correlation between Family relations and Empathy among Young Adults.” The results showed a significant negative correlation ($\rho = -.747, p < .001$), again indicating that better family environments are associated with higher levels of empathy. This is supported by Alavi et al. (2017) and Naghavi and Redzuan (2012), who emphasized the role of family cohesion in developing emotional competencies like empathy. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Self-Motivation among Young Adults.” The results indicated a significant negative correlation ($\rho = -.738, p < .001$), meaning individuals from supportive families are more self-motivated. This is aligned with prior research that found cohesive family environments nurture motivation and resilience. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Emotional Stability among Young Adults.” The results showed a significant negative correlation ($\rho = -.776, p < .001$), suggesting that better family functioning leads to greater emotional stability. Research by Alavi et al. (2017) and Naghavi and Redzuan (2012) supports these findings. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Managing Relations among Young Adults.” A significant negative correlation ($\rho = -.758, p < .001$) was found, indicating that young adults from supportive families are better at managing interpersonal relationships. Prior studies and Greenspan’s DIR model reinforce these conclusions. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Integrity among Young Adults.” The results revealed a significant negative correlation ($\rho = -.768, p < .001$), suggesting that healthy family dynamics foster personal integrity. This is consistent with findings by Alavi et al. (2017) and Naghavi and Redzuan (2012). Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Self-development among Young Adults.” The study found a significant negative correlation ($\rho = -.781, p < .001$), indicating that emotionally supportive families encourage personal growth and self-improvement. This is supported by family systems theory and prior studies. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Value Orientation among Young Adults.” The results showed a significant negative correlation ($\rho = -.759, p < .001$), suggesting that better family dynamics are associated with stronger value systems in young adults. This is consistent with research highlighting the transmission of values through family relationships. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Commitment among Young Adults.” A significant negative correlation ($\rho = -.769, p < .001$) was found, indicating that individuals from nurturing family backgrounds tend to show

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greater commitment. This is supported by earlier studies linking family support with dependability and perseverance. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a positive correlation between Family relations and Altruistic Behavior among Young Adults.” The results revealed a significant negative correlation ($\rho = -.789$, $p < .001$), indicating that individuals raised in emotionally rich family environments are more altruistic. Prior studies and theories confirm this relationship. Hence, the hypothesis is proved and accepted.

As seen in the above results there is a negative correlation between these two variables as higher score in family relations indicates higher degree of problems and higher score in emotional intelligence indicates higher emotional intelligence.

As seen in the above results, Family relations has a significant negative correlation with all the dimensions of Emotional intelligence, hence it can be concluded that Family relations will have significant negative correlation with overall Emotional intelligence. The correlation coefficient for Family Relations and Emotional Intelligence is $\rho = -.749$ with $p < .001$ indicating a negative correlation.

According to the results of regression analysis done by the researcher, between Family Relations and Emotional Intelligence, it was found that 51.9% of the variance in Emotional Intelligence is predicted by Family Relations. The negative beta suggests poorer family relations are associated with lower emotional intelligence.

It was hypothesized that “There will be a negative correlation between Family relations and Anxiety among Young Adults.” The results showed a significant positive correlation ($\rho = .751$, $p < .001$), which, based on the scoring system, confirms that healthier family environments are linked with lower anxiety. Studies by Dolz-del-Castellar et al. (2021) and Zhang (2024) also observed similar findings. Hence, the hypothesis is proved and accepted. As seen in the above results there is a negative correlation between these two variables as higher score in family relations indicates higher degree of problems and higher score of Anxiety indicates higher Anxiety.

According to the results of regression analysis done by the researcher, between Family Relations and Anxiety, it was found that Family Relation predicts 58.9% of the variance in Anxiety. Higher quality of family relations is associated with lower levels of anxiety.

It was hypothesized that “There will be a negative correlation between Self-Awareness and Anxiety among Young Adults.” The results showed a significant negative correlation ($\rho = -.737$, $p < .001$), indicating that individuals with high self-awareness experience lower anxiety. Research by Hari et al. (2023) and Sharma et al. (2017) supports this conclusion. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Empathy and Anxiety among Young Adults.” The study found a significant negative correlation ($\rho = -.740$, $p < .001$), showing that empathetic individuals tend to experience less anxiety. Prior research supports this by linking empathy to emotional adaptability. Hence, the hypothesis is proved and accepted.

