

**EMOTIONAL ABUSE, LOCUS OF CONTROL AND
MEANING IN LIFE IN RELATION TO HEDONIC AND
EUDAIMONIC HAPPINESS OF YOUNG ADULTS**

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In Psychology

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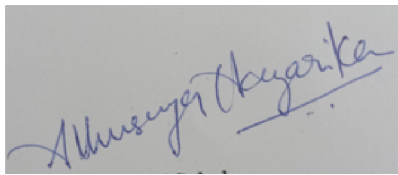


LOVELY PROFESSIONAL UNIVERSITY, PUNJAB

2022

DECLARATION

I, hereby declare that the presented work in the thesis entitled “**EMOTIONAL ABUSE, LOCUS OF CONTROL AND MEANING IN LIFE IN RELATION TO HEDONIC AND EUDAIMONIC HAPPINESS OF YOUNG ADULTS**” in fulfilment of degree of **Doctor Of Philosophy (Ph. D.)** Is outcome of research work carried out by me under the supervision Dr. Manish Kumar Verma, working as professor, in the School Of Humanities (Social Sciences & Languages) of Lovely Professional University, Punjab, India. In keeping with general practice of reporting scientific observations, due acknowledgements have been made whenever work described here has been based on findings of other investigator. This work has not been submitted in part or full to any other university or institute for the award of any degree.



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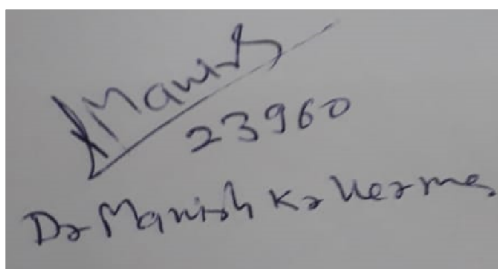
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CERTIFICATE

This is to certify that the work reported in the Ph. D. thesis entitled “EMOTIONAL ABUSE, LOCUS OF CONTROL AND MEANING IN LIFE IN RELATION TO HEDONIC AND EUDAIMONIC HAPPINESS OF YOUNG ADULTS” submitted in fulfilment of the requirement for the reward of degree of **Doctor of Philosophy (Ph.D.)** in the School of Humanities (Social Sciences & Languages), is a research work carried out by Anusuya Hazarika, 11720082, is bonafide record of his/her original work carried out under my supervision and that no part of thesis has been submitted for any other degree, diploma or equivalent course.

A photograph of a handwritten signature in black ink on a light-colored surface. The signature is 'Dr. Manish Kumar Verma' with the number '23960' written above it. The signature is written in a cursive, slightly slanted style.

(Signature of Supervisor)

Name of Supervisor: Dr. Manish Kumar Verma (23960)

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ABSTRACT

The current study has explored the relationship between emotional abuse, locus of control, meaning in life with hedonic and eudaimonic happiness of young adults. In modern times the competitive world that we live in most people are facing stress, anxiety, depression and everyone's goal is to obtain happiness. Happiness is most essential to human life and development as it is an affective state we feel which leads to well-being of our body, mind and soul. It is evident that now more than ever that happiness is important for all kinds of growth. Economist and Nobel laureate Amartya Sen proposed that the quality of life and a country's citizenry's general well-being should be considered as a measure when looking at overall economic success. Emotional abuse is a major epidemic in our society. However it's the least understood form of abuse. It is Locus of control that helps to make decisions and take actions in our lives. In recent times with the growth of positive psychology and its focus on positive traits and psychological strengths meaning in life has been seen in a new light and its association to a happiness. The study attempts to understand happiness better with the two pathways of well-being hedonic happiness and eudaimonic happiness respectively. Henceforth it is quite imperative that the study the psychological constructs are explored through theoretic outlooks which the study examines.

Thus the study investigated and highlighted the covert reasons connected to hedonic and eudaimonic happiness. The present study had 423 young adults who were administered on: emotional abuse questionnaire by Neil Jacobson, and John Gottman (2010), Levenson's locus of control scale by Sanjay Vohra (1992), the meaning in life questionnaire by Steger, (2006), subjective well-being scale by diener et al (2010), and questionnaire for eudaimonic well-being (QEWB) by waterman et al., (2010). Data was analysed by using Pearson's correlation, t-test, ANOVA and multiple regression.

