

A Research Project Synopsis on

**A STUDY ON THE RELATIONSHIP BETWEEN FAMILY ENVIRONMENT AND  
PERSONALITY TRAITS AMONG EMERGING ADULTS**

By

**Shaily Bajpai**

Enrolment No. 186127955

Study Centre:

**NMKRV PU College For Women**

Regional Centre: **Bengaluru**

MPCE- 26

(Counselling Psychology)

Name of the Guide – **Dr. Nethravathi R**

**Indira Gandhi National Open University**

July 2019

## **INTRODUCTION**

Family is a special psychosocial system that every member pursuit as individual needs and goals, and yet all functioning as a whole by multidirectional and circular impacts to maintain the homeostasis (Goldenberg and Goldenberg 2005). This resilient equilibrium undergoes a strained period when the child of family enters adolescence and develops autonomy to attempt becoming an independent one and to take responsibility of own world (Hill and Holmbeck 1986, Sprinthall and Collins 1995). Nonetheless, the family influences on offspring are so profound but unapparent that, for instance, irrational beliefs or behavioral patterns can be transmitted generation by generation and formulate a vicarious cycle (Adshead and Bluglass 2001, Kretchmar and Jacobvitz 2002). Despite of having a proliferated theoretical background, the trend of family research is, ironically, always not referring theory as the guidance (Jacob 1987). An extensive body of research is interested in comparing children and adolescents from nuclear family, stepfamily, single-parent family and divorced family (Amato and Keith 1991, Hanson 1996, Dunn 1998, Hazelton 1998).

### **Family research on Adult:**

It is fair to say that focus of family research has been mainly concentrating on children and adolescence (Maccoby 1980). This could be expounded by the fact that psychological development during young ages is critically sensitive and subjective to the contexts of family (Hunter and Youniss 1982, Greenberg 1983). For example, child's violent behavior and later adolescent's delinquency are related to both the presence and quality of parental involvement (Wright and Wright 1994). Contrarily, the increasing autonomy of young adult results in their declining reliance on parents whether in cognitive, emotional, or behavioral domains (Sprinthall and Collins 1995, Grotevant 1998). Adults have to achieve individuation from family of origin that separates their lives with parents (Frank 1988). Therefore, they are rarely considered on how can be changed or shaped by family.

Although adult is always regarded as an independent and autonomy unit, there are, still, few researches which recruited adult as subject to investigate the possible role of family influence. Serewicz and her colleagues (2007) found that in university students, the communication with family members was indicative of the qualities of family interactions, satisfaction and relationships. More importantly, this communication pattern learned from family continued to affect ninety percent of the left home adult. In addition, Siddique and D'Arcy (1984) demonstrated that perceived family stress has, surprisingly, more consistent and larger correlations with

psychological adjustments than school and peer stresses in adolescents. This implies many unrealized but dominant roles of family on adults have been unrevealed such as family relationship in socialization (Weidman 1989, Pascarella and Terenzini 1991). All of these evidences suggested that family exerted direct and indirect effects on adult, which have always been overlooked.

### **Few Key Terms:**

**Emerging adulthood:** It is a phase of the life span between the adolescence and also full-fledged adulthood which encompasses late adolescence and early adulthood, proposed by Jeffrey Arnett in a 2000 article in the American Psychologist. The term describes young adults who do not have children, do not live in their own home, or do not have sufficient income to become fully independent. Arnett suggests emerging adulthood is the distinct period between 18 and 29 years of age where adolescents become more independent and explore various life possibilities. Arnett argues that this developmental period can be isolated from adolescence and young adulthood. Emerging adulthood is a new demographic, is contentiously changing, and some believe that twenty-something have always struggled with "identity exploration, instability, self-focus, and feeling in-between". Arnett called this period "roleless role" because emerging adults do a wide variety of activities, but are not constrained by any sort of "role requirements".

**Personality** is defined as the characteristic sets of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors. Trait-based personality theories, such as those defined by Raymond Cattell, define personality as the traits that predict a person's behavior. On the other hand, more behaviorally based approaches define personality through learning and habits.

The study of the psychology of personality, called personality psychology, attempts to explain the tendencies that underlie differences in behavior. Many approaches have been taken on to study personality, including biological, cognitive, learning and trait based theories, as well as psychodynamic, and humanistic approaches.

Personality is often broken into statistically-identified traits called the Five Factors, which are openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism (or emotional stability).

