

Family, Siblings, Friends And Romantic Relationships: Understanding Their Contribution To Subjective Well-Being In Emerging Adults

Nitu Singh Bhadouria^{1*}, Dipal Patel²

¹*PhD Scholar, Parul University, Vadodara. bhadourianitu@gmail.com.

²PhD Guide, Director of Insight, Parul University, Vadodara. Email Id dipalsdpatel9@gmail.com.

***Corresponding Author:** Nitu Singh Bhadouria

***PhD Scholar, Parul University, Vadodara.** bhadourianitu@gmail.com.

Abstract

This study investigates the relationship between subjective well-being (SWB) and satisfaction with relationships involving parents, siblings, and friends among young adults. As young adulthood represents a significant period of transition, it is crucial to understand the factors contributing to emotional and psychological well-being. Close interpersonal relationships—particularly those with family and peers—are recognized as vital determinants of life satisfaction and emotional health. However, the relative impact of these relationships on SWB is still not fully explored, especially among young adults in India.

Employing a quantitative correlational design, this study surveyed 1,267 undergraduate students aged 18-24 from universities in Gujarat, India. The survey assessed their satisfaction with relationships with parents, siblings, friends, and romantic partners while also measuring their overall SWB. Both descriptive and inferential statistics were utilized, including Spearman's rank correlation analysis.

The results revealed that satisfaction in relationships with parents, siblings, and friends was significantly linked to higher SWB, with parental relationship satisfaction emerging as the strongest predictor. Conversely, satisfaction in romantic relationships did not demonstrate a significant correlation with SWB, which may be attributed to the lower level of engagement in romantic relationships within this sample. These findings emphasize the crucial role of supportive family and peer relationships in promoting mental health and life satisfaction during young adulthood.

This research contributes to the expanding literature on the influence of social relationships on subjective well-being and underscores the necessity for future studies to explore the intricate interactions between various types of relationships in the context of emerging adulthood.

Keywords: subjective well-being, relationship satisfaction, parents, siblings, friends, young adults, mental health, social support.

1. Introduction

For young adults, a life stage characterized by transitions such as leaving the family home, pursuing higher education, or entering the workforce, Subjective well-being (SWB) plays a critical role in navigating these challenges. Understanding the factors contributing to or detracting from Subjective well-being (SWB) during this period is vital for promoting positive mental health outcomes. Among these factors, interpersonal relationships are particularly significant. Individuals enjoy a variety of close relationships in their lives, and the quality of these relationships has been associated with happiness (Lucas and Dyrenforth 2006). Indeed, the role of close relationships in happiness has been called the “deep truth” (Myers 1992).

It is essential to describe happiness before the relevant literature is presented. Happiness, or subjective well-being, as it is interchangeably used in the literature, refers to the personal perception and experience of positive and negative emotional responses and global and (domain) specific cognitive evaluations of satisfaction with life. It has been defined as “a person’s cognitive and affective evaluations of his or her life” (Diener, Lucas, & Oishi, 2002, p. 63). Subjective well-being (SWB) is essential to mental health and life satisfaction, reflecting individuals' cognitive and emotional evaluations of their lives (Diener, 1984)

In the present study, Relationship satisfaction refers to the emotional quality of the relationship between young adults and in their close relationships, encompassing communication and openness, conflict resolution, affection

and caring, intimacy and closeness, satisfaction with one's role in the relationship, satisfaction with the other person's role, and overall relationship satisfaction. The quality of these relationships can significantly impact an individual's emotional and psychological health. The present study gathered relationship satisfaction from multiple figures [parents, siblings, close friends and romantic partner] and investigated their role in Subjective well-being among young adults. The reason for focusing on these relationships stems from the fact that researchers consider family relationships, friendships, and romantic relationships (if any) the most important close relationships in one's life (Clark and Graham 2005), also the relationships with parents, siblings, and friends are central to the social fabric of young adults' lives. These relationships provide emotional support, guidance, and a sense of belonging, essential for psychological well-being.

Simultaneous investigation of multiple relationships is important, at least for two reasons. First, this practice tests the predictive ability of different relationships in different life conditions. For example, it could be that friendship quality does not contribute to well-being when considered together with family and romantic relationships (e.g., Whisman et al. 2000). Second, gathering relationship quality and conflict information from multiple relationships allows one to test for relationship-specific and cross-domain buffering interactions. Overall, the simultaneous investigation of multiple close relationships can promote our understanding of the role of close relationships in happiness.

i) Subjective well-being and Parent Relationship Satisfaction:

Research has demonstrated that young adults with strong, positive family relationships tend to report higher life satisfaction and lower levels of anxiety and depression (King, 2018). Similarly, the quality of friendships in early adulthood is closely linked to positive affect and life satisfaction (Demir & Davidson, 2013). However, the relative influence of these relationships—parents, siblings, and friends—on young adults' SWB is still an area that requires deeper exploration.

Research indicates that positive parent-child relationship quality (PCRQ) correlates with higher subjective well-being (Rothwell & Davoodi, 2024). Furthermore, secure attachment to parents enhances young adults' happiness and life satisfaction, with discrepancies in attachment perceptions affecting well-being outcomes (Bohn et al., 2020). In the U.S., effective communication is more crucial for well-being, while in Finland, the relationship quality holds greater significance (Cui et al., 2022).