The results of this study revealed significant positive correlation among the variables.. The current study has also established that emotional abuse (inversely), locus of control, meaning in life significantly predicts hedonic happiness and eudaimonic happiness.

Keywords: *Emotional Abuse, Locus Of Control, Meaning In Life, Young Adults, Hedonic And Eudaimonic Happiness*

CHAPTER 1

INTRODUCTION

Happiness is what the whole mankind is attempting to attain. And since the last few years the concept of Happiness has been booming. Positive thinking is one of the most popular subjects and more than thousands of books have been realised on happiness in the last couple of years. As finally, through modern and positive psychology we are looking at prevention rather than cure. According to positive psychology we are now looking at human flourishing and their optimal functioning. An individual can only be most productive when they are in good and positive state of mind. Numerous studies have repeatedly proved how stress, anxiety and depression results in low productivity. Thus, the entire world since the existence of mankind has always been on the pursuit of happiness.

Now when we talk about pursuit of happiness it's important to understand that what happiness is; as it could mean different to different people. For some it could be good health, for some it could be success, for others it might be devoting time with family. Happiness differs to different people as human behaviour varies. Human behaviour is most amusing and complex as it is governed by our mind. The concept of mind is absolutely fascinating as our mind is intangible but exists and is different for each one of us. Psychology which is an individualistic pure science studies human behaviour and predicts them for future. Therefore, every mind being different the concept of happiness also differs for each one of us or so we think.

Every human being on this planet is trying to achieve happiness and striving towards it but somehow most of us are not able to achieve it. Numerous researches show that happiness is related to healthy life. However people who are living healthy life they too are most often not happy. People who have money or success or a loving family they too are seeking happiness than what is happiness and how to achieve it.

1.1. HAPPINESS

1.1.1. What is Happiness?

Happiness stretches out further than simply pursuing pleasure, feeling good, and being satisfied. Happiness has so much more deeper meaning that we need to dive into its conceptualization to understand and achieve happiness in life. Happiness though has found its momentum in the last decade or so and is a booming integral part of contemporary psychology. It is an age old concept and has its origins in the post Socratic era and ancient Greek philosophy. Happiness has mostly been defined as a positive affective state of mind experienced. Emotions such as joyfulness, curiosity, satisfaction, cheerfulness, wellbeing, contentment, as well as less negative emotions, such as sorrow, worry and irritation among other emotions and feelings is said to be happiness as we all know (O'Connell, 2018). Happiness also is about achieving a higher purpose in life; bring in meaning to it, satisfaction and appreciation of small and big moments in life. Happiness can be better understood by its two pathways eudaimonia and hedonia well-being. These two theoretical concepts of happiness need to be focused and studied to achieve happiness (Waterman, Schwartz, & Conti, 2008).

There has been a rapid growth of appeal in the discrepancy concerning eudaimonia and hedonia inside the discipline of psychology. Concept of Eudaimonic initially emerged in international philosophies of personality, in the eminent efforts of Horney- “the real self, Maslow - self-actualization, and May - the daimon”. It was in 1993 that the initial experiential research distinguishing eudaimonia and hedonia as two theories of well-being had emerged (Waterman1993). Since then there has been a lot of interest among researchers for the study of eudaimonia and hedonia as it has been realised and recognised that involved with quality of life and attends elementary matters concerning whatever is attractive in life and by what means it can be accomplished. A number of investigators who have explored the two have suggested that the quest for these two hedonia and eudaimonia would deliver boundless happiness when hunt together instead of search for one (Huta and Ryan, 2010).

A simple google search on typing “happiness” and result is ‘about 1,01,00,00,000 results (0.58 seconds) ‘as of now of course it will only continue to grow. Happiness is the most basic aspect of human survival it’s so simple yet complicated. This exactly shows that happiness is valued. From earliest of times from philosophers to researchers today Happiness has always been an intriguing topic as every human strives for it.

Happiness is not just an momentary emotion of being happy. Happiness, has a more deeper meaning a sense of well-being, it does sometimes takes a longer period of time to achieve however when finally it is experienced it helps a person to be more productive and achieve positive outcomes (Abedini, & Majareh, 2015).