## **REVIEW OF LITERATURE**

Review of literature is the essential aspect of scientific work. It helps the researcher in developing insight in the subject being studied. It certainly helps in conceptualization of the research problem and makes the investigator alert in existing relative status of the literature. It also helps designating the study and finalizing the methodology for collecting data. It is not possible to take an account of all relevant published work, but some relevant published work in India and abroad reviewed and the presented below:

Philip and Thomas (2014) examined whether there is a positive difference between the personality of only child and child with Siblings. They again access whether there any difference between parental supports provided to only child and child with siblings. High School Personality Questionnaire and Parental Support Scale are used to test the relationship. The sample size was 120 parents and 60 only children and 60 children with siblings aged between 12 to 17years. The researcher found significant difference between parental support and personality development between only child and child with siblings.

Samarein (2013) conducted a study to examine the relationship between personality traits and internet addiction of students at Kharazmi University. Descriptive and correlative method was employed to analyze the data 400 students who were selected using stratified sampling form all the faculties located in Kharazmi University. Results revealed that Internet addiction is significantly and positively correlated to neuroticism and negatively correlated to extraversion, agreeableness and conscientiousness. Moreover, males scored significantly higher on IAD as compared to females.

Baker and Hoerger (2012) conducted a study to access the relationship of parental child-rearing strategies in family and individual differences in self-regulation, socio-emotional adjustment and psychopathology in early adulthood. Results revealed that, Parental warmth was found to be related to overall better self-regulation and improved interpersonal and academic adjustment. In contrast, both parental rejection and over-control were found to be related to general deficits in self-regulation as well as adjustment difficulties and psychopathology. Parental rejection was most closely related to anxiety and depression.

Bhat and Aminabhavi (2011) conducted a study on the impact of home environment with psychosocial competence of adolescents. Data was collected from 100 adolescents studying in IX and X standards in English medium high schools of Dharwad. The home environment was assessed by using Mishra's Home Environment Inventory, psycho social competence was measured using Dindial and Aminabhavi's psychosocial competence scale. Result revealed that adolescents with high control, social isolation, deprivation of privileges and rejection at home have shown significantly lower problem solving, decision making, coping with emotion, coping with stress and overall psychosocial competence children with high protectiveness, punishment, conformity, reward nurturance and permissiveness have better empathy. Critical thinking, empathy, self-awareness, coping with stress, interpersonal relations and effective communication as well as overall psychological competence. Findings of the study reveal the significance of the home environment in the development of life skills.

Kaur (2009) conducted a study to explore academic achievement and home environment as correlates of self-concept (major dimension of personality) in a sample of 300 adolescents. The results of the study revealed that components of home environment such as protectiveness, conformity, reward, and nurturance significantly associated with self-concept, thus uses of rewards and nurturance from parents should be done for positive self-concept development among adolescents. However, the correlation of social isolation, deprivation of privileges and rejection components of home environment is significantly negative with self-concept among adolescents indicating that for positive self-concept development among adolescents, there should be less or no use of social isolation, deprivation of privileges and rejection.

Nakao (2000) conducted a study to assess the influence of family relationship on personality traits. A total sample of 150 children was interviewed at the Child Guidance Clinic in Osaka. Personality dimensions such as extraversion, maturity, and intellect are discussed with respect to family relationship. The results found that extraversion was negatively associated with overprotection and with maternal participation; Maturity associated with high SES and appropriate child rearing practices and Intellect was related to high SES and maternal participation in child rearing. Result also revealed that, children with high introversion had stronger influence of their family relationship.

Kalyani Devi (1999) Studied, "Self-Concept of Early Adolescence In single Parents and Intact Families", She found that there was significant difference is regard with the self-concept of

adolescence of intact families had greater self-concept also found that girls had higher self-concept than boys. Adolescents of intact family had high self-concept in the dimensions, such as physical, family, social, personal identity and behavior self and the single parent adolescents got high self-concept scores in moral and ethical self-area.

Hoffman (1994) describes that parents who rely on induction have teens with positive social values and high self-esteem. (Stafford and Bayer, 1993; Turner and Finkelhor, 1996) found that when parents rely on physical or verbal punitiveness, their children may develop hostility toward them and may resist or reject their authority. Patterson, Reid and Dishion, (1992) concluded from their study that adolescents may respond to parents punitive behavior with their own punitive behaviors (such as yelling or insulting parents), thereby creating a cycle of punitive responses in the family. Eckenrode, Laird and Doris (1993) found that adolescents whose parents use harsh punishment are expected to develop low self-esteem and less advanced moral values than their friends. They also are expected to have problems in school, use drugs and develop behavior problems.