The quality of relationships with parents plays an essential role in the well-emerged adults (Aquilino 1997; Prager 1995). Supporting the theoretical arguments, both cross-sectional and longitudinal studies show that relationship quality and conflict with family members are associated with happiness and general well-being among emerging adults (Amato 1994; Wel et al. 2000).

ii) Subjective well-being and Sibling Relationship Satisfaction:

Siblings can serve as social partners, role models, and foils and are capable of affecting the development of others. Sibling relationships are assessed through children's perceptions of sibling relationship qualities. (Stocker et al., 1997). The positive relationship between sibling relationships and psychological well-being. (Fatima, Iram & Noor, Hadiqa. (2022).

Supportive sibling relationships correlate with higher life satisfaction (Szymańska, 2020; Sugianto & Kristiyani, 2022), while criticism and apathy are associated with lower satisfaction (Szymańska, 2020). Sibling relationships mediate the impact of familism on psychological well-being (Noor et al., 2022). Gender plays a role, with same-sex sibling pairs reporting higher life satisfaction than cross-sex pairs (Szymańska, 2020). D'Silva et al. (2023) found significant differences in sibling relationship quality and psychological well-being based on sibling dyad composition.

Positive sibling relationships contribute to the development of compassion and conflict-resolution skills (D'Silva et al., 2023). These findings highlight the importance of nurturing supportive sibling bonds during early adulthood, a period characterized by various challenges, to maintain good life satisfaction and overall psychological well-being (Szymańska, 2020). Moreover, engaging in joint activities and creating lasting memories can strengthen these bonds, ultimately leading to a more fulfilling life experience.

iii) Subjective well-being and Friends Relationship Satisfaction:

Friends constitute an important part of many people's lives across the life-span (Hartup and Stevens 1997). Theory suggests that friendships are an important source of well-being (Argyle 2001; Baumeister and Leary 1995). In support of the theory, decades of empirical research document that friendship quality is related to happiness among adults (Demir and Weitekamp 2007; Diener and Seligman 2002; Lyubomirsky et al. 2006). As for friendship conflict, Demir and his colleagues (Demir et al. 2007; Demir and Weitekamp 2007) and Rathur (2004) documented a negative association between the two among emerging adults. Thus, a substantial amount of research documents a relationship between friendship experiences and happiness.

As it should be clear by now, the quality of close relationships is related to happiness when studied in isolation. On the other hand, a different picture emerges when multiple relationships are investigated simultaneously. When researchers gather information on relationship quality from multiple figures (family members, romantic partners, and friends), friendship quality either does not contribute to well-being or makes the lowest contribution. For example, Walen and Lachman (2000) gathered interview and self-report data from more than 3,000 American adults who were married and cohabiting. Information about social support and strain experienced in family relationships, friendships, and romantic relationships was obtained from the participants. They reported that support received from and strain experienced with friends contributed to mental and psychological well-being less than the relationship experiences with family members and partners. Similar findings were obtained in other nationally representative samples as well (Bertera 2005). Other studies reported that friendship experiences do not contribute to well-being when other relationships are taken into account. For example, Whisman et al. (2000) gathered interview data from 5,000 married adults across their lifespans and assessed psychological well-being as well as relationship experiences with romantic partners, friends, and relatives (e.g., family members). They reported that friendship experiences were not related to psychological well-being when controlling for other social relationships. Okun and Keith (1998) reported similar findings in a nationally representative sample as well. In another nationally representative sample ($n > 2,000$), Taylor et al. (2001) gathered social support and network data from single, married, and divorced African Americans via interviews. They reported that only the number of friends was related to well-being, however, its role was negligible as compared to the role of family and partner relationships. Overall, available research suggests that the role of friendship quality in well-being might be less pronounced among those involved in a romantic relationship. This point necessitates considering why this might be the case and how different it might be for emerging adults not involved in a romantic relationship.

Close friendships appear to be a crucial determinant of subjective well-being, with the quality of friendships playing a significant role (Schwarz & Faltermaier, 2014). Studies have found positive correlations between friendship satisfaction and life satisfaction, as well as positive affect (de Souza & Duarte, 2013). However, the relationship between friendship satisfaction and subjective well-being is not necessarily causal, as joint satisfaction with friends, family, and romantic relationships may be necessary for overall well-being (de Souza & Duarte, 2013). Higher satisfaction with relationships, particularly with friends and family members, is associated with increased life satisfaction, emotional and psychological well-being, and reduced depressive symptoms (Chou, 1999; Adamczyk, 2017). These findings highlight the importance of social relationships, especially friendships, in promoting mental health and well-being among young adults.

iv) Subjective well-being and Romantic Relationship Satisfaction:

A study conducted by Londero-Santos, A., Natividade, J.C. and Féres-Carneiro, T. in 2021 aimed to investigate the extent to which aspects of romantic relationships predict subjective well-being beyond the influence of sociodemographic and personality variables. The study included 490 heterosexual adults, of which 68.8% were women, who were all involved in a monogamous romantic relationship. The results indicated that romantic relationship variables were significant predictors of the three components of subjective well-being, explaining 21% of the variance in life satisfaction, 19% of the variance in positive affect, and 15% of the variance in negative affect, even after controlling for sociodemographic variables and personality factors. It was found that marital satisfaction was one of the most important predictors of subjective well-being. Overall, the study highlights the importance of maintaining satisfying romantic relationships for a happier life.

