

Research Paper

Relationship Between Empathy and Anxiety Among Young Adults

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ABSTRACT

The present study aimed to examine the relationship between empathy and anxiety among young adults. Empathy, as a core component of emotional intelligence, involves the ability to understand and share the feelings of others, while anxiety reflects emotional tension and apprehension in response to perceived stress or uncertainty. Understanding how these constructs interact during young adulthood—a period characterized by emotional maturity, career development, and social adjustment—provides insight into the psychological well-being of this age group. The study sample consisted of 101 young adults (50 males and 51 females) aged between 18 and 25 years, selected through a convenience sampling technique from the Malappuram district. Standardized tools were used for data collection: the Beck Anxiety Inventory (BAI) for assessing anxiety and the Toronto Empathy Questionnaire (TEQ) for measuring empathy. Quantitative research design and statistical analyses were employed using correlation and independent *t*-tests through SPSS software to determine relationships and group differences based on gender and locality. The results revealed a significant positive correlation ($r = .326, p < 0.05$) between empathy and anxiety among young adults, indicating that individuals with higher empathy levels tend to experience greater anxiety. This finding suggests that being emotionally attuned to others' experiences may heighten one's susceptibility to anxious feelings. However, there were no significant differences in empathy and anxiety based on gender or locality, suggesting that these emotional traits are consistent across demographic subgroups within the sample. The findings imply that while empathy is generally considered a socially valuable and adaptive quality, excessive empathic sensitivity may predispose individuals to emotional distress or anxiety. Therefore, balancing empathy with effective emotional regulation strategies is crucial for psychological well-being. The study underscores the importance of developing interventions—such as mindfulness, yoga, and self-awareness programs—that help young adults manage anxiety while maintaining healthy levels of empathy.

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Empathy and anxiety are two significant constructs in understanding emotional and social behavior among young adults. Empathy enables individuals to connect with others' emotions, while anxiety represents emotional tension and apprehension in stressful or uncertain situations. Young adulthood is a critical developmental stage where emotional intelligence and interpersonal sensitivity mature, yet stressors related to career, education, and relationships can increase anxiety levels. This study explores whether higher empathy levels are associated with increased anxiety among young adults, aiming to understand their interrelationship and potential gender or locality differences.

Young Adulthood

A young adult is generally a person ranging in age from their late teens or early twenties to their thirties (approximately ages 18–30s). Biologically and psychologically, young adulthood is fundamentally a period of maturation and change, although the degree of change may seem less striking than the changes that occurred during childhood and adolescence. As just one example, the physical changes of the transition from childhood into adolescence are transformative, with bodies growing in dramatic bursts and taking on secondary sex characteristics as puberty unfolds. As young people move from adolescence into adulthood, physical changes continue to occur, but they are more gradual. Individuals begin the steady weight gain that will characterize adulthood, but these changes are not as discontinuous as they are at the beginning of adolescence.

Over the past two decades, research has elucidated some of the key features of adolescent development that have made this period of the life course unique and worthy of attention. These insights, in turn, have helped shape policy in major ways. These adolescent processes, and the increasing scientific and public attention they have received, provide a reference point for understanding the developmental importance of young adulthood. In general, adolescence is a complex period characterized by substantial cognitive and emotional changes grounded in the unfolding development of the brain, as well as behavioural changes associated with basic psychosocial developmental tasks.

The health of young adults varies by race, ethnicity, sex, sexual identity, age, disability, education, socioeconomic position, and geographic location. Certain populations of young adults have higher rates of such risky behavior as unhealthy eating, lack of physical activity, unprotected sexual activity, substance use, and unsafe driving. In addition, major gender differences exist, as well as considerable ethnic and racial disparities, with non-Hispanic black and American Indian/non-Hispanic Alaska Native young adults faring worse in many areas. There are also gaps in knowledge about the health of certain groups, such as LGBT young adults and young adults living in poverty. At the same time, it is important to note that the differences go both ways. Among young adults, for instance, black males have a higher homicide rate than white males (100.3 versus 11.4 homicides per 100,000), but black males have a lower rate of illicit substance use than white males from early adolescence to young adulthood.