Weaver and Clum (1993) were conducted a study to access the childhood trauma experiences such as sexual abuse, physical abuse, witnessed violence, and early separation experiences etc. and family environment characteristics. A questionnaire from a sample of depressed female inpatients; 17 were diagnosed as having borderline personality disorder (BPD), and 19 received no such diagnosis (NBPD). Study revealed that the individual having BPD is significantly reported more histories of sexual abuse, physical abuse, and witnessed violence than NBPD individuals. Trauma and sexual abuse proved as a significant predictor of dimensional BPD score, even after physical abuse, subjective depression score, diagnostic differences between groups, and family environment were controlled. Separation experiences in family were non-significantly different between groups. While it was also found the BPD families were reported to be distinctive for several different family environment characteristics, the control dimension significantly predicted dimensional borderline score even after sexual abuse was controlled.

The objective of this chapter is to familiarize the researcher with the relevant information and facilitate the analysis concerning the topic of the research.

## RATIONALE OF STUDY

Family research has been spotlighting on the well-being of child and adolescent, but the unheeded side is the effects of family on young adults who have been transiting from dependence to independence of family. This study is designed to investigate the family influence on young adult's (aged 18-29yrs) personality traits and factors associated. Specifically, the interrelations among family environment, and the development of personality traits among the emerging young adults on the basis of five factors will be examined by applying FES and Neo FFI on young adults both male and female.

Some research has investigated whether the relationship between happiness and extraversion seen in adults can also be seen in children. The implications of these findings can help identify children that are more likely to experience episodes of depression and develop types of treatment that such children are likely to respond to. In both children and adults, research shows that genetics, as opposed to environmental factors, exert a greater influence on happiness levels. Personality is not stable over the course of a lifetime. McCrae and Costa's Big Five model assesses personality traits in adults. Findings show that high degrees of sociability and low degrees of shyness are equivalent to adult extraversion, and correlate with higher levels of life satisfaction in children.

Another interesting finding has been the link found between acting extraverted and positive affect. Extraverted behaviors include acting talkative, assertive, adventurous, and outgoing. For the purposes of this study, positive affect is defined as experiences of happy and enjoyable emotions. This study investigated the effects of acting in a way that is counter to a person's dispositional nature. In other words, the study focused on the benefits and drawbacks of introverts (people who are shy, socially inhibited and non-aggressive) acting extraverted, and of extraverts acting introverted. After acting extraverted, introverts' experience of positive affect increased whereas extraverts seemed to experience lower levels of positive affect and suffered from the phenomenon of ego depletion.

So we will analyze all these points and studies in this project and discuss how family environment and the relationships between family and emerging adults affect their personality trait development.

## **RESEARCH METHODOLOGY**

A research methodology is the arrangement of condition for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in descriptive manner. Every research activity needs a particular type of methodology because the result of research lies more in its methods than in its contents or subject matter. The present research study is not an exception to this. The different steps of any research investigation like the selection of problem, selection of research area, sampling frame, use of different tools for data collection and various methods used for data analysis were also considered while carrying out the present investigation for: study on relationship between family environment and personality traits of emerging adults.

### **Problem Statement**

To study the relationship between family environment and personality traits of emerging adults. Keeping with the importance of the concept, the present research is proposed to study the below mentioned variables.

### **Objectives**

- To study the relationship between family environment and Openness to experience personality trait of adults.
- To study the relationship between family environment and Conscientiousness personality trait of adults.
- To study the relationship between family environment and Extraversion personality trait of adults.
- To study the relationship between family environment and Agreeableness personality trait of adults.
- To study the relationship between family environment and Neuroticism personality trait of adults.

### **Hypothesis**

Following Null hypotheses were formulated to achieve the objectives of the study:

H01: There is no significant relationship between family environment and Openness to

experience personality trait of adults

H02: There is no significant relationship between family environment and Conscientiousness personality trait of adults

H03: There is no significant relationship between family environment and Extraversion personality trait of adults

H04: There is no significant relationship between family environment and Agreeableness personality trait of adults

H05: There is no significant relationship between family environment and Neuroticism personality trait of adults

### **Variables:**

**Independent Variables:** Family Environment of the subjects.

**Dependent Variables:** Personality Traits of the Subject based on Five Factor Model

- a. Openness
- b. Conscientiousness
- c. Extraversion
- d. Agreeableness
- e. Neuroticism

Again, both these variables are related to each other in the study when the samples were randomly selected from the population.

### **Operational Definition:**

**Family Environment:** It refers to the quality and quantity of the cognitive, emotional and social support that has been available to the child within the family and connotes the psychological environment of family as perceived by adolescents to be measured by Bhatia and Chadha (2004).

**Personality** is defined as the characteristic sets of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors.

Personality is often broken into statistically-identified traits called the Big Five, which are openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism (or emotional stability). These components are generally stable over time, and about half of the variance appears to be attributable to a person's genetics rather than the effects of one's environment.