Increased positive affect has been shown to lead to higher perceived support from partners and greater relationship satisfaction, as evidenced by research from Moore and Diener (2019). Individuals who experience high subjective well-being (SWB) tend to rate their partners as more helpful and less upsetting, which, in turn,

enhances the overall quality of their relationships. Conversely, the presence of higher negative affect correlates with lower perceived support and diminished relationship satisfaction. Participants who report negative emotions often perceive their partners as less supportive, negatively impacting the quality of the relationship.

Additionally, life satisfaction is positively associated with perceived partner support and relationship satisfaction. Studies suggest that individuals who are satisfied with their lives also report greater marital satisfaction, emphasizing the interconnectedness of these constructs (Scorsolini-Comin & Santos, 2012). This relationship highlights how subjective well-being influences not only personal happiness but also the dynamics within romantic partnerships. However, while SWB is crucial for relationship satisfaction, it is important to acknowledge that external factors, such as socioeconomic status and personality traits, also play significant roles in shaping relational outcomes.

For instance, research by Jain and Singh (2019) indicates that extraversion is linked to higher relationship satisfaction, suggesting that personality dynamics can influence relational outcomes beyond merely individual well-being. This interplay between personality traits and emotional states underscores the complexity of relationships, illustrating that various factors contribute to an individual's overall relational experience. Understanding these dynamics can help individuals cultivate more satisfying and supportive partnerships.9).

v) Comparison of Family and Peer

Parental relationships often remain influential into young adulthood, even as individuals strive for greater independence. Emotional closeness and effective communication with parents continue to provide a secure base during the challenges of adulthood (Fingerman, 2017). Sibling relationships, which span childhood and adulthood, are also key sources of emotional and social support (Cicirelli, 1995). Meanwhile, friendships become increasingly important as young adults seek companionship and support outside the family unit, particularly as they navigate social and career transitions (Furman & Buhrmester, 1992). The relationship satisfaction with parents, siblings, and friends significantly influences young adults' subjective well-being. While positive relationships with parents, siblings, and friends are generally linked to enhanced well-being, the complexity of these interactions suggests that negative experiences in one area can be mitigated by positive experiences in another, emphasizing the need for a balanced social network.

Research on young adults' relationships highlights the importance of both family and friend connections for well-being. Friends are often perceived as closer than siblings, with more positive interactions and frequent communication (Pulakos, 1989). However, harmonious sibling relationships are associated with higher well-being, while affect-intense sibling relationships correlate with lower well-being (Sherman et al., 2006). Parental attachment quality influences sibling relationship quality and life satisfaction in emerging adults (Ponti & Smorti, 2019). Satisfaction in relationships with both parents is linked to better adjustment, with attachment anxiety and avoidance moderating these associations (Chopik et al., 2021). While having harmonious friendships can compensate for low-involved sibling relationships, the reverse is not true (Sherman et al., 2006).

While much research has explored the individual effects of these relationships on well-being, there needs to be more focus on how relationship satisfaction with parents, siblings, and friends collectively shapes the SWB of young adults. This study seeks to address this gap by examining the simultaneous influence of relationship satisfaction across these three domains and comparing their relative contributions to subjective well-being. Understanding how these relationships intersect to impact SWB can provide valuable insights for promoting mental health and positive outcomes in young adulthood.

2. Methodology

This study identifies two independent variables: the child's satisfaction with their relationship with their parents and the number of siblings. Self-esteem is designated as the dependent variable. The objective of the study is to assess the influence of the child's satisfaction in their parental relationship and the number of siblings on self-esteem.

2.1 Operational Definitions of Variables

2.1.1 Subjective well-being

is defined by Carr (2004) as "a positive psychological state characterized by a high level of life satisfaction, a high level of positive affect, and a low level of negative affect. "

2.1.2. Relationship Satisfaction

Burns (1980) articulates that relationship satisfaction pertains to the extent to which a child perceives the fulfillment of their emotional and psychological needs by their parents. This construct is evaluated through self-report questionnaires that examine dimensions such as parental support, communication efficacy, emotional intimacy, and conflict resolution strategies. The scores obtained from these instruments will be used to measure levels of satisfaction, typically employing a Likert scale that ranges from 1 (representing very dissatisfied) to 5 (representing very satisfied).

2.1.3 Sibling

A sibling is a person who shares one or both parents with another individual. (American Heritage Talking Dictionary, 1994). Participants indicated the number of siblings they have, which was categorized into four groups: no siblings, one sibling, two siblings, and more than two siblings.

2.1.3 Peer or friends

An individual that you are familiar with, appreciate, and have confidence in. An individual who is partnered with someone in a fight or purpose; a companion.

2.2 Research design

This quantitative correlational study aims to investigate the relationship between subjective well-being and satisfaction in parental, sibling, and friend relationships among young adults, with the goal of this study being to examine the impact of relationship satisfaction with parents, siblings, and friends on the subjective well-being of young adults. Specifically, the research aims to assess how the quality of these interpersonal relationships influences overall life satisfaction, emotional well-being, and perceived happiness among young adults while identifying any significant differences in the effects of family versus peer relationships on subjective well-being.

