

Research Paper

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

Sunidhi Dunakhe^{1*}, Akanksha Brahme²

ABSTRACT

The present study aims to compare difficulties in emotional regulation, trait anxiety, and self-esteem between single children and individuals with siblings belonging to nuclear families. Family composition is considered an important factor in psychological development during young adulthood. The study examines whether sibling status contributes to differences in these psychological variables. The sample consists of 200 young adults aged 18 to 25 years. It includes 100 single children and 100 individuals with siblings. Participants are selected through convenience sampling. Data are collected using a Personal Data Sheet and standardized psychological tools. These tools include the Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004), the Trait Anxiety Scale from the State-Trait Anxiety Inventory (Spielberger, 1983), and the Rosenberg Self-Esteem Scale (Rosenberg, 1965). Descriptive statistics are calculated to summarize the data. The Shapiro–Wilk test is used to test normality. As the data do not meet normality assumptions, the Mann–Whitney U test is applied for group comparison (Mann & Whitney, 1947). The findings show no statistically significant difference between single children and individuals with siblings in difficulties in emotional regulation and self-esteem. A statistically significant difference is found in trait anxiety. Individuals with siblings report higher trait anxiety than single children. The study indicates that sibling presence does not uniformly influence all psychological outcomes. Sibling status appears to be related mainly to trait anxiety, while emotional regulation difficulties and self-esteem remain comparable across groups. The findings contribute to understanding family structure and psychological adjustment in young adults. The chief conclusion is that sibling status has a selective rather than universal influence on psychological functioning.

Keywords: *Sibling status, nuclear family, emotional regulation, trait anxiety, self-esteem, young adults*

Young adulthood is an important developmental stage characterized by identity exploration, emotional transitions, increasing independence, and the establishment of educational, occupational, and interpersonal roles. During this period, individuals face several psychological demands that require effective coping, confidence, and

¹Student, PES Modern College of Arts, Science and Commerce (Autonomous), Maharashtra, India

²Assistant Professor, PES Modern College of Arts, Science and Commerce (Autonomous), Maharashtra, India

*Corresponding Author

Received: April 21, 2026; Revision Received: August 13, 2026; Accepted: August 17, 2026

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

adjustment (Arnett, 2000). Because of these challenges, understanding factors that influence psychological well-being in young adults has become an important area of research.

Among the many influences on psychological development, the family environment plays a significant role. Family experiences shape emotional learning, self-concept, coping styles, communication patterns, and interpersonal behavior from childhood into adulthood (Bowlby, 1969; Morris et al., 2007). Therefore, differences in family composition may create different developmental experiences that continue to affect psychological functioning later in life.

One important aspect of family composition is sibling status, that is, whether an individual grows up as a single child or with siblings. In nuclear families, where parents and children form the main household unit, sibling relationships may have particular importance because opportunities for regular in-home interaction are comparatively limited. Siblings often serve as companions, emotional supports, role models, and partners in cooperation or conflict. Through these interactions, individuals may learn empathy, sharing, negotiation, emotional expression, and problem-solving skills (Dunn, 2002).

At the same time, sibling relationships may involve rivalry, jealousy, comparison, and competition for parental attention, which may increase emotional stress or anxiety in some individuals (Festinger, 1954). In contrast, single children may receive greater parental attention, more individualized resources, and closer parent-child interaction. Although earlier stereotypes viewed only children negatively, later research found no consistent evidence of poorer adjustment among them (Falbo & Polit, 1986).

The present study focuses on three important psychological variables: difficulties in emotional regulation, trait anxiety, and self-esteem. Emotional regulation refers to the processes through which individuals monitor and manage emotional responses according to situational demands (Gross, 1998). Difficulties in emotional regulation are associated with distress and maladaptive coping (Gratz & Roemer, 2004). Trait anxiety refers to a relatively stable tendency to perceive situations as threatening and respond with anxiety across contexts (Spielberger, 1983). High trait anxiety is linked with stress sensitivity and reduced well-being (Barlow, 2002). Self-esteem refers to an individual's overall sense of self-worth (Rosenberg, 1965). Positive self-esteem is associated with resilience and healthy adjustment, whereas low self-esteem may relate to emotional distress (Orth & Robins, 2014).