Empathy

Empathy is the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present

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without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.

Rogers had a major impact on the field of counseling and psychotherapy. When he introduced his revolutionary ideas in the 1940s, he provided a powerful and radical alternative to psychoanalysis and to the directive approaches then practiced. Rogers was a pioneer in shifting the therapeutic focus from an emphasis on technique and reliance on therapist authority to that of relationship. One of Rogers's contributions to the field of psychotherapy was his willingness to state his concepts as testable hypotheses and to submit them to research. He literally opened the field to research. Person-centered therapy has demonstrated that therapist empathy plays a vital role in facilitating constructive changes in the client –

1. Research consistently demonstrates that therapist empathy is the most potent predictor of client progress in therapy.
2. Empathy is an essential component of successful therapy in every therapeutic modality.
3. Empathy is a basic component of emotional intelligence.
4. Client perception of therapist empathy, as opposed to that of external raters or therapists, is not predictive of positive client outcome.

Sympathy and empathy are closely related words, bound by shared origins and the similar circumstances in which each is applicable, yet they are not synonymous. For one thing, sympathy is considerably older than empathy, having existed in our language for several hundred years before its cousin was introduced, and its greater age is reflected in a wider breadth of meaning. Sympathy may refer to “feelings of loyalty” or “unity or harmony in action or effect,” meanings not shared by empathy. In the contexts where the two words do overlap, sympathy implies sharing (or having the capacity to share) the feelings of another, while empathy tends to be used to mean imagining, or having the capacity to imagine, feelings that one does not actually have.

Anxiety

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry.

The key symptoms of anxiety disorders are extreme anxiety, intense arousal, and attempts to avoid stimuli that lead to fear and anxiety. The fight-or-flight response arises when people perceive a threat, anxiety disorders frequently co-occur with other psychological disorders, such as depression or substance-related disorders. Mental health clinicians must determine whether the anxiety symptoms are the primary cause of the problem or are the by-product of another type of disorder. The high comorbidity of depression and anxiety disorders suggests that the two disorders share some of the same features, specifically high levels of negative emotions and distress—which can lead to concentration and sleep problems and irritability.

Anxiety refers to a sense of agitation or nervousness, which is often focused on an upcoming potential danger. The anxiety disorders are the most common, or frequently occurring, mental disorders. They encompass a group of conditions that share extreme or pathological anxiety as the principal disturbance of mood or emotional tone. Anxiety, which may be understood as the pathological counterpart of normal fear, is manifest by disturbances of mood, as well as of thinking, behaviour, and physiological activity. The anxiety disorders

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include panic disorder, agoraphobia, generalized anxiety disorder, specific phobia, social phobia, obsessive-compulsive disorder, acute stress disorder, and post-traumatic stress disorder. In addition, there are adjustment disorders with anxiety features, and disorders due to general medical conditions and substance-induced anxiety disorders.

Need and Significance of The Study

The present study examines the relationship between empathy and anxiety among young adults. Empathy reflects a positive psychological trait, enabling individuals to understand others' emotions, recognize their problems, and offer support when needed. Being empathetic is generally regarded as a desirable and socially beneficial quality. However, this study explores whether empathy may also be associated with heightened levels of anxiety—whether the ability to understand and share others' distress could contribute to feelings of nervousness or concern for their well-being. The primary objective is to investigate the validity of these assumptions and to clarify the nature of the connection between empathy and anxiety during young adulthood.

This study focuses specifically on young adults, as they represent the emerging generation that will shape the future of society. An empathetic generation is crucial for fostering mutual understanding, cooperation, and social harmony. By examining whether anxiety can be viewed as a reflection of empathy, this research seeks to understand whether empathy in young people contributes to emotional burden or serves as a strength in building a compassionate society.