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It was hypothesized that “There will be a negative correlation between Self-Motivation and Anxiety among Young Adults.” A significant negative correlation ($\rho = -.719, p < .001$) was found, indicating that motivated individuals are less prone to anxiety. Research by Sharma et al. (2017) and Hari et al. (2023) supports this. Hence, the hypothesis is proved and accepted. It was hypothesized that “There will be a negative correlation between Emotional Stability and Anxiety among Young Adults.” The results revealed a significant negative correlation ($\rho = -.767, p < .001$), suggesting that emotionally stable individuals have lower anxiety levels. This is supported by previous findings on coping and stress resilience. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Managing Relations and Anxiety among Young Adults.” A significant negative correlation ($\rho = -.775, p < .001$) was observed, suggesting that individuals skilled at managing relationships experience less anxiety. This is in line with research showing strong social ties as protective against stress. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Integrity and Anxiety among Young Adults.” The results showed a significant negative correlation ($\rho = -.757, p < .001$), indicating that individuals with high integrity tend to be less anxious. Prior literature connects personal values and emotional stability, supporting this finding. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Self-development and Anxiety among Young Adults.” A significant negative correlation ($\rho = -.744, p < .001$) was found, meaning individuals focused on self-growth tend to experience less anxiety. Previous studies support this by highlighting the emotional benefits of personal development. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Value Orientation and Anxiety among Young Adults.” The results indicated a significant negative correlation ($\rho = -.752, p < .001$), showing that those with strong value systems are less anxious. Literature supports the idea that ethical clarity promotes emotional stability. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Commitment and Anxiety among Young Adults.” The study found a significant negative correlation ($\rho = -.753, p < .001$), indicating that committed individuals experience lower anxiety. Research links personal responsibility with coping abilities, reinforcing this outcome. Hence, the hypothesis is proved and accepted.

It was hypothesized that “There will be a negative correlation between Altruistic Behavior and Anxiety among Young Adults.” The results showed a significant negative correlation ($\rho = -.789, p < .001$), meaning altruistic individuals are less likely to experience anxiety. Helping others has been associated with increased emotional well-being in previous studies. Hence, the hypothesis is proved and accepted.

As seen in the above results, all the dimensions of Emotional intelligence have a significant negative correlation with Anxiety, hence it can be concluded that the overall score of emotional intelligence will also have a significant negative correlation with Anxiety. The

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correlation coefficient for Emotional intelligence and Anxiety is $\rho = -.722$, with $p < .001$ indicating significant negative correlation.

The study also found that, individuals with poor family relations showed greater emotional difficulties and higher anxiety levels. Specifically, high scores on the family relations scale (indicating more family problems) were associated with lower emotional intelligence and greater anxiety. This trend suggests that hostile or unhelpful family environments may stop emotional development and make people more likely to experience stress and anxiety.

Furthermore, the study found a strong negative correlation between emotional intelligence and anxiety, indicating that individuals who possess greater emotional skills—such as empathy, emotional stability, and relationship management are less likely to experience high anxiety.

Each of the study's hypotheses were supported by the data. The results also align with existing literature, reinforcing the idea that family functioning plays a crucial role in shaping emotional intelligence, which in turn influences mental health outcomes like anxiety.

CONCLUSION

- There is a significant positive correlation between Family relations and dimensions of Emotional Intelligence-Self-awareness, Empathy, Self-Motivation, Emotional Stability, Managing Relations, Integrity, Self-development, Value Orientation, Commitment, Altruistic behavior among Young Adults.
- There is a significant negative correlation between Family relations and Anxiety among Young Adults.
- There is a significant negative correlation between dimensions of Emotional Intelligence-Self-awareness, Empathy, Self-Motivation, Emotional Stability, Managing Relations, Integrity, Self-development, Value Orientation, Commitment, Altruistic behavior and Anxiety among Young Adults.

Implications

- Emotional intelligence was found to be significantly impacting the ways of coping with Anxiety in young adults, focusing on the importance of enhancing emotional intelligence by teaching emotion regulation training, mindfulness, etc.
- Family counselling or family therapy can be beneficial for improving the family environment as it was concluded that family relations play an important role in emotional development and anxiety management.
- This study expands possibilities for further longitudinal research to explore the relationships between these three variables.

Limitations

- Generalizability of the findings affected due to small sample size (N=200) and demographically limited data.
- Self-report instruments may introduce bias, such as social desirability or inaccurate self-perception.
- Many other influential factors were not controlled for or measured, such as trauma history, social support, personality traits, or comorbid mental health conditions
- Emotional states at the time of data collection might have influenced participant responses, potentially affecting the accuracy of the results.

Suggestions For Further Studies

- Conducting a longitudinal study can help in examining how family relations, emotional intelligence and anxiety interact with each other in the long run.
- Comparative study between genders, their levels of emotional intelligence and levels of anxiety can help identify any gender differences and help in finding any other cultural influence on these variables.

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Conflict of Interest

The author(s) declared no conflict of interest.

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