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A Correlational Study of Altruism and Subjective Well-Being

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Abstract: Altruism during emerging adulthood acts as a powerful catalyst for personal growth and mental flourishing. Engaging in pro-social behavior helps young adult navigate identity shifts while fostering deep emotional fulfillment and subjective well-being. This study explores the relationship between altruism and subjective well being among emerging adults. Using a descriptive survey method, a sample of 100 emerging adults under age groups of 20-24 years was purposively selected from Delhi –NCR region. Purposive sampling method was used of the study. Standardized tools like Helping attitude Scale (HAS) and The PERMA Profiler were administered and data were analyzed by using mean, SD and Pearson's correlation method. The result of the study revealed that there is positive relationship was found between altruism and subjective well-being among emerging adults.
Keywords: Altruism, Subjective well-being, Adults.

Introduction - Today, is the period of globalization, with fast advancement in all walks of life. The industrialization and modernization have made life fast and tensions have also multiplied disturbances, in the young population and anxiety and depression rates have dramatically risen (Easterrbrook, 2003). Such elevated rates of anxiety and depression require serious reflection on our social environment and the restoration of pro-social altruistic behavior and emotional maturity.

Altruism: Krebs looked at many different types of human conduct, including helping others, being kind, sharing performing favors, making amends for wrongdoings, modeling altruistic behavior in others. Altruistic conduct refers to the act of doing or giving something good to another person and self-sacrifice, which refers to either making an effort or giving up something to benefit another person, is present in this activity. The present period has witnessed the significance of altruistic behaviors and emotional maturity, especially more in harmonious development of the adults. The word altruism is derived from Latin word "alter "or "other "literally making others. It mainly refers to living for others. The term " altruism" was coined by Augusta Comte , a French philosopher and mathematician active in the first half of 1800s. The term "altruism "describes behavior or a personality feature characterized by a selfless focus on the happiness of others. Altruism is a type of social behavior, carried out to accomplish the positive outcomes for other person ,rather than for self (Ruston,1980).

Altruism is the important behavior and action which individuals take in independent situation. Altruism is carried out without expecting any personal benefits. It is an activity which is done without personal interest. It works as astrong pro-social behavior of individuals, so there is strong need to develop certain socio-emotional skills and practices which can culminate the virtues like altruism and emotional maturity. As altruism can bring positive and qualitative outcomes in life, therefore including altruism among emerging adults should be a serious topic for the policy makers and practitioners. Altruism is a group phenomenon. It requires at least a group of two, an altruist that pays a cost and a recipient that receives a benefit. Altruistic help is deliberate, voluntary and motivated by a concern for the welfare of another person. When help is done for the reasons of altruism, the helper does not expect repayment, gratitude, recognition, reciprocity or any other benefits. Altruism is wholly understood as the behavior that is benefit for the others at a personal level.

However, in the evolutionary biology various authors have interpreted the idea of altruism differently which leads to dissimilar reasons about the evolution of altruistic behaviors. Generally, several interpretations diverge on which the party receives the benefit out of altruism and upon how the cost of altruism is estimated. By using a simple trait group underlying structure, the assumptions underlying different interpretation can be delineated and can show how they relate to eachother. People feel that a thorough inspection of the link between interpretation not only exposes why different authors arrived at a disparate

conclusionabout altruism but even illuminates the condition that are likely to be in favors of evolution of altruism.