Existing research has often examined these variables separately or in limited combinations. Studies on family environment have mainly focused on parenting style, socio-economic background, or attachment, while comparatively less attention has been given to sibling status, especially in nuclear family settings. In the Indian context, increasing urbanization and the growing prevalence of nuclear families make this issue particularly relevant.

The scientific problem addressed in the present study is whether sibling status contributes to differences in emotional regulation, trait anxiety, and self-esteem among young adults from nuclear families. Therefore, the present study compares single children and individuals with siblings on these three variables and seeks to contribute to the literature on family structure and psychological adjustment.

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

Objectives of the Study

1. To compare difficulties in emotional regulation between single children and individuals with siblings from nuclear families.
2. To compare trait anxiety between single children and individuals with siblings from nuclear families.
3. To compare self-esteem between single children and individuals with siblings from nuclear families.

Hypotheses

- **H1:** Individuals with siblings in nuclear families will report lower levels of difficulties in emotional regulation compared to single children.
- **H2:** Individuals with siblings in nuclear families will report higher levels of trait anxiety compared to single children.
- **H3:** Individuals with siblings in nuclear families will report higher levels of self-esteem compared to single children.

METHODOLOGY

Research Design

The present study employed a quantitative comparative research design. The purpose of the study was to compare single children and individuals with siblings on selected psychological variables, namely difficulties in emotional regulation, trait anxiety, and self-esteem. A between-group design was used, with sibling status serving as the grouping variable.

Participants

The total sample consisted of 200 young adults between the ages of 18 and 25 years. The participants were divided equally into two groups:

- 100 single children
- 100 individuals with one or more siblings

The sample included male and female participants. All participants belonged to nuclear family.

Locale of the Study

The present study was conducted in Pune. Participants were approached from colleges and surrounding urban areas of Pune city. The locale was selected due to accessibility of young adult participants and the increasing prevalence of nuclear family systems in urban settings.

Duration and Date of Study

The data collection for the present study was carried out during the academic year **2025–2026**. Responses were collected over a planned period after obtaining participant consent.

Sampling Technique

Participants were selected using the convenience sampling.

Inclusion Criteria

1. Young adults aged 18 to 25 years.
2. Individuals belonging to nuclear families.
3. Individuals willing to provide informed consent.
4. Participants able to understand and respond to the study questionnaires.

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

Exclusion Criteria

1. Individuals reporting a history of severe psychiatric illness.
2. Individuals with major physical or cognitive limitations affecting participation.
3. Incomplete response forms.

Variables of the Study

Independent Variable

Sibling status:

- Single child
- Individuals with siblings

Dependent Variables

1. Difficulties in emotional regulation
2. Trait anxiety
3. Self-esteem

Control Variable

- Nuclear family structure
- Gender
- Age range (18–25 years)

Tools Used

- **Personal Data Sheet:** A structured personal data sheet was prepared to collect demographic information such as age, gender, education, family type, and sibling status.
- **Difficulties in Emotion Regulation Scale (DERS):** The DERS was developed by Kimberly L. Gratz and Lizabeth Roemer to assess multiple dimensions of emotional dysregulation (Gratz & Roemer, 2004). The scale consists of 36 items and measures domains such as non-acceptance of emotional responses, impulse control difficulties, lack of emotional awareness, limited access to regulation strategies, emotional clarity, and goal-directed behavior difficulties. Responses are rated on a 5-point Likert scale. The DERS has demonstrated strong internal consistency, with Cronbach's alpha coefficients ranging from .80 to .93 across subscales and total score. It has also shown satisfactory construct validity and good convergent validity in clinical and non-clinical populations (Gratz & Roemer, 2004).
- **State-Trait Anxiety Inventory – Trait Form:** The Trait form of the State-Trait Anxiety Inventory was developed by Charles D. Spielberger to measure stable anxiety tendencies (Spielberger, 1983). The trait form consists of 20 items. Participants respond using a 4-point scale reflecting how they generally feel. Higher scores indicate higher trait anxiety. The STAI-T has shown high internal consistency, with Cronbach's alpha values typically ranging from .86 to .95. The scale has also demonstrated strong test-retest reliability and satisfactory convergent and discriminant validity across diverse populations (Spielberger, 1983).
- **Rosenberg Self-Esteem Scale:** The Rosenberg Self-Esteem Scale was developed by Morris Rosenberg to measure global self-worth (Rosenberg, 1965). The scale contains 10 items rated on a 4-point Likert scale. The scale has demonstrated good internal consistency, with Cronbach's alpha generally ranging from .77 to .88. It has

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

also shown strong construct validity and has been widely validated across age groups and cultural settings (Rosenberg, 1965; Orth & Robins, 2014).