Operational Definition

- **Empathy:** The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.
- **Anxiety:** Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry.

Theoretical Definition

- **Empathy:** Our ability to recognise the emotions of others, and to experience them ourselves at least to a degree
- **Anxiety:** Anxiety is an increased arousal accompanied by generalized feelings of fear or apprehension. (Girishwar Misra, 2015)

REVIEW OF LITERATURE

- Pittelkowa. M, Rota M, Seidela L, (2021), conducted a study on Social Anxiety and Empathy: A Systematic Review and Meta-analysis. The result show that There was evidence for a positive association between social anxiety and AE-Ayuso-Murillo.D, Sánchez. A, Romero, (2020) conducted a study on Effect of Anxiety on Empathy: An Observational Study Among Nurses. The instrument used for analysis was the Spanish adaptation of the 16PF5 questionnaire. The result show that healthcare professionals reinforce their personal competencies to strengthen their skills to manage anxiety and improve their empathy competencies.

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- M Tal Saban, A Kirby (2019) conducted a study on Empathy, Social relationship and co- occurrence in young adults with DCD. The result show that the results of this study indicate that social Difficulties in the DCD-only group are not due to lack of Empathy, but may be driven by an accumulation of external Factors. In this stuappear to be the factor that reduces the ability to empathize, but rather the presence of ADHD and/or ASrather the presence of ADHD and/or ASD
- Patricia A Hunt (2017) conducted a study on Burnout and its relationship to empathy in nursing. Compassion and empathy are viewed as important by both nurses and patients. The result show that the relationship between these constructs is complex, and an ability to self-regulate emotions during empathic engagement may reduce the risk of burnout.
- Gambin M, Sharp C (2016) conducted a study on Relations between empathy and anxiety dimensions in inpatient adolescents. The result show that those processes associated with empathy may play a role in the development or maintenance of anxiety symptoms.
- Olivia Remes, Carol Brayne, Rianne V Linde, (2016) conducted a study on systematic review of reviews on the prevalence of anxiety disorders in adult populations. A fragmented research field exists on the prevalence of anxiety disorders. The result show that the prevalence of anxiety disorders is high in population subgroups across the discussed ones.
- Cheryl L Fulton, Craig S Cashwell (2015) conducted a study on Mindfulness-based awareness and compassion: Predictors of counselor empathy and anxiety. The Result show that of hierarchical multiple regression Analysis supported that awareness and compassion differentially contributed to explaining the Variance in counselor empathy and anxiety.

Implications for counselor education are discussed.

- Cara A Settipani, Philip C Kendall (2015) conducted a study on The Effect of Child Distress on Accommodation of Anxiety: Relations with Maternal Beliefs, Empathy, and Anxiety. Maternal perceptions of accommodation were measured by vignettes depicting youth exhibiting high or low levels of distress in anxiety-provoking situations that elicited social anxiety, generalized anxiety, or separation anxiety in a sample of 7- to 17- year-old youth with anxiety disorders. The result show that processes associated with empathy may play a role in the development or maintenance of anxiety symptoms.
- Carrier L Mark, Spradlin A, John P Bunce, Larry D Rosen (2015) Conducted a study on Virtual empathy: Positive and negative Impacts of going online upon empathy in young adults. The result show that spending time online does not displace face-to-face Time nor reduce real-world empathy, and suggest that perhaps the lack of nonverbal cues in the online world contributes to Overall lower levels of virtual empathy compared to the real World.
- Khanjani Z, Mosanezhad E Jeddi, (2015) conducted a study on Comparison of cognitive empathy, emotional empathy, and social Functioning in different age groups. The result show that social Functioning gradually declined in older adults, and the elderly people (between the ages of 60 and 80) had lower social functioning than other groups
- Xibiao Ye, Bayyavarapu S Bapuji, Elizabeth S Winters, Ashley Struthers, Melissa Raynard, Colleen Metge, (2014) they conducted a study on Effectiveness of internet-based interventions for children, youth, and young adults with anxiety and/or

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depression: a systematic review and meta-analysis. The results shows that that internet-based interventions were effective in reducing anxiety symptoms and increasing remission rate, but not effective in reducing depression symptom severity.