According to Bentham governments must intent on constructing more happiness for a larger number of populations as there is growing evidence that people not only crave happiness in their own life but they also want and care for others happiness (Bentham 1789). And this classic philosophy is more attainable, now that there is much more scientific research literature than there was before on conditions and concept for happiness (Veenhoven, & Hagerty, 2006). Earlier to 18th century, it was commonly considered that happiness was a matter of luck rather than a serious social or personal goal. If we delve into the etymology of the word happiness in another foreign language, we find the word “happy”, which means happiness in Old German, the same word in Spanish and Italian, the words “Felicidad” and “felicite” are translated as “wealth”; similarly, the French bonheur means “luck”. And of course, as cited previously, the primeval Greek word for happiness, “eudaimonia, means to have good demons.” Before the 18th century, people believed that happiness of any kind was always due to the influence of gods, such as gods and demons, on their side, rather than the result of their own actions or choices (Badhwar, 2014). Only after the Industrial Revolution, when the Declaration of Independence granted American citizens the right to "life, liberty, and the pursuit of happiness," did ordinary people also seek happiness through the fulfilment of their desires and the fulfilment of their own wishes (Englewood Cliffs, 2018). Thus, happiness no longer required luck, nor was it pursued only by sages, philosophers, saints and scholars. But in the modern world, the

definitions of happiness take this idea for granted. Happiness is usually achieved through a list of desirable things in our mind that we believe are ideal for us and especially for the world (Cacioppo, et.al, 2008). People thus believe materialistic possession will bring in happiness thus they acquire materialistic possessions for themselves and others (Chamuah, & Sankar, 2019).. This relatively recent obsession with achieving happiness is a serious problem, now referred to as the "happiness problem". Since it has been witnessed that without an understanding of happiness and well-being it puts a lot of burden on them to be happy causing stress which actually makes them more unhappy Diener, Scollon, & Lucas, 2009). No problem does not mean happiness, because people usually see life without problems as happiness, but then there are also people who have issues and problems in their lives and still have and experience happiness (Krueger, Kahneman, et al. 2009).

1.1.2. The Science Of Happiness - Can Happiness Be Measured?

When we talk about happiness the first thing that comes to mind is that can happiness be even measured since it's such an intangible concept. And if yes will it be even accurate. In fact, such tools may even be impossible in principle, as happiness can involve multiple dimensions that cannot be accurately quantified or summed. After a lot of research researchers have been able to create some tools which could have a fairly accurate measure of happiness, or at least it's a range of scopes. Similarly, depression may not allow accurate quantification with a single number, but there are many useful measurements of depression, even if they do not give an exact number but it does tell us the range and its severity. While talking about happiness, present measurements are most likely to provide material about how anxious, happy, satisfied, etc. individuals are, and thus tell us a little more in relation to their well-being than we already know (Pavot, 2008).

There are many uncomplicated or minimal self-report measures that are available currently and are used to source information or evidence that correlate well with many intuitively related variables as well. Some psychometric test even takes into considerations what an individual's families and friends reports about them, some

observes their smiles, physiological measures, health, longevity, etc. (Watkins, Uhder, & Pichinevskiy, 2015). Two moral conceptions appear from these deliberations. Formerly, as much as self-reported instruments of happiness are dependable guides to relative happiness, they divulge us barely about how happy a persons is in an definite sense. We may know who is happy, but we don't know if people are actually happy. Additionally, in comparative studies as well to assess relative well-being are imprecise when the groups being compared systematically than there might be skew report in different ways (Diener, Scollon, & Lucas, 2009). This concern is particularly acute in cross-cultural comparisons of well-being, and different norms of well-being can compromise the comparability of self-reports. French may report less satisfaction than Americans. It's not because life is less satisfying and enjoyable, but because it tends not to look positively. For this reason, it may make sense to adopt tools such as narrower questions and physiological metrics that are less susceptible to cultural prejudices (Krueger, Kahneman, et al. 2009).