Procedure

Participants were informed about the purpose of the study and assured confidentiality. Informed consent was obtained before data collection. The personal data sheet was administered first, followed by the standardized psychological scales. Participants were instructed to respond honestly and independently. Completed responses were scored according to standard scoring procedures.

Ethical Considerations

- Voluntary participation was ensured.
- Informed consent was obtained.
- Confidentiality of responses was maintained.
- Data were used strictly for academic and research purposes.

Statistical Analysis

Descriptive statistics including mean and standard deviation were calculated. Normality of data distribution was examined using the Shapiro - Wilk test (Shapiro & Wilk, 1965). Since the data were non-normal, the Mann–Whitney U test was used for comparing the two independent groups (Mann & Whitney, 1947). The significance level was set at .05.

RESULTS

Data obtained from the participants were analyzed using descriptive and inferential statistics to examine differences between single children and individuals with siblings on difficulties in emotional regulation, trait anxiety, and self-esteem. Since the data did not satisfy assumptions of normality, non-parametric analysis was carried out using the Mann–Whitney U test.

Variable	Mean	Standard Deviation
Difficulties in Emotional Regulation	92.96	16.18
Trait Anxiety	42.14	6.93
Self-Esteem	18.27	2.75

This table presents the descriptive statistics for the three variables under study. The mean score for difficulties in emotional regulation was 92.96, indicating a moderate overall level in the sample. The standard deviation of 16.18 shows noticeable variability among participants. Trait anxiety had a mean score of 42.14 with a standard deviation of 6.93, suggesting moderate anxiety levels with comparatively less variation. Self-esteem had a mean score of 18.27 and standard deviation of 2.75, indicating relatively stable scores across participants. These statistics provide an overview of the general distribution of psychological characteristics in the sample.

Test of Normality

The Shapiro - Wilk test was applied to determine whether the data followed a normal distribution. The significance values for the three variables were below the accepted threshold, indicating deviation from normality. Therefore, the Mann–Whitney U test was selected for hypothesis testing.

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

Variables	Statistic	df	P value
Difficulties in Emotional Regulation	.974	200	.001
Trait Anxiety	.969	200	.000
Self-Esteem	.979	200	.004

Table shows the results of the Shapiro–Wilk test used to examine whether the data were normally distributed. For all three variables, the p values were less than .05, indicating significant deviation from normality. Difficulties in emotional regulation showed $p = .001$, trait anxiety showed $p = .000$, and self-esteem showed $p = .004$. Since the assumption of normality was violated for all variables, non-parametric statistical analysis was considered appropriate. Therefore, the Mann–Whitney U test was used for hypothesis testing.

Group Comparisons

Variable	Group	N	Mean Rank	U value	P value
Difficulties in Emotional Regulation	Single Child	100	95.71	4521.00	.242
	With Siblings	100	105.29		
Trait Anxiety	Single Child	100	91.28	4077.50	.024*
	With Siblings	100	109.73		
Self-Esteem	Single Child	100	95.46	4495.50	.214
	With Siblings	100	105.55		

Table presents the results of the Mann–Whitney U test comparing single children and individuals with siblings on the three psychological variables.

For difficulties in emotional regulation, the mean rank of participants with siblings (105.29) was slightly higher than that of single children (95.71), but the difference was not statistically significant ($U = 4521.00$, $p = .242$). This indicates that both groups showed similar levels of emotional regulation difficulties.

For trait anxiety, participants with siblings obtained a higher mean rank (109.73) compared to single children (91.28). The difference was statistically significant ($U = 4077.50$, $p = .024$), indicating that individuals with siblings reported higher trait anxiety. This supports Hypothesis 2.

For self-esteem, participants with siblings had a slightly higher mean rank (105.55) than single children (95.46), but the difference was not statistically significant ($U = 4495.50$, $p = .214$). This suggests comparable self-esteem levels in both groups.

Overall, among the three variables studied, only trait anxiety showed a significant difference based on sibling status.

Interpretation of Findings

1. Difficulties in Emotional Regulation

No statistically significant difference was found between single children and individuals with siblings on difficulties in emotional regulation ($U = 4521.00$, $p = .242$). This indicates that sibling status was not associated with meaningful differences in emotional regulation difficulties in the present sample.