- Marie Bee Hui Yap, Doreen P Pilkington, Mary S Ryan (2014) conducted a study on Parental factors associated with depression and anxiety in young people. The result show that Parental factors with a sound evidence base indicating increased risk for both depression and anxiety include less warmth, more inter-parental conflict, over- involvement, and aversiveness; and for depression additionally, they include less autonomy granting and monitoring.
- Peters, R Can't, S Payne, M O'connor (2013) conducted Study on How death anxiety impacts nurses' caring for patients at the end of life: a review of literature. The result show that Nursing care of the dying is a particularly demanding role that requires nursing skill and also necessitates nurses to have insight into their personal beliefs about death and dying.
- ANU E Castaneda, Annamari T-Henriksson, Marttunen M, (2008) Conducted a study on cognitive impairments in depressive and anxiety disorders with a focus on young adults.

The result show that cognitive impairments are common in major depression and anxiety disorder

- Singer T, (2006) conducted a study on Empathy for animals: A Review of the existing literature Ashley Young, Kathayoon A Khalil, Jim Wharton Curator: Empathy is often studied as it Relates to humans. As with many internal affective responses, the Link is not always directly clear. The result show That empathy towards others can influence the likelihood of pro-Environmental behaviors as they relate to individual animals and potentially their larger communities or species.

Methodology is a collection of methods, practices, processes, techniques, procedures, and rules. In project management, methodologies are specific, strict, and usually contain a series of steps and activities for each phase of the project's life cycle.

Review of Related Studies

- Pittelkowa, M., Rota, M., & Seidela, L. (2021). *Social anxiety and empathy: A systematic review and meta-analysis*. The results showed a positive association between social anxiety and affective empathy (AE), indicating that individuals with higher social anxiety tend to exhibit greater empathic concern.
- Ayuso-Murillo, D., Sánchez, A., & Romero, (2020). *Effect of anxiety on empathy: An observational study among nurses*. The study used the Spanish adaptation of the 16PF5 questionnaire. Results indicated that healthcare professionals reinforced their personal competencies to manage anxiety effectively and improve their empathy skills.
- Tal Saban, M., & Kirby, A. (2019). *Empathy, social relationships, and co-occurrence in young adults with developmental coordination disorder (DCD)*. The findings showed that social difficulties in the DCD-only group were not due to a lack of empathy but were influenced by external factors, such as the co-occurrence of ADHD and/or ASD.
- Hunt, P. A. (2017). *Burnout and its relationship to empathy in nursing*. The results revealed that the relationship between empathy and burnout is complex; the ability to self-regulate emotions during empathic engagement may reduce the risk of burnout.