In the previous discussion, when it came to how happy people were, they assumed that they could be wrong. Is it plausible? Some argue that (in good faith) self-reported happiness should not be wrong in principle. If you think you are happy, you generally feel happy, then you are happy. This claim is hedonistic or because these theories assume that the assessment of happiness includes not only current emotions but also past states, and their memories may be clearly wrong. It is not likely in the view of happiness in an emotional condition. Moreover, it has often been argued that even judgments about how one feels at this point, especially with respect to moods such as anxiety, can often be wrong (Haybron, 2007). Thus to measure happiness both the hedonic and eudaimonic state of happiness has to be assessed to get accurate results and state of happiness of an individual.

1.1.3. Happiness & Well-Being

As defined by the Economic and Social Research Council (2007) that Well-being is the mental status of being with others who have their needs met, can take meaningful action to achieve their goals, and enjoy a satisfactory quality of life. It was in New Economics Foundation (NEF), where it was defined that well-being can best be

viewed as a dynamical course that provides people with insight into how life unfolds through situations, behaviours, psychological resources, or psychological interactions (Aked et al., 2008). According to Keyes and Waterman (2003), “wellbeing incorporates social, emotional, psychological, and physical attributes that aid to mould complete positive life performance.” It was stated that wellbeing is mostly reflected to as in a person’s whole body, mind and soul as in their health, prosperity and self-actualization (Maslow, 1968). According to Myers and Diener (1995), exalted individualistic well-being: often means more affirmative wallop and a reduced amount of pessimistic impact which would then mean a more wholesome satisfied life.

Thus all these literature review shows that in order to find happiness there has to be a balance of mind body and soul. To understand how to achieve this balance one has to understand the happiness by further dividing into two pathways or approaches. Thus we have Hedonic and eudaimonic approaches as the two approaches of the concept of well-being not the factors. And to understand these two approaches first we have to know and comprehend the factors of well-being for any individual.

1.1.3.1. Factors Influencing Well-Being

Human life is persuaded and influenced by the state of well-being and these factors are:

- Peace of mind
- Interpersonal relationships
- Sound sleep
- Spirituality
- Yoga and meditation
- Leisure
- Vitality
- Optimistic outlook
- Positive capacities
- Nutritious and balanced diet
- Exercise
- Financial stability
- Meaning in life

- Mental health
- Career pursuits
- Happiness
- Nature connection
- Effective communication
- Social networks and many more

Well-being or Happiness is not a stand-alone concept but it has so many components coming together – it's an amalgamation of being happy, enjoyment, contentment, curiosity etc. and functioning well within this world. And positive connect in relationships, control over one's life and awareness of meaning in life are key ingredients of well-being (Huppert, 2009).

Dimensions of Well-being: Understanding dimensions of Well-being is crucial to understand happiness as its all interlinked and co-dependent. With the help of empirical findings dimensions of Well-being are distributed into Figure no 1.1.



Figure no - 1.1.

Eight Dimensions Of Well-Being

Source - (Swarbrick, & Yudof, 2015)

In the above figure we can see that there are eight dimensions of well-being for all individuals. For every individual well-being it is imperative that they find a balance of the eight dimensions. For psychological well-being all these 8 dimensions are equally important as they all add to the well-being of any and every human being irrespective of their caste, gender, culture or creed.



Figure no – 1.2.

Three Dimensions of Health

Source – (World Health Organisation, 2015)

The World Health Organization very clearly puts forth that good health is not just the absence of diseases but is a combination of sound mental/psychological health, good social relations and of course good physical health. Only a healthy person can be a happy person.

1.1.4. Happiness For Mind And Body

Cognitive psychology and neuroscience both have already established that our mind and body are connected. Our body reacts to the way we feel; when we feel an emotion we also have some physiological changes in our body (Gorge, et al, 1995).