Subjective Well-being: Subjective well-being refers to how people experience and evaluate their life and specific activities and domains in their life.eg. Individuals who feel satisfied with their lives and who frequently experience positive feelings such as joy, hope, contentment and more inclined to be seen as enjoying a high quality of life. The three components of subjective well-being are-life satisfaction, positive affect, negative affect. Life satisfaction refers to a cognitive sense of satisfaction with life whereas affect refers to pleasant and unpleasant emotions and mood. Subjective well-being is also called personal well-being. The term subjective well-being is said as an experience by an individual's reaction to cognitive judgment and affect. Sometimes happiness is interchanged and used with subjective well-being, but it has even more of a wide ranging explanation to psychologists;although happiness is related with a sense of subjective well -Subjective well-being is a desirable goal for society as whole and in particular for young adults (i.e. those aged 18-34) who are a crucial segment of population. Their importance emerges not only as citizens of contemporary society, but also as citizen of the future society both as participant's in democracies and as constituents of the economic labor force. At the same time, young adults are a very vulnerable group that has been particularly affected by the economic downturn. Therefore, young adult's well-beings is increasingly drawing the attention of policymakers.

Subjective well-being also known as self- reported well-being, refers to how people experience and evaluate different aspects of their life. It is often used to measure mental health and happiness and it can be an important predictor of individual health, wellness and longevity. It has become a useful tool to measure societal health. In addition to providing psychologists a way to assess how people feel about their lives, it also offers insights that can be used to guide public health, economic and societal policies. Policy makers utilize assessments of subjective well-being to gauge the health of societies and measure the impact of social policies. In 1984, psychologists, Ed Diner introduced a model of subjective well-being add up of 3 components. According to this model there are 3 distinct butrelated aspects of how people perceive their own well-being. 1) Frequent positive affect – This involves experiencing positive emotions and moods on a frequent basis.20 infrequent negative affect –This involves not experiencing negative feeling or moods often.3) Cognitive evaluation – This aspects of model relates to how people think about their lives and overall life satisfaction. These three factors control how people experience the quality of their lives. It also encompasses the emotional reaction people have and the cognitive judgments they make about their own life experiences. Since, its original inception in the mid 1980s subjective well-being as a measure of overall life satisfaction, happiness and well-being has become increasingly common. It is frequently used as a measure in psychological research and a maker of individual health. Subjective well-being doesn't just help you feel good about life,it also has a powerful impact on your wellness in both the short and long term. In fact subjective well-being may be one of the most powerful predictor of overall health and happiness.

Review of Literature

Indumathy and Divvyalakshmi (2018)studied the altruism and personal well being. To explore the relationship between altruism and personal well-being among adults this study follow the exploratory research design. It is hypothesized that there will be significant associations between altruism and personal well-being among adults. Total samples include 202 adults consisting both men and women. Simple random sampling technique is used to collect the sample. The tools used are personal well-being index-Adult by Cummins et al(2013) and Adapted self-report Altruism scale by Peter Witt and Chris Boleman (adapted version2009,original version by Rushton,(1981). The result of the study indicated a relationship between altruism and personal well-being. It also pointed out that personal well-being differed among gender.

Martela and Ryan (2016) studied whether prosocial behavior enhances subjective well-being among 79 university students. Out of these 64% were women and average age of participants was 20.4 years. The final sample size was 76, out of which 34 were in benevolent condition. It was informed to participants that for every correct answer the game donate rice to the UNWF. Whereas in controlled condition the participants were not aware of the fact. The result of the study indicated that those in benevolent condition would experience more meaningfulness, vitality and enjoyment in the game than people in the controlled condition. Thus, the study indicated that benevolent game was less draining for the players compared to control condition.

Need of the study: The study gives us a comprehensive and decisive report on where we stand with regards to the pro-social behavior and personal well-being of ours which is going to play a major role in the tomorrow lives. The study brings into the focus the positive sides of the emerging adults by focusing their subjective well being and their sense of pro-social behavior. After reviewing the literature, the study aimed to understanding of the relationship between Altruism and Subjective well-being of the emerging adults. The study would also help us to achieve greater understanding of how to shape a person to make his life better.

Purpose of the study: The main aim of the present study is to discover the significant correlation between altruism and subjective well- being of college going students.

Objective of the Study: To study the significant correlation between Altruism and Subjective well-being of college going

students.

Hypotheses of the Study: There would be a significant correlation between Altruism and Subjective well-being of college going students.

Methodology

Design: A correlational research design was used for the study.