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

2. Trait Anxiety

A statistically significant difference was observed in trait anxiety ($U = 4077.50$, $p = .024$). Participants with siblings showed higher mean ranks than single children, suggesting relatively higher trait anxiety among individuals with siblings.

3. Self-Esteem

No statistically significant difference was found between the two groups on self-esteem ($U = 4495.50$, $p = .214$). This suggests comparable levels of self-esteem among single children and individuals with siblings.

Summary of Results

The findings indicate that sibling status in nuclear families was significantly related only to trait anxiety. No significant group differences were observed for difficulties in emotional regulation or self-esteem.

DISCUSSION

The present study examined differences in difficulties in emotional regulation, trait anxiety, and self-esteem between single children and individuals with siblings from nuclear families. The findings indicate that sibling status was associated with trait anxiety, whereas no significant differences were observed in emotional regulation difficulties and self-esteem.

Hypothesis 1 stated that individuals with siblings would report lower levels of difficulties in emotional regulation compared to single children. The findings did not reveal a statistically significant difference between the two groups; therefore, **Hypothesis 1 was not supported**. This suggests that emotional regulation may not depend solely on sibling presence. Emotional regulation develops through multiple influences such as parenting practices, attachment experiences, peer interaction, and broader social learning opportunities (Bowlby, 1969; Morris et al., 2007). In contemporary settings, single children often receive adequate social exposure through educational and peer environments, which may help develop emotional competence comparable to those with siblings.

Hypothesis 2 proposed that individuals with siblings would report higher levels of trait anxiety compared to single children. The results showed a statistically significant difference, with participants having siblings reporting higher trait anxiety. Therefore, **Hypothesis 2 was supported**. This finding may be explained through sibling rivalry, comparison, competition for parental attention, and interpersonal conflict that may arise within sibling relationships. According to social comparison theory, repeated comparison with close others may influence self-evaluation and stress responses (Festinger, 1954). Previous theoretical perspectives also suggest that environmental experiences contribute significantly to anxiety proneness (Barlow, 2002; Spielberger, 1983).

Hypothesis 3 stated that individuals with siblings would report higher self-esteem than single children. The findings did not show a statistically significant difference between the two groups; therefore, **Hypothesis 3 was not supported**. This indicates that self-esteem may be shaped by wider developmental experiences rather than sibling presence alone. Parental support, academic success, peer acceptance, and perceived competence are recognized as important contributors to self-esteem development (Rosenberg, 1965; Orth & Robins, 2014). In many cases, single children may receive greater parental attention and encouragement, which may support levels of self-worth similar to those with siblings.

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

Overall, the findings suggest that sibling status in nuclear families does not uniformly influence all psychological outcomes. Among the three variables studied, only trait anxiety showed a significant group difference. Difficulties in emotional regulation and self-esteem appeared comparable across groups. These findings highlight that family composition may have a selective rather than universal effect on psychological functioning.

The present study contributes to the growing literature on family structure and psychological adjustment in young adults. It also suggests that assumptions regarding superior or poorer adjustment among either single children or individuals with siblings should be viewed cautiously. Psychological well-being is likely shaped by multiple contextual and interpersonal factors beyond sibling presence alone.

CONCLUSION

Sibling status shows a selective influence on psychological functioning among young adults from nuclear families. Presence of siblings relates more strongly to trait anxiety than to emotional regulation difficulties or self-esteem. Emotional regulation appears to depend on broader developmental and social experiences rather than sibling presence alone. Self-esteem develops through multiple interpersonal and personal factors beyond family composition. Nuclear family context modifies the psychological role of sibling relationships during young adulthood. Single children and individuals with siblings demonstrate comparable emotional adjustment in contemporary social settings. Sibling interactions may increase anxiety through comparison, rivalry, and shared expectations. Psychological well-being in young adults reflects the quality of relationships more than the number of siblings.