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- Gambin, M., & Sharp, C. (2016). *Relations between empathy and anxiety dimensions in inpatient adolescents*. The study found that processes associated with empathy may play a role in the development or maintenance of anxiety symptoms.
- Remes, O., Brayne, C., & Van Linde, R. V. (2016). *A systematic review of reviews on the prevalence of anxiety disorders in adult populations*. The findings showed that the prevalence of anxiety disorders remains high across various population subgroups, highlighting the widespread nature of anxiety.
- Fulton, C. L., & Cashwell, C. S. (2015). *Mindfulness-based awareness and compassion: Predictors of counselor empathy and anxiety*. Hierarchical multiple regression analysis revealed that awareness and compassion contributed differently to explaining variance in counselor empathy and anxiety, suggesting implications for counselor education.
- Settipani, C. A., & Kendall, P. C. (2015). *The effect of child distress on accommodation of anxiety: Relations with maternal beliefs, empathy, and anxiety*. Maternal perceptions were measured using vignettes depicting anxious youth. The findings suggested that processes associated with empathy may play a role in the development or maintenance of anxiety symptoms.
- Carrier, L. M., Spradlin, A., Bunce, J. P., & Rosen, L. D. (2015). *Virtual empathy: Positive and negative impacts of going online upon empathy in young adults*. Results indicated that spending time online did not displace face-to-face interaction or reduce real-world empathy; however, the lack of nonverbal cues in the online environment may contribute to lower levels of virtual empathy.
- Khanjani, Z., Mosanezhad, E., & Jeddi, L. (2015). *Comparison of cognitive empathy, emotional empathy, and social functioning in different age groups*. The study found that social functioning gradually declined with age, with older adults (ages 60–80) exhibiting lower social functioning than younger groups.
- Ye, X., Bayyavarapu, S. B., Winters, E. S., Struthers, A., Raynard, M., & Metge, C. (2014). *Effectiveness of internet-based interventions for children, youth, and young adults with anxiety and/or depression: A systematic review and meta-analysis*. Results showed that internet-based interventions were effective in reducing anxiety symptoms and increasing remission rates but were not as effective in reducing depression severity.
- Yap, M. B. H., Pilkington, D. P., & Ryan, M. S. (2014). *Parental factors associated with depression and anxiety in young people*. The findings indicated that parental factors such as low warmth, inter-parental conflict, over-involvement, and aversiveness increased the risk for both depression and anxiety among youth.
- Peters, R., Cant, S., Payne, S., & O'Connor, M. (2013). *How death anxiety impacts nurses' care for patients at the end of life: A review of literature*. The study found that caring for dying patients requires not only clinical skill but also personal insight into one's beliefs about death and dying.
- Castaneda, A. E., T-Henriksson, A., & Marttunen, M. (2008). *Cognitive impairments in depressive and anxiety disorders with a focus on young adults*. The results showed that cognitive impairments are common in both major depression and anxiety disorders.
- Singer, T. (2006). *Empathy for animals: A review of the existing literature*. The findings suggested that empathy toward non-human animals may promote pro-environmental behaviors, influencing care for individual animals as well as broader species and ecosystems.

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Objective

The present study aims to explore the relationship between empathy and anxiety among young adults. The specific objectives are as follows:

1. To examine the relationship between empathy and anxiety among young adults.
2. To investigate the relationship between empathy and anxiety based on gender differences.
3. To explore the relationship between empathy and anxiety based on locality (urban and rural background).

Hypothesis

1. There is a significant relationship between empathy and anxiety among young adults.
2. There is a significant difference in empathy and anxiety based on gender.
3. There is a significant difference in empathy and anxiety based on locality.

Variables

A variable is an element, feature, or factor that is liable to vary or change. In this study, the independent variable is *young adults*, and the dependent variables are *empathy* and *anxiety*.

Population and Sample

- A population refers to the entire group of individuals living in a particular country, city, or area who share certain characteristics relevant to a study. A sample is an unbiased subset of the population selected for observation or analysis.
- The population selected for this study consists of young adults. A total of 100 participants were chosen as the sample from the Malappuram District.

Research Design and Sampling Technique

A research design refers to the overall strategy used to conduct research. It provides a clear and logical plan to address research questions through the collection, interpretation, analysis, and discussion of data.

In this study, a quantitative research design was employed.

A sampling technique refers to the specific process by which the entities or participants of the sample are selected. The convenience sampling technique was used for data collection.

Tools

1. Beck Anxiety Inventory (BAI)

The Beck Anxiety Inventory (BAI) is a self-report measure of anxiety consisting of 21 items.