2.3 Hypotheses of the study

Here are a few hypotheses you can consider for your study:

1. Subjective Well-Being (SWB) will be positively correlated with relationship satisfaction in parents, siblings, and friends.
2. Parental relationship satisfaction will have the strongest positive influence on Subjective Well-Being (SWB) compared to sibling and friendship relationship satisfaction.
3. Friendship relationship satisfaction will positively correlate with Subjective Well-Being (SWB), but its influence will be less significant than parental and sibling relationship satisfaction.
4. The quality of relationships with parents, siblings, and friends will interact to predict Subjective Well-Being (SWB).

2.4 Sample

The study involved 1267 young adult students, aged 18 to 24, from universities and colleges in Vadodara, Gandhinagar, and Ahmedabad, Gujarat, India. Participants were selected through convenience sampling and received instructions on using self-administered tools. All participants pursued undergraduate degrees and completed higher secondary education. They provided basic demographic information, including name, gender, age, and academic qualifications, along with a consent form to ensure voluntary participation and the option to withdraw at any point.

Inclusion Criteria

The study participants were selected based on the following inclusion criteria: they willingly volunteered to participate, were between the ages of 18 and 24, and were proficient in English. Additionally, they were required

to be enrolled in undergraduate programs. Participants who met these criteria were subsequently invited to complete the questionnaires online, providing a convenient and accessible means of data collection.

Exclusion Criteria

On the other hand, the exclusion criteria encompassed individuals who fell outside the age range of 18 to 24 and those who did not speak English. Furthermore, students enrolled in diploma or certification courses, post-graduation or Ph.D. programs were excluded if they were not part of an undergraduate program.

2.5 Tool used

Data were gathered using two validated and standardized psychometric assessments to evaluate self-esteem levels, satisfaction in parental relationships, and the number of siblings for each participant. The instruments utilized in the study included: i) the Subjective Wellbeing to measure subjective Wellbeing and ii) the Relationship Satisfaction Scale (RSAT) developed by David D. Burns (1988) to assess satisfaction in parental relationships. Participants were also asked to provide information regarding the number of siblings they have in the demographic section.

2.5.1 Subjective wellbeing

The Subjective Well-being Inventory (SUBI): The Subjective well-being Inventory scale

The Subjective Well-being Inventory (SUBI) is an extensively researched psychological assessment tool created by Dr. H. Sell and Dr. R. Nagpal. It aims to gauge an individual's or a group's sense of overall well-being or distress in relation to various aspects of their daily lives. Comprising 40 items, this scale for measuring subjective well-being exhibits a notably high level of validity and reliability, boasting a composite reliability of 0.971 and a Cronbach's alpha of 0.968.

The Subjective Well-Being Inventory (SUBI) is designed to provide insights into various aspects of an individual's psychological well-being. It allows researchers and clinicians to gain a comprehensive understanding of subjective well-being across different domains. These domains include General well-being positive affect, Expectation-achievement congruence, Confidence in Coping, Transcendence, Family Group Support, Social Support, Primary Group Concern, Inadequate Mental Mastery, Perceived Ill-Health, Deficiency in Social Contact, General Well-being - negative affect

2.5.2. Relationship Satisfaction

The Relationship Satisfaction Scale (RSAT), developed by David D. Burns in 1988, is a seven-item self-report tool designed to assess individuals' satisfaction in their closest relationships across seven specific areas: communication and openness, conflict resolution, affection and caring, intimacy and closeness, satisfaction with one's role in the relationship, satisfaction with the other person's role, and overall relationship satisfaction (Burns & Sayers, 1992, as cited in Heyman, Sayers & Bellack, 1994). Respondents indicate their level of satisfaction in each area on a scale from 0 (very dissatisfied) to 6 (very satisfied).

The responses provided by participants for the two psychological assessments were scored according to the instructions outlined in their respective manuals. After scoring the responses, the SPSS (Version 26) was utilized to calculate the following: Descriptive statistics and Inferential statistics, specifically correlation analysis. The results of these analyses were then interpreted to determine the relationships between the variables, providing insights into how satisfaction levels in different areas correlate with overall relationship quality.

The results derived from the data analyses were organized into various tables.

3. Result Analysis

Table 1: Distribution of Participants Based on Levels of Subjective Well-Being

SWB	Frequency	Percent
Spread of Subjective well-being	Average (61-80)	457
	High (81-120)	628
	Low (40-60)	44
	Less than 40	138
	Total	1267

Table 1 illustrates the frequency distribution of participants across various levels of subjective well-being (SWB). Among the 1,267 respondents, nearly half (49.6%) reported high levels of SWB, indicated by scores ranging from 81 to 120. A significant portion, 36.1%, fell into the average range (61 to 80). A smaller segment of the sample demonstrated low well-being, with 10.9% scoring below 40 and only 3.5% within the 40 to 60 range. These results suggest that the majority of participants experience moderately to highly positive subjective well-being, reflecting favorable self-assessments of life satisfaction, emotional stability, and overall quality of life. The data highlight a generally positive trend in subjective well-being among participants, with nearly 86% reporting average to high SWB levels. This foundational distribution is essential for understanding subsequent analyses related to the factors influencing well-being and overall quality of life.