FMRI scanning have disclosed that various regions of the brain react to different stimuli. It has been observed that more beneficial gene expression pattern associated with happiness that is provided by meaningfulness in life (Michalos, 2017). Scientist like Cole and Fredrickson who have studied human body at the genetic level responding to happiness have found that people whose levels of hedonic happiness might be a little low but eudaimonic happiness along with meaning in life is high; their body were preparing them for viral infections that are not lethal. However people with low sense of meaning in life and high with hedonic happiness, bodies were preparing for chronic illness like heart disease and cancer. The body anticipated terminal illness and probability of getting them was observed to be higher (Fredrickson, et al., 2013). This has shown that more than momentary happiness human bodies do better when they have a sense of meaning in their life and happiness from greater good. On the other hand patients suffering from depression need to be brought back to their hedonic set point as they lose hedonic happiness. They don't feel happiness i.e. . the brain and body is not producing the happy hormones while going through pleasant daily life activities or something adventurous that they would otherwise have enjoyed (Grinde, 2012). Resilience which is extremely important for our emotional immunity has also been linked with the ability to maintain one's hedonic set point when encountered with unpleasant experiences. Thus a balance of hedonic and eudaimonic happiness is what the mind and body constantly seeks for (Selhub & Logan, 2012).

1.1.5. Three Types Of Traditional Theories Of Happiness

Seligman and Royzman (2003) have proposed three types of traditional theories of happiness. According to them usually human beings believe in one of the three theories which become the basic approach ones' life, raise their children and it even affects your individual, social and political opinion and mindset.

1.1.5.1. The Pleasant Life: Hedonism Theory

Foremost let's take a look at the Hedonism Theory. In the concept of hedonism with all its variants and explanations, the most imperative thing to understand is that happiness is a substance of (Seligman and Royzman, 2003), "raw subjective emotions". The concept of hedonism as explained earlier is quite basic and insinuates

that (Seligman and Royzman, 2003), “happy life maximizes joy and minimizes pain”. Happy people have a lot of smiles, liveliness, bright eyes and a bushy tail. Her/his joy is intense and much, and her/his pain is almost non-existent. This theory is the most sophisticated in Bentham's utilitarianism (Bentham, 1978), “the transmission of Hollywood show business, the crudest manifestation of

American consumerism”, and the viewpoint introduced by eminent positive psychologist Danny Kahneman (Nobel Laureate in Economics). It has modern conceptual roots in one of its incarnations. His theory needs to address an important question: who's life, experienced or retroactive judge of joy anyway?

In another prominent research to measure an individual's happiness researchers randomly page the participants of the particular study throughout the day, enquire for the amount of joy or pain they are experiencing this method of data collection is known as (Seligman and Royzman, 2003), “experience sampling method, (ESM)”; and estimate the fairly accurate total amount of happiness they have experienced during the week. The same individual, was then probed again - how happy was their week? A backdated summation of their happiness most often it would be different significantly from the estimated total happiness experienced (De Neve, et al, 2013). When asked about someone's last vacation they mostly would say "Yes, it was great!" Mosquitoes, traffic, tans, and overpriced food may not make it to the summary judgment if one beeps in the middle, most often one forgets about it. With the help of experimental psychologists hedonism becomes a “methodological obligation”. The “objective well-being” of a particular period is calculated by summing the online pleasure ratings of all individual moments across that period. The calculated sum of “experienced benefits” is a true measure of how happy one's holiday (one's childhood, one's life) supposed to be. In this view, the participants experiences are continually considered to be accurate (Alatartseva & Barysheva, 2015).

The fundamental challenge for hedonists is to accumulate a decent total of joy, no matter how they are totalled, when they want someone to have a joyful life (or a cheerful childhood, or a contented week). That is not wanting to be distributed

throughout life or its importance to the whole (Velleman, 1991). It could be imagined that two individuals with exactly the identical expanse of temporary joy, happiness, experiences and contentment. Still it could happen that one of them experiences a gradual decline story about the same time frame over a period of time (ecstatic childhood, carefree youth, strange adult, miserable old age). And the other individual has a story that gradually improves over a period of time (in reverse order of the above pattern). These differences in life lie in their global orbit, and they are indistinguishable in terms of personal perceived instants. Now this could merely be understood by a “retrospective judge” who sees life patterns as a totality (Lataster, 2022).

Against the background mentioned above, the main challenge then becomes to find what genuine happiness for hedonism is what was said by Wittgenstein's in his concluding expressions. Because even though an individual faces negative emotions and complete misery in life at times they still experiences happiness as well. Thus one criticism that Hedonism faces is that it will not be able to process this kind of retroactive summation exclusive of labelling it as a serious misunderstanding (Kahneman, 1999).