**Emerging adulthood:** It is a phase of the life span between the adolescence and also full-fledged adulthood which encompasses late adolescence and early adulthood, proposed by Jeffrey Arnett in a 2000 article in the American Psychologist. The term describes young adults who do not have children, do not live in their own home, or do not have sufficient income to become fully independent. Arnett suggests emerging adulthood is the distinct period between 18 and 29 years of age where adolescents become more independent and explore various life possibilities.

### **Sample:**

All the items under consideration in any field of inquiry constitute a “population”. The researcher must decide the way of selecting a sample or what is popularly known as the sample design. A sample design is a definite plan determined before any data are actually collected for obtaining a sample from a given population.

The present research aims to study the population of emerging adults considering the impact of family environment in India.

A Sample of 60 respondents both male and female (30 each) , from all over India, from the age group of emerging adults ranging between 18-29 yrs. for this research study.

### **Sampling Technique:**

The present study will be done by using the convenient sampling technique or by collecting the data.

### **Research Design:**

#### **Non-Experimental (Effect-to-Causing Factors)**

A research design is a plan, structure and strategy of investigation so conceived as to obtain answers to research questions or problems. The plan is the complete scheme or programme of the research. It includes an outline of what the investigator will do from writing the hypotheses and their operational implications to the final analysis of data. (Kerlinger 1986: 279). A research study is something in which the researcher starts from the effect(s) or outcome(s) and attempts to determine causation. If a relationship is studied in the first way, starting from the cause to establish the effects, it is classified as an experimental study. If the second path is followed – that is, starting from the effects to trace the cause – it is classified as a non-experimental study.

In the non-experimental form of comparative design, groups already receiving different interventions are identified, and only the post-observation with respect to the dependent variable is conducted. The pre-test data set is constructed either by asking the study population in each group to recall the required information relating to the period before the introduction of the treatment, or by extracting such information from existing records. Sometimes a pre-test observation is not constructed at all, on the assumption that if the groups are comparable the baseline must be identical. As each group is assumed to have the same baseline, the difference in the post-test observation is assumed to be because of the intervention.

### **Test/ Tools:**

A well-designed and developed questionnaire is important to achieve the objectives and purposes of any survey. A good questionnaire provides complete and exact information to achieve the research objectives; interviewers and respondents can fill it comfortably; and is so designed as to do comprehensive analysis and interpretation possible.

- Family Environment Scale (FES), which is one of the most acknowledged and accepted self-reported questionnaire, was frequently employed in these studies concerning well-being (Glidden and Schoolcraft 2007). FES is developed by R. H. Moos and his colleagues (1974, 1981) who aimed at assessing family climate, which defined as the perceived environment by each family member that they are influenced by its characteristics. It consists of nine subscales: cohesion, expressiveness, conflict, independence, achievement orientation, intellectual-cultural orientation, active recreational orientation, moral-religious emphasis, organization and control.
- Neo Five Factor Inventory (NEO-FFI), constructed by Costa & McCrae (1992) is a sixty-item version of the NEO PI-R. It provides a brief, comprehensive measure of the five domains of personality. The domains it measures are Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness. It requires a sixth grade reading level. It consists of five 12-item scales that measure each domain. The test contains three additional validity check items, at the end, to ask the respondent if he/she has responded to all the statements, in the correct boxes, honestly and accurately. The reliability coefficient alpha for domain scale ranges from .86 to .95 inventory.

**Data Collection:**

The present study will be collecting data from above mention tools. Data will be collected by the researcher personally.

**Data Statistical Analysis:**

The primary data which will be collected will be sorted, classified, edited, tabulated in a proper format and analyzed by utilizing appropriate statistical tools. The data will be entered in SPSS. Statistical Packages for Social Sciences (SPSS) a computer-aided software package of statistical tools for deploying different basic and advanced statistical tools in the research will also be used for the data analysis. The data will be analyze using the correlational method.

## **REFERENCES**

Text taken from Books:

Ranjit Kumar (2011). Research\_Methodology. London: SAGE Publications Ltd.

Article taken from Journal:

Wilson P. L. Wong (2012).Underestimated Impact of Family Climate On Young Adult.  
*VOL. I*, 60-90.

Websites:

[https://en.wikipedia.org/wiki/Emerging\\_adulthood\\_and\\_early\\_adulthood](https://en.wikipedia.org/wiki/Emerging_adulthood_and_early_adulthood)

<https://en.wikipedia.org/wiki/Personality>

[https://shodhgangotri.inflibnet.ac.in/bitstream/123456789/2767/3/03\\_literature%20review.pdf](https://shodhgangotri.inflibnet.ac.in/bitstream/123456789/2767/3/03_literature%20review.pdf)

<https://shodhganga.inflibnet.ac.in/bitstream/10603/145815/7/07%20review%20of%20literature.pdf>