Table 2: Descriptive Statistics for Subjective Well-Being (SWB) and Relationship Satisfaction (RS)

Descriptive Statistics	Mean	Std. Deviation	N
SWB	84.2407	12.77233	1267
RS Parents	31.3386	10.81935	1267
RS Sibling	31.1839	11.12475	1267
RS Friend	30.5762	11.05585	1267
RS Romantic Partner	13.3433	15.76876	1267

Table 2 presents the descriptive statistics for subjective well-being (SWB) alongside various domains of relationship satisfaction. The mean SWB score is 84.24 (SD = 12.77), suggesting a generally elevated level of well-being among participants. Notably, relationship satisfaction scores are highest for parental relationships ($M = 31.34$), followed by sibling relationships ($M = 31.18$) and friendships ($M = 30.58$). Conversely, spouses or romantic partners report lower mean satisfaction scores ($M = 13.34$). This distribution highlights the strength of familial and peer connections within the participant sample, which aligns with previous demographic findings indicating that a majority of participants identify as unmarried or single.

The high subjective well-being and considerable satisfaction reported in key non-romantic relationships establish a positive foundation for further analysis of how these relational domains may correlate with well-being in subsequent investigations.

Table 3: Correlation Between Relationship Satisfaction and Subjective Well-Being

Correlations		SWB	RS_Parents	rs_sibling	rs_friend	rs_teacher	rs_spouse
SWB	Pearson Correlation	1	.413**	.324**	.326**	.271**	.021
	P value		.000	.000	.000	.000	.456
	N	1267	1267	1267	1267	1267	1267
RS Parents	Pearson Correlation	.413**	1	.711**	.562**	.404**	.045
	P value	.000		.000	.000	.000	.106
	N	1267	1267	1267	1267	1267	1267
RS sibling	Pearson Correlation	.324**	.711**	1	.564**	.378**	.044
	P value	.000	.000		.000	.000	.121
	N	1267	1267	1267	1267	1267	1267
RS Friend	Pearson Correlation	.326**	.562**	.564**	1	.425**	.108**
	P value	.000	.000	.000		.000	.000
	N	1267	1267	1267	1267	1267	1267
RS Romantic partner	Pearson Correlation	.021	.045	.044	.108**	.086**	1
	P value	.456	.106	.121	.000	.002	
	N	1267	1267	1267	1267	1267	1267

**. Correlation is significant at the 0.01 level (2-tailed).

Table 3 presents Pearson correlation coefficients that assess the relationship between subjective well-being (SWB) and satisfaction in various relationship domains. The strongest and most significant correlation is observed between SWB and relationship satisfaction with parents ($r = .413$, $p < .001$), indicating a moderate positive

association. Additionally, satisfaction with siblings ($r = .324$) and friends ($r = .326$) demonstrates significant, though weaker, positive correlations with SWB ($p < .001$ for all). Notably, satisfaction with romantic partners ($r = .021$, $p = .456$) does not show a significant association with subjective well-being, which may be attributed to the low proportion of participants engaged in romantic relationships. These findings suggest that familial and peer relationships are more closely tied to individuals' perceptions of their well-being than romantic or institutional connections within this sample.

The analysis indicates that relationship satisfaction with parents, siblings, friends, and teachers is significantly and positively correlated with subjective well-being, with parental relationships exerting the strongest influence. Conversely, romantic relationships do not present a meaningful correlation, further highlighting the demographic context of the study.

Table 4: Spearman's Correlation Between Relationship Satisfaction and Subjective Well-Being

Correlations			SWB	RS_Parents	rs_sibling	rs_friends	rs_teacher	rs_spouse
Spearman's rho	SWB	Correlation Coefficient	1.000	.422**	.341**	.317**	.247**	-.012
		P value	.	.000	.000	.000	.000	.659
		N	1267	1267	1267	1267	1267	1267
	RS Parents	Correlation Coefficient	.422**	1.000	.701**	.514**	.384**	-.022
		P value	.000	.	.000	.000	.000	.436
		N	1267	1267	1267	1267	1267	1267
	RS Sibling	Correlation Coefficient	.341**	.701**	1.000	.505**	.360**	-.030
		P value	.000	.000	.	.000	.000	.292
		N	1267	1267	1267	1267	1267	1267
	RS Friends	Correlation Coefficient	.317**	.514**	.505**	1.000	.396**	.045
		P value	.000	.000	.000	.	.000	.112
		N	1267	1267	1267	1267	1267	1267
	RS Romantic Partner	Correlation Coefficient	-.012	-.022	-.030	.045	.053	1.000
		P value	.659	.436	.292	.112	.058	.
		N	1267	1267	1267	1267	1267	1267

**. Correlation is significant at the 0.01 level (2-tailed).

Table 4 presents Spearman's rank-order correlations that evaluate the non-parametric relationship between subjective well-being (SWB) and satisfaction across various relationship domains. The results indicate that SWB is positively and significantly correlated with satisfaction in relationships with parents ($\rho = .422$, $p < .001$), siblings ($\rho = .341$, $p < .001$), and friends ($\rho = .317$, $p < .001$). These findings support earlier Pearson correlations, reinforcing the consistent impact of familial and peer support on well-being through both parametric and non-parametric analyses. Notably, satisfaction in romantic relationships shows no significant correlation with SWB ($\rho = -.012$, $p = .659$), highlighting its limited relevance within this sample. Additionally, the strong intercorrelations among different relationship domains (for instance, between parents and siblings) suggest that perceptions of support are generally consistent across various types of close relationships.

Spearman's correlation analysis confirms that subjective well-being is significantly and positively associated with satisfaction in non-romantic relationships, especially with parents and siblings. The lack of a significant link with satisfaction in romantic partnerships emphasizes the relative importance of family and peer support in shaping well-being within this population.