1.1.5.2. The Good Life: Desire Theory

According to some theorist desire theory is more suitable than hedonism. In desire theory, happiness is about (Griffin, 1986), “getting what you want” and the substance of your desires is up to the individual to do them. Desire theory encompasses hedonism when we desire (Griffin, 1986), “a lot of pleasure and a little pain”. However, hedonism and desire thinking are often separated. The differentiation between Hedonism and desire theory is that in hedonism the dominance of pleasure over pain is the formula for happiness, at the same time it is not the most desired. While in desire theory what matters is aspiration or desire fulfilment which is what will provide happiness, irrespective of the amount of pleasure or discomfort felt during the process to achieve that desire (Davis, 1981). A noticeable benefit of desire theory is that it allows us to understand a soldier, a monk or a freedom fighter's life. They wanted truth, enlightenment or freedom, struggle, and are ready to bear all the hardships to fulfil their desire (Haybron, 2003). Their life is “superb” rendering to the theory of desire, for they attained to a greater extent truth, enlightenment or their goals and desires than most

humans would usually, in spite the fact they experienced, (Seligman & Royzman, 2003)“fewer pleasure and more pain than most people.”

Thus, the need benchmark for happiness changes from the level of perceived pleasure in hedonism to a slightly not as much of personal state of how closely one's aspirations are fulfilled (Suikkanen, 2011). The counter-argument is that one might only want to gather cups, collect coins, listen to or collect music, records or count stars all night. Being “satisfied” does not seem to lead to “a happy life.” One step in overcoming this dissent is to bound the possibility of the theory of wishes to the fulfilment of merely the wishes that an individual would have as they strive for an objective list of whatever is genuinely valuable in life (Seligman & Royzman, 2003).

1.1.5.3. The Meaningful Life: Objective List Theory

Objective list theory has been defined by Seligman and Royzman (2003),“happy people do not see happiness based on pleasure or pain, or desires or achievements”. In fact, objective list theory emphasizes the valuable over the more important. Health and well-being, satisfactory bonds, solid faith, charity and philanthropy, career achievements, individual aspirations come true, and more. Objective list theory states that a contented individual is not just someone that behaves happily / feels no pain (hedonism). Happy people are not just those who always get what they want (desire theory). On the contrary, (Lin, 2014),“happy people can be poor, sick, and even lonely people, but if they have a higher purpose, they can actually live happy, happy lives” went on to say so. No matter what one considers about happiness, the triplet philosophies contain truth in each one of them.

Joy in pain, fulfilled desires in unfulfilled desires, and living a meaningful life beyond a futile and inconsequential life are altogether indispensable to construct happiness. Whatsoever one trust in, be happy and disclose it with others (Fletcher, 2013).

1.1.6. Authentic Happiness

This is a question that has been pondered throughout history, from ancient Greeks to modern positive psychologists. Every human on this earth wants to be happy, but exactly what does that genuinely mean? Is it possible to make ourselves happy, or is the happiness something which actually transpires while we are busy accomplishing other things? The science of happiness has been rigorously researched for decades now revealing what affects and does not affect our well-being.

The famous Martin Seligman initiated a new realm in psychology in 1998 known as Positive psychology. Positive Psychology (Seligman, 2002), “is the scientific study of what makes life most worth living, focusing on both individual and societal well-being.”

Professor Martin Seligman's prominent book (Seligman, 2002), "Authentic Happiness" recognized Positive Psychology as “the science of happiness”. Authentic Happiness theory insinuates that happiness can be explored into (Seligman, 2002), “three different components: positive emotions, engagement, and meaning”. And each of these factors is more clearly defined and measurable than happiness. The first is positive emotions (Seligman, 2002), “What we feel: joy, rapture, ecstasy, warmth, comfort, etc.” A whole life has gone well around this element. The second factor, engagement, is about flow. (Seligman, 2002), “It's about becoming one with the music, stopping time, and losing self-awareness during engagement activities.” A life lived with these goals is called a "committed life" by Seligman. Commitment is different than positive emotions. According to Seligman (2002), “when one inquire persons in the moment what they think or feel, they usually say nothing. In the flow, merge with the object. It is considered that focused attentional flow requires draining all the cognitive and emotional resources that make up thoughts and feelings. No shortcut to flow”. But nonetheless, one must use their greatest fortes and flairs to face a fluid humankind. There is a simple shortcut to feeling positive emotions. This is additional differentiation among engagement and positive emotion. They might do shopping, take drugs, and enjoy TV. Therefore, it is important to identify your greatest strengths and learn how to use them more often to get into the flow. The 3rd component of happiness, that is,