- *Reliability:*

Internal consistency: Cronbach's $\alpha = 0.92$

Test-retest reliability (1 week): $r = 0.75$ (Beck, Epstein, Brown, & Steer, 1988)

- *Validity:*

The BAI was moderately correlated with the Revised Hamilton Anxiety Rating Scale ($r = .51$) and mildly correlated with the Hamilton Depression Rating Scale ($r = .25$) (Beck et al., 1988).

- *Scoring:*

Not at all = 0

Mildly, but it didn't bother me much = 1

Moderately – it wasn't pleasant at times = 2

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Severely – it bothered me a lot = 3

The total score is obtained by summing all 21 items:

0–21: Low anxiety

22–35: Moderate anxiety

36 and above: Potentially concerning levels of anxiety

2. Toronto Empathy Questionnaire (TEQ)

The Toronto Empathy Questionnaire (TEQ) represents empathy as a primarily emotional process. Across three studies, the TEQ demonstrated strong convergent validity, correlating positively with behavioral measures of social decoding and self-report measures of empathy, and negatively with measures of autism symptomatology.

- *Validity:*
Construct validity was established through positive correlations with other measures of empathy.
- *Reliability:*
Test–retest reliability: $r = 0.81, p < .001$
- *Scoring:*
 - Never = 0
 - Rarely = 1
 - Sometimes = 2
 - Often = 3
 - Always = 4

Positively worded items: 1, 3, 5, 6, 8, 9, 13, 16

Negatively worded items (reverse scored): 2, 4, 7, 10, 11, 12, 14, 15

Total scores range from 0 to 64.

- Males generally score between 43.46–44.45.
- Females generally score between 44.62–48.93.
- Reported gender differences are *moderate*.

Statistical Analysis

Appropriate statistical analyses were conducted using suitable techniques, including correlation and Student's t-test.

Correlation

Correlation is a statistical technique that measures whether and how strongly pairs of variables are related. It is a bivariate analysis that evaluates the strength and direction of the relationship between two variables.

The correlation coefficient (r) ranges from -1 to $+1$:

- A value close to $+1$ indicates a strong positive relationship.
- A value close to -1 indicates a strong negative relationship.
- A value near 0 indicates a weak or no relationship.

t-Test

A t-test is an inferential statistical method used to determine whether there is a significant difference between the means of two groups. It is often used when data are normally distributed and variances are unknown. The t-test serves as a hypothesis testing tool that helps determine if an assumption about a population is supported by sample data.

Data analysis was performed using SPSS software.

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SPSS

SPSS (Statistical Package for the Social Sciences) is a software package designed for managing and analyzing social science data. It is widely used for performing complex statistical analyses efficiently.

Sampling Criteria

Inclusion Criteria

- Individuals within the age group of 18–30 years
- Both male and female participants
- Individuals residing in the Malappuram District

Exclusion Criteria

- Individuals outside the age group of 18–30 years
- Mentally challenged individuals

Objective:

To find the relationship between empathy and anxiety among young adults.

Hypothesis:

There is a significant relationship between Empathy and anxiety among young adults

Variables	Gender	N	Correlation
Anxiety	Male	50	.326**
	Female	51	
Empathy	Male	50	
	Female	51	

Table 1 shows that descriptive data and correlation value of relationship between Empathy and anxiety among young adults. In this table we taking 51 females and 50 males. The correlation value is .326**, which is significant at 0.05 and 0.01 level.

So, from the result the hypothesis which is stated that there is a significant relationship between Empathy and anxiety among young adults is accepted. Because the correlation value.326 is significant at 0.05 and 0.01 level. So, there is a relationship between Empathy and anxiety among young adults.

Objective 2:

Find relationship between empathy and anxiety based on gender

Hypothesis:

- There is a significant difference in relationship between Empathy and anxiety based on gender.
- To verify these hypotheses independent 't' test was computed and details are shown below.

Table 2 shows the descriptive values and significant difference in relationship between Empathy and anxiety based on gender difference.