4. Discussion

The findings of this study underscore the profound influence of interpersonal relationships on subjective well-being (SWB). The descriptive statistics revealed that the majority of participants reported either high (49.6%) or average (36.1%) levels of subjective well-being. Only a small fraction (14.4%) fell into low or very low categories, suggesting a generally favorable mental and emotional state among the sample population.

Relationship satisfaction emerged as a strong correlate of SWB, particularly within familial and platonic domains. Both Pearson and Spearman correlation analyses affirmed that satisfaction in relationships with parents, siblings, and friends positively correlated with SWB. Among these, parental relationship satisfaction had the strongest and most consistent association with well-being (Pearson $r = .413$, Spearman $\rho = .422$), followed by siblings and friends. This aligns with existing literature emphasizing the foundational role of secure, supportive family ties in fostering emotional resilience and life satisfaction.

Interestingly, romantic relationships did not demonstrate a significant relationship with SWB (Pearson $r = .021$, Spearman $\rho = -.012$). This could be attributed to the demographic characteristics of the sample, which included a high proportion of unmarried or single individuals. Consequently, the limited engagement in romantic partnerships may dilute their perceived impact on well-being.

The mean scores from the descriptive analysis further support these interpretations. While relationship satisfaction with parents, siblings, and friends was consistently high (means around 30-31), satisfaction with romantic partners was significantly lower (mean = 13.34), highlighting their lesser role in the well-being of participants at this life stage.

In conclusion, this study highlights those supportive non-romantic relationships—particularly with parents and siblings—play a pivotal role in shaping an individual's subjective well-being. These findings suggest that interventions aimed at enhancing family and peer support systems may be effective strategies for promoting psychological well-being in similar populations. Further research might explore these associations across more diverse demographic groups or within longitudinal frameworks to capture developmental changes in relational influence on well-being over time.

5. Limitations:

- i. The research was primarily conducted among university students, which limits the generalizability of the findings to other populations. University students typically represent a distinct demographic characterized by higher education, potentially differing socioeconomic backgrounds, and specific age groups, which may not accurately reflect the broader population.
- ii. The unequal ratio of male to female participants in the study introduces potential biases in the interpretation of the results. Gender differences can significantly affect responses to variables such as materialism, existential crises, and spiritual coping strategies. The overrepresentation or underrepresentation of a particular gender may distort the findings and limit the applicability of the results across diverse populations.
- iii. The data collection relied on a non-probability sampling method, specifically convenience sampling, which raises concerns regarding the representativeness of the sample. Non-probability sampling techniques do not guarantee that every member of the population has an equal opportunity to be included in the sample, resulting in potential selection bias. Consequently, the findings may not accurately represent the broader population from which the sample was drawn.
- iv. The lack of a normal probability curve in the data distribution indicates that the data may not conform to the expected distribution pattern. This deviation can affect the reliability and validity of the statistical analyses performed on the data. Skewed or non-normal distributions can compromise the accuracy of inferential statistics and may necessitate the use of alternative analytical approaches.

6. Implications:

These findings point to the importance of examining the nuanced role that relationships play in subjective well-being. While high well-being may not necessarily translate into greater satisfaction with relationships, the positive connections between different relationship types highlight the potential for supportive social networks to enhance relationship quality across domains. Further research should explore the underlying mechanisms driving these associations, particularly in light of the non-normal

7. Conclusion

This study highlights the significant role of close relationships—especially with parents, siblings, and friends—in promoting subjective well-being among young adults. Parental relationships were the strongest predictor of well-being, while romantic relationships showed no significant effect, likely due to limited involvement at this life stage. These findings emphasize the importance of nurturing supportive family and peer connections to enhance young adults' mental health and life satisfaction.