Sample: A sample of 100 adult participants belonging to Delhi NCR region having age group of 20-24 years was selected on the basis of availability. Purposive sampling method was used of the study.

Measurement tools:

Helping attitude Scale (HAS): This scale was developed by Gary S. Nickel (1998). It is a 5-point scale Likert type scale measuring positive and negative attitudes towards helping others. This scale has 20 items. The 20 items are rated in a 5 -point Likert scale ranging from 1 (strongly agree) to 5 (strongly disagree).Items 1,5,8,18,19 are reverse scored. The scores for each item are summed up to form an overall score, ranging from 20 to 100. 60 is a neutral score. The scale has good internal reliability and construct validity.

The PERMA Profiler: The PERMA Profiler was developed by Butler & Kern (2016) to measure the subjective well-being. This tools consists of 16 items measuring five dimensions of subjective well-being namely; (P)ositive emotions, (E)ngagement , (R)elationship , (M)eaning and (A)ccomplishment . The items are rated on an 11 point Likert scale ranging from labels " never=0" to " always= 10"or " not at all=0"to " completely=10".The subscale are scored by finding out mean for the three items that measure each of the dimensions of PERMA. Overall wellbeing is the average of the 16 items. The PERMA – Profiler demonstrates acceptable model fit, internal and cross-time consistency and evidence for content, convergent and divergent validity.(Sun, Kaufman &Smillie; Butler & Kern, 2016.

Procedure: For the collection of data all the participants were individually contacted and a rapport was established with the participants by making them feel comfortable before the commencement of the test. After the establishment of rapport, the questionnaire was handed over to the participants explaining the items and the scoring. After completion of the questionnaire, it was collected back and the participants were thanked for their cooperation.

Statistical Analysis SPSS-21 version was used for statistical analysis.

Result and interpretation:

Table 1: Showing Mean and SD of variable altruism and subjective well-being

S.	Variables	Means	S.D
1.	Altruism	90.45	7.21
2.	Subjective well-being	4.40	.67

Table 1 indicated that the mean score of variable altruism of young adults is 90.45 and standard deviation is 7.21and mean value of variable subjective well-being is 4.40 and standard deviation is .67.

Table 2: showing the correlation value among altruism and job satisfaction.

Correlation			
		Altruism	Subjective well-being
Altruism	Pearson's correlation	1	.87**
	N	100	100
Subjective well-being	Pearson's correlation	.87**	1
	N	100	100

**. Significant at the 0.01 level

Table 2 demonstrated that the relationship between altruism and subjective well-being among emerging adults is significant (r=.87, p<.01) which indicated that there is strong positive correlation between altruism and subjective well-being among emerging adults.

Discussion: The result of correlation analysis showed a significant relationship between altruism and subjective well-being among emerging adults, with a r value of 0.87 that is significant at the 0.01 level, accepting the alternate hypothesis that there would be a significant relationship between the two. The findings show that altruism and subjective well-being are positively correlated, thus the higher the emerging adults' altruism scores, the better their subjective well-being scores. This could be because assisting others increases one's feeling of purpose and boosts one's self-esteem. The study's findings are consistent with those of Khadim and Shahid (2017), who found a strong correlation between psychological well-being, thankfulness, and altruism.

Implications of the study: The current study provides better understanding of the relationship between Altruism and Subjective well-being among emerging adults. The study indicates that being altruistic will improve the subjective well-being of a person. This will beneficial at the personal as well as the community level. The sense of satisfaction the individual has towards his life events make his/ her feel positive in various domains of the life that impact the overall psychological well-being of an individual. Furthermore, the present study overcome the misconceptions regarding the adults and shed light on the positive aspects of the adults. The result of the study would help further in the counselling settings and in the applications of positive psychology.

Limitations and suggestions:

1. A comparative study between male and female can be done.
2. A large sample size can be used for the better result of the study.
3. Result can be more generalized by collecting samples from different parts of the state.

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