	Gender	N	Mean	Significant value (2-tailed)
Anxiety	Male	50	19.80	.650
	Female	51	19.75	
Empathy	Male	50	40.46	.111
	Female	51	43.27	

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Table 2 shows that the descriptive data and significant difference between Empathy and anxiety based on gender. In anxiety scale we taking 51 females and 50 males. The mean value of male is 19.80 and mean value of female is 19.75. The significant value of Anxiety is .650. It is greater than the significant value 0.05 and 0.01. so we concluding that there is no significant difference in anxiety on gender. In empathy scale we taking 50 males and 51 females. The mean value of male is 40.46 and the mean value of female is 43.27 respectively. The significant value in two tail is 0.111. it is greater than the significant value 0.05 and 0.01. So, we concluding that there is no significant difference on empathy based on gender.

So, from the result the hypothesis which is stated that there is no significant difference between empathy and anxiety based on gender was rejected. Because the difference in empathy and anxiety is 0.650 and 0.111. This value is greater than 0.05 & 0.01 level significant. So, there is no significant difference between Empathy and anxiety based on gender.

Objective 3

Find relationship between empathy and anxiety based on locality

Hypothesis:

- There is a significant difference in Empathy and anxiety based on locality.
- To verify the hypothesis independent t test was computed and details are Hypothesis.

Table 3 shows the descriptive values and significant difference in relationship between Empathy and anxiety based on area difference.

	Area	N	Mean	Significant value (2-tailed)
Anxiety	Urban	51	19.80	.609
	Rural	50	18.74	
Empathy	Urban	51	41.88	.915
	Rural	50	42.06	

Table 3: shows that descriptive data and significant area difference between Empathy and anxiety. In this table we taking for the variable anxiety, 51 urban and 50 rural samples. The mean value of urban 19.80 and mean value of rural is 18.74 and the significant values in 2 tail is 0.609. It is greater than the significant value 0.05 and 0.01. therefore, there is no significant difference in anxiety based on area. The samples for variable empathy are 51 urban and 50 rural. The mean value of urban and rural is 41.88 and 42.06 respectively and the significant value in 2 tail is 0.915. It is greater than the significant value 0.05 and 0.01. therefore, there is no significant difference in empathy based on area. So, from the result the hypothesis which is stated that There is a significant difference between Empathy and Anxiety based on area was rejected. Because the significant value (2 tail) is 0.609 and 0.915. It is greater than the significant value 0.05 & 0.01. So, there is no significant difference between Empathy and Anxiety based on area.

Major findings

- The study found a **significant positive relationship** between empathy and anxiety among young adults.
- There was **no significant difference** in empathy and anxiety based on gender.

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- There was **no significant difference** in empathy and anxiety based on area (urban vs. rural).

Test of tenability of hypothesis

SN	Hypothesis	Accepted/ rejected
1	There is a significant relationship between Empathy and anxiety among young adults	Accepted
2	There is a significant difference between Empathy and anxiety based on gender	Rejected
3	There is a significant difference in Empathy and anxiety based on locality	Rejected

Summary and Implications of the Study

The present study primarily focuses on the relationship between empathy and anxiety among young adults. The results indicate that there is a positive correlation between empathy and anxiety, suggesting that as empathy increases, levels of anxiety also tend to rise. The findings further reveal that there are no significant differences in empathy and anxiety based on gender or area of residence.

These results have important implications for understanding the role of empathy in psychological well-being. While empathy is generally regarded as a positive emotional trait, the study highlights that heightened empathy may also contribute to increased anxiety, particularly among young adults who are emotionally responsive to others' experiences.

Future research should aim to develop intervention programs that help individuals maintain healthy levels of empathy while managing anxiety effectively. Strategies such as meditation, mindfulness, and yoga may be beneficial in reducing anxiety symptoms and promoting emotional balance. Additionally, awareness programs can help young adults better understand the connection between empathy and anxiety and adopt coping techniques to enhance mental health and emotional resilience.

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Conflict of Interest

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