meaning. The quest of engagement and joy is often a lonely and solipsistic pursuit. People inevitably want the meaning and purpose of life. A meaningful life comprises in fitting to and obliging what one believes is superior to oneself. Humanity has created all positive institutions to make this possible: religion, political parties, being green, Boy Scouts, family. The theory of happiness is as follows. Happiness is a construct. And happiness, not happiness, is the subject of positive psychology. Happiness has five measurable factors (PERMA):

- A. “Positive emotion (Of which happiness and life satisfaction are all features)
- B. Engagement
- C. Relationships
- D. Meaning and purpose
- E. Accomplishment “

The theory of true happiness is one-dimensional. He argues that it's about feeling good, and how you choose your life path is about maximizing your emotions. His theory of happiness is about all five pillars, 5 Our strength lies in the foundation of three elements. Theories of happiness are pluralistic in both method and content. Positive affect is a subjective variable and is defined as in table figure 1.3:

	Authentic Happiness Theory	Well-Being Theory
Topic	Happiness	Well-Being
Measure	Life satisfaction	Positive emotion, engagement, positive relationships, meaning, and accomplishment
Goal	Increase life satisfaction	Increase flourishing by increasing positive emotion, engagement, positive relationships, meaning, and accomplishment

Figure no. 1.3.

Theories of Happiness

Source - (Seligman, 2012)

There is an end yet to be clarified: “In true happiness theory, strengths and virtues such as kindness, social intelligence, humour, courage, and honesty (there are 24 of them) are the pillars of engagement.” As soon as a person’s greatest strengths are used to meet the greatest challenges that lie ahead of them, they go into the flow. In the

theory of happiness, these 24 strengths boost all five factors, not just engagement. Using your greatest strengths creates more positive emotions, more meaning, more accomplishment, and better relationships. The theory of true happiness is one-dimensional. He argues that it's about feeling good, and how you choose your life path is about maximizing your emotions. His theory of happiness is about all five pillars, 5 Our strength lies in the foundation of three elements. The theory of happiness is multidimensional in both method and content. Positive emotions are independent variables described by what you think and feel. Importance, relationships, and achievement have both independent and unbiased components. This is because even if you believe that you have importance, good relationships, and good results, you can be wrong or fooled. As a result, happiness cannot exist only in one's head. Happiness is a combination of feeling good, having a real sense, good relationships, and a sense of accomplishment. The way we choose the path of life is to make the most of all five of these factors. This difference between the theory of happiness and the theory of happiness is very important. Happiness theory shows how people make decisions, evaluate how much happiness (life satisfaction) they get, and follow a path that maximizes future happiness. Maximizing happiness is the ultimate shared track of personal option (Seligman, 2012).

1.1.7. Philosophy of Eudaimonia and Hedonia Happiness

Eudaimonic philosophy origins are dated to the period of post-Socratic era where it was described as ideals that are considered moral in nature. That being said, eudaimonism essentially overthrows the whole core value of hedonism whose foremost focus is with a good meaningful life rather than momentary happiness. Research shows that a balance that is both hedonia and eudaimonia happiness are needed for a fulfilling happy life (Keyes, 2002). The concept of eudaimonism renders a to greater extent a comprehensive representation of psychological well-being. Socrates and his descendants believed that happiness could be attained by ensuing virtue, excellence, developing one's full potential and being part of greater goodness. According to Aristotle eudaimonic happiness comes from moral values and meaning in our life. Whereas, hedonic is often relative to instant gratification. The concept of hedonic is not

a mere new idea, it has its roots in ancient Greek philosophy where renowned Greek philosopher Aristippus, a pupil of Socrates, propounded the concept and meaning of