References

1. Amato, P. R., & Sobolewski, J. M. (2001). The effects of divorce and marital discord on adult children's psychological well-being. *American Sociological Review*, 66(6), 900-921. <https://doi.org/10.2307/3088879>
2. Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469-480. <https://doi.org/10.1037/0003-066X.55.5.469>
3. Buchanan, C. M., & Bowen, M. (2008). Adolescents' relationships with parents. In M. Kerr (Ed.), *Parenting and adolescent development* (pp. 71-88). Routledge.
4. Buecker, S., Maes, M., & Denissen, J. J. (2020). Loneliness and the Big Five personality traits: A meta-analysis. *European Journal of Personality*, 34(1), 8-28. <https://doi.org/10.1002/per.2229>
5. Cicirelli, V. G. (1995). *Sibling relationships across the lifespan*. Springer.
6. Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310-357. <https://doi.org/10.1037/0033-2909.98.2.310>
7. Demir, M., & Davidson, I. A. (2013). Toward a better understanding of the relationship between friendship and happiness: Perceived responses to capitalization attempts. *Journal of Happiness Studies*, 14(2), 765-785. <https://doi.org/10.1007/s10902-012-9350-5>
8. Demir, M., & Özdemir, M. (2010). Friendship needs satisfaction and happiness. *Journal of Happiness Studies*, 11(2), 243-259. <https://doi.org/10.1007/s10902-009-9138-5>
9. Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542-575. <https://doi.org/10.1037/0033-2909.95.3.542>
10. Fingerman, K. L. (2017). Parental involvement with young adult children: An examination of parent reports and links with offspring psychological adjustment. *Journal of Family Psychology*, 31(8), 1054-1064. <https://doi.org/10.1037/fam0000354>
11. Furman, W., & Buhrmester, D. (1992). Age and sex differences in perceptions of networks of personal relationships. *Child Development*, 63(1), 103-115. <https://doi.org/10.2307/1130905>
12. Harter, S. (1999). *The construction of the self: A developmental perspective*. Guilford Press.
13. Helliwell, J. F., & Putnam, R. D. (2004). The social context of well-being. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 359(1449), 1435-1446. <https://doi.org/10.1098/rstb.2004.1522>
14. King, V. (2018). The role of parental relationships in shaping well-being during the transition to adulthood. *Journal of Family Psychology*, 32(3), 412-420. <https://doi.org/10.1037/fam0000385>
15. Laursen, B., & Collins, W. A. (2009). Parent-child relationships during adolescence. In R. M. Lerner & L. Steinberg (Eds.), *Handbook of adolescent psychology* (pp. 3-42). John Wiley & Sons.
16. Seiffge-Krenke, I. (2010). Predicting the timing of leaving home and related developmental tasks: Parents and children's perspectives. *Journal of Youth and Adolescence*, 39(7), 697-709. <https://doi.org/10.1007/s10964-009-9435-2>
17. Sherman, A. M., Lansford, J. E., & Volling, B. L. (2006). Sibling relationships and their impact on children's development. In K. A. McCartney & D. Phillips (Eds.), *Handbook of early childhood development* (pp. 32-53). Blackwell Publishing.
18. Stocker, C. M., Burwell, R. A., & Briggs, M. L. (2002). Sibling conflict in middle childhood predicts children's adjustment in early adolescence. *Journal of Family Psychology*, 16(1), 50-57. <https://doi.org/10.1037/0893-3200.16.1.50>
19. Umberson, D., Crosnoe, R., & Reczek, C. (2010). Social relationships and health behavior across the life course. *Annual Review of Sociology*, 36(1), 139-157. <https://doi.org/10.1146/annurev-soc-070308-120011>
20. Whiteman, S. D., McHale, S. M., & Soli, A. (2011). Theoretical perspectives on sibling relationships. *Journal of Family Theory & Review*, 3(2), 124-139. <https://doi.org/10.1111/j.1756-2589.2011.00087.x>
21. Hoyt LT, Chase-Lansdale PL, McDade TW, Adam EK. Positive youth, healthy adults: does positive well-being in adolescence predict better perceived health and fewer risky health behaviors in young adulthood? *J Adolesc Health*. 2012 Jan;50(1):66-73. Doi: 10.1016/j.jadohealth.2011.05.002. Epub 2011 Jul 22. PMID: 22188836; PMCID: PMC3245514.
22. Salmela-Aro, K., & Nurmi, J.-E. (1997). Goal contents, well-being, and life context during transition to university: A longitudinal study. *International Journal of Behavioral Development*, 20(3), 471-491. <https://doi.org/10.1080/016502597385234>

23. Deniz, Yucel., Anastasia, S., Vogt, Yuan. (2016). Parents, Siblings, or Friends? Exploring Life Satisfaction among Early Adolescents. *Applied Research in Quality of Life*, 11(4):1399-1423. doi: 10.1007/S11482-015-9444-5

24. Chen Y, Haines J, Charlton BM, VanderWeele TJ. Positive parenting improves multiple aspects of health and well-being in young adulthood. *Nat Hum Behav*. 2019 Jul;3(7):684-691. doi: 10.1038/s41562-019-0602-x. Epub 2019 May 6. PMID: 31061491; PMCID: PMC6625866.

25. Smorti, Martina & Sica, Luigia & Costa, Sebastiano & Biagioli, Silvia & Liga, Francesca. (2021). Warmth, competence, and wellbeing: The relationship between parental support, needs satisfaction, and interpersonal sensitivity in Italian emerging adults. *European Journal of Developmental Psychology*. 19. 1-21. 10.1080/17405629.2021.1936492.

26. Demir, M. Close Relationships and Happiness Among Emerging Adults. *J Happiness Stud* 11, 293-313 (2010). <https://doi.org/10.1007/s10902-009-9141-x>

27. Lucas, R. E., & Dyrenforth, P. (2006). Does the existence of social relationships matter for subjective well-being? In K. D. Vohs & E. J. Finkel (Eds.), *Self and relationships: Connecting intrapersonal and interpersonal processes* (pp. 254-273). New York: Guilford Press.

28. Argyle, M. (2001). *The psychology of happiness*. London: Routledge.

29. Levitt, M. J. (1991). Attachment and close relationships: A life-span perspective. In J. L. Gewitz & W. M. Kurtines (Eds.), *Intersections with attachment* (pp. 183-205). Hillsdale, NJ: Lawrence Erlbaum Associates.

30. Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55, 469-480.

31. DePaulo, B. M., & Morris, W. L. (2005). Singles in society and science. *Psychological Inquiry*, 16, 57-83.

32. Clark, M. S., & Graham, S. M. (2005). Do relationship researchers neglect singles? Can we do better? *Psychological Inquiry*, 16, 131-136.

33. Whisman, M. A., Sheldon, C. T., & Goering, P. (2000). Psychiatric disorders and dissatisfaction with social relationships: Does type of relationships matter? *Journal of Abnormal Psychology*, 109, 803-808

34. Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95, 542-575.

35. Diener, E. (1994). Assessing subjective well-being: Progress and opportunities. *Social Indicators Research*, 31, 103-157.

36. Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125, 76-302.

37. Diener, E. (1994). Assessing subjective well-being: Progress and opportunities. *Social Indicators Research*, 31, 103-157.

38. Kasser, T., & Sheldon, K. M. (2002). What makes for a merry Christmas? *Journal of Happiness Studies*, 3, 313-329

39. Sheldon, K. M., Kasser, T., Houser-Marko, L., Jones, T., & Turban, D. (2005). Doing one's duty: Chronological age, felt autonomy, and subjective well-being. *European Journal of Personality*, 19, 97-115.

40. Aquilino, W. S. (1997). From adolescent to young adulthood: A prospective study of parent-child relations during the transition to adulthood. *Journal of Marriage and the Family*, 59, 670-686.

41. Prager, K. (1995). *The psychology of intimacy*. New York: Guilford.

42. Amato, P. R. (1994). Father-child relations, mother-child relations, and offspring psychological well-being in early adulthood. *Journal of Marriage and the Family*, 56, 1031-1042

43. Wel, F., van Linssen, H., & Abma, R. (2000). The parental bond and the well-being of adolescents and young adults. *Journal of Youth and Adolescence*, 29, 307-318.

44. Hartup, W. W., & Stevens, N. (1997). Friendship and adaptation in the life course. *Psychological Bulletin*, 121, 355-370.

45. Argyle, M. (2001). *The psychology of happiness*. London: Routledge.

46. Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachment as a fundamental human motivation. *Psychological Bulletin*, 117, 497-529.

47. Demir, M., & Weitekamp, L. A. (2007). I am so happy 'cause today I found my friend: Friendship and personality as predictors of happiness. *Journal of Happiness Studies*, 8, 181-211.

48. Diener, E., & Seligman, M. E. P. (2002). Very happy people. *Psychological Science*, 13, 81-84.

49. Lyubomirsky, S., Tkach, C., & DiMatteo, M. R. (2006). What are the differences between happiness and self-esteem? *Social Indicators Research*, 78, 363-404.

50. Demir, M., Özdemir, M., & Weitekamp, L. A. (2007). Looking to happy tomorrows with friends: Best and close friendships as they predict happiness. *Journal of Happiness Studies*, 8, 243-271.

51. Demir, M., & Weitekamp, L. A. (2007). I am so happy 'cause today I found my friend: Friendship and personality as predictors of happiness. *Journal of Happiness Studies*, 8, 181-211.

52. Rathur, R. (2004, March). *Relations between friendship quality and measures of well-being*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD, USA.

53. Walen, H. R., & Lachman, M. E. (2000). Social support and strain from partner, family, and friends: Costs and benefits for men and women in adulthood. *Journal of Social and Personal Relationships*, 17, 5-30.

54. Bertera, E. M. (2005). Mental health in US adults: The role of social support and social negativity in personal relationships. *Journal of Social and Personal Relationships*, 22(3), 3-48.
55. Whisman, M. A., Sheldon, C. T., & Goering, P. (2000). Psychiatric disorders and dissatisfaction with social relationships: Does type of relationships matter? *Journal of Abnormal Psychology*, 109, 803-808
56. Okun, M. A., & Keith, V. M. (1998). Effects of positive and negative social exchanges with various sources on depressive symptoms in younger and older adults. *Journal of Gerontology*, 53, P4-P20.
57. Taylor, R. J., Chatters, L. M., Hardison, C. B., & Riley, A. (2001). Informal social support networks and subjective well-being among African Americans. *Journal of Black Psychology*, 27, 439-463.
58. Stocker, C. M., Lanthier, R. P., & Furman, W. (1997). Sibling Relationships in Early Adulthood. *Journal of Family Psychology*, 11(2), 210-221. <https://doi.org/10.1037/0893-3200.11.2.210>
59. Fatima, Iram & Noor, Hadiqa. (2022). Familism, Sibling Relationship and Psychological Wellbeing in Young Adults. PJPPRP. 13. 10.62663/pjpprp.v13i1.35.
60. Diener, E., Lucas, R. E., & Oishi, S. (2002). Subjective well-being: The science of happiness and life satisfaction. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology* (pp. 63-73). New York: Oxford University Press.
61. Moore, S. M., & Diener, E. (2019). *Types of Subjective Well-Being and Their Associations with Relationship Outcomes*. 3(2), 112-118. <http://www.journalppw.com/index.php/JPPW/article/view/118>
62. Scorsolini-Comin, F., & dos Santos, M. A. (2012). Correlations between subjective well-being, dyadic adjustment and marital satisfaction in Brazilian married people. *Spanish Journal of Psychology*, 15(1), 166-176. https://doi.org/10.5209/REV_SJOP.2012.V15.N1.37304
63. Jain, A., & Singh, S. (2019). Relationship between Extraversion and Relationship Satisfaction. *International Journal of Research*, 6(6), 94-96. https://www.ijrrjournal.com/IJRR_Vol.6_Issue.6_June2019/IJRR0016.pdf
64. IBM Corp. (2019). *IBM SPSS Statistics for Windows, Version 26.0*. IBM Corp.