Limitations

1. The study used convenience sampling, which may limit the generalizability of the findings to the wider population.
2. The sample was restricted to young adults aged 18 to 25 years only. Therefore, the findings may not apply to adolescents or older adults.
3. Only participants from nuclear families were included, excluding joint, blended, or single-parent family systems.
4. The study relied on self-report psychological scales, which may be influenced by response bias or social desirability.
5. The research followed a cross-sectional design; therefore, causal relationships cannot be established.
6. Only three psychological variables were studied: difficulties in emotional regulation, trait anxiety, and self-esteem. Other relevant variables were not examined.
7. The quality of sibling relationships, birth order, age gap, and number of siblings were not assessed.
8. Cultural and regional factors may have influenced responses, as the sample was limited to a specific locale.

Implications

1. The findings contribute to understanding the relationship between sibling status and psychological adjustment among young adults.
2. Mental health professionals may consider sibling dynamics while assessing anxiety-related concerns.
3. Counselors can design interventions focusing on comparison, rivalry, and family stress among siblings.

Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults

4. Parents may be encouraged to reduce unhealthy comparison and promote supportive sibling relationships.
5. Educational institutions can organize stress-management and emotional well-being programs for students irrespective of family type.
6. The study challenges stereotypes regarding single children and individuals with siblings.
7. The findings highlight that emotional regulation and self-esteem are influenced by multiple factors beyond sibling presence alone.
8. The study provides a foundation for future research on family composition and psychological well-being in Indian settings.

REFERENCES

- Antunes, R., Salvador, R., & Maroco, J. (2021). Emotional regulation and self-esteem: The mediating role of psychological adjustment. *Journal of Psychology and Behavioral Science*, 9(2), 45–58.
- Barlow, D. H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic* (2nd ed.). Guilford Press.
- Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. International Universities Press.
- Bowlby, J. (1969). *Attachment and loss: Vol. 1. Attachment*. Basic Books.
- Cooley, C. H. (1902). *Human nature and the social order*. Scribner's.
- Coopersmith, S. (1967). *The antecedents of self-esteem*. W. H. Freeman.
- Dağlı, A., Baysal, Z. N., & Poyrazlı, Ş. (2023). The relationship between trait anxiety and self-esteem among young adults. *Current Psychology*, 42(5), 3456–3465.
- Donti, O., Theodorakou, K., & Donti, A. (2012). Self-esteem and trait anxiety in adolescents. *Journal of Human Sport and Exercise*, 7(2), 367–375.
- Downey, D. B., & Condon, D. J. (2004). Playing well with others in kindergarten: The benefit of siblings at home. *Journal of Marriage and Family*, 66(2), 333–350.
- Dunn, J. (2002). *Sibling relationships*. Blackwell Publishing.
- Eisenberg, N., Spinrad, T. L., & Eggum, N. D. (2010). Emotion-related self-regulation and its relation to children's maladjustment. *Annual Review of Clinical Psychology*, 6, 495–525.
- Endler, N. S., & Kocovski, N. L. (2001). State and trait anxiety revisited. *Journal of Anxiety Disorders*, 15(3), 231–245.
- IFalbo, T., & Polit, D. F. (1986). Quantitative review of the only child literature. *Psychological Bulletin*, 100(2), 176–189.
- Farmakopoulou, M., Tsaousis, I., & Kafetsios, K. (2024). Family functioning, self-esteem, and anxiety: A moderated mediation model. *Journal of Family Psychology*, 38(1), 112–123.
- Festinger, L. (1954). A theory of social comparison processes. *Human Relations*, 7(2), 117–140.
- Fitzgerald, A., & Williams, J. (2024). Trait anxiety and relationship outcomes in adulthood. *Journal of Social and Personal Relationships*, 41(3), 567–582.
- Fonseca-Baeza, S., Ruiz, F. J., & Suárez-Falcón, J. C. (2023). Emotional dysregulation and psychological distress. *Journal of Contextual Behavioral Science*, 27, 120–128.
- Gratz, K. L., & Roemer, L. (2004). Multidimensional assessment of emotion regulation. *Journal of Psychopathology and Behavioral Assessment*, 26(1), 41–54.
- Gross, J. J. (1998). The emerging field of emotion regulation. *Review of General Psychology*, 2(3), 271–299.

**Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation,
Trait Anxiety, and Self-Esteem among Young Adults**

- Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1), 1–26.
- Harter, S. (1999). *The construction of the self: A developmental perspective*. Guilford Press.
- Hayashida, K., Takahashi, M., & Sato, H. (2025). Parenting styles and trait anxiety. *Journal of Affective Disorders*, 350, 210–218.
- Jha, A., & Jha, S. (2015). Family environment and anxiety among youth. *Indian Journal of Psychology*, 90(3), 345–352.
- Kapadia, S., & Miller, P. J. (2005). Parent–child relationships in India. *Journal of Cross-Cultural Psychology*, 36(4), 496–518.
- IIKumari, A., & Chamundeswari, S. (2013). Self-esteem and academic achievement among adolescents. *Journal of Educational Psychology*, 7(2), 45–52.
- Mann, H. B., & Whitney, D. R. (1947). On a test of whether one of two random variables are stochastically larger than the other. *Annals of Mathematical Statistics*, 18(1), 50–60.
- McClure, K., & Parmenter, J. (2020). Trait anxiety and interpersonal functioning. *Personality and Individual Differences*, 161, 109–115.
- Menezes, C. B., & Bizarro, L. (2015). Effects of emotion regulation on anxiety. *Psychology & Neuroscience*, 8(3), 350–359.
- Morris, A. S., Silk, J. S., Steinberg, L., Myers, S. S., & Robinson, L. R. (2007). Role of family context in emotion regulation. *Social Development*, 16(2), 361–388.
- Orth, U., & Robins, R. W. (2014). The development of self-esteem. *Current Directions in Psychological Science*, 23(5), 381–387.
- Pu, J., Hou, H., & Ma, R. (2017). Direct and indirect effects of self-esteem on anxiety. *Personality and Individual Differences*, 105, 76–80.
- Rani, R., & Singh, P. (2017). Family environment and self-esteem. *Indian Journal of Social Research*, 58(4), 567–575.
- Raval, V. V., & Martini, T. S. (2009). Emotional socialization in Indian families. *Journal of Family Psychology*, 23(4), 572–582.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton University Press.
- Sahoo, S., & Khess, C. R. J. (2010). Anxiety disorders in India. *Indian Journal of Psychiatry*, 52(Suppl 1), S141–S147.
- Shapiro, S. S., & Wilk, M. B. (1965). Test for normality. *Biometrika*, 52(3–4), 591–611.
- Shekhar, C., & Pangotra, P. (2017). Emotional regulation and self-esteem. *Indian Journal of Health and Wellbeing*, 8(5), 456–460.
- IIIShimura, A., Takaesu, Y., Nakai, Y., et al. (2017). Trait anxiety and self-esteem relationship. *Neuropsychiatric Disease and Treatment*, 13, 2001–2007.
- Shimasaki, Y., Tanaka, K., & Yamada, T. (2023). Childhood adversity and trait anxiety. *Journal of Anxiety Disorders*, 94, 102658.
- Singh, R., Patel, M., & Shah, N. (2012). Behavioral patterns of single children vs children with siblings. *Indian Journal of Psychology*, 87(2), 234–240.
- Sousa-Gomes, V., Pereira, R., & Costa, M. (2022). Emotional dysregulation and interpersonal functioning. *Journal of Behavioral Sciences*, 12(1), 89–101.
- Southam-Gerow, M. A., & Kendall, P. C. (2002). Emotion regulation and anxiety. *Clinical Psychology Review*, 22(2), 189–222.
- Spielberger, C. D. (1972). *Anxiety: Current trends in theory and research*. Academic Press.
- Spielberger, C. D. (1983). *Manual for the State-Trait Anxiety Inventory*. Consulting Psychologists Press.
- Starosta, J. A., Izydorczyk, B., & Lizińczyk, S. (2021). Emotional regulation and binge-watching. *Journal of Behavioral Addictions*, 10(2), 421–432.

**Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation,
Trait Anxiety, and Self-Esteem among Young Adults**

Acknowledgment

To the Department of Psychology, PES Modern College of Arts, Science and Commerce (Autonomous), for providing the academic guidance and facilities required for the completion of this research work. To the research guide, Asst. Prof. Aakanksha Brahme, for valuable guidance, encouragement, and continuous support throughout the study. To all participants for their cooperation and sincere responses, which made this study possible. To family members and friends for their constant encouragement and support during the course of this research.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: Dunakhe, S. & Brahme, A. (2026). Sibling Status in Nuclear Families: A Comparative Study of Difficulties in Emotional Regulation, Trait Anxiety, and Self-Esteem among Young Adults. *International Journal of Indian Psychology*, 14(3), 1169-1179. DIP:18.01.100.20261403, DOI:10.25215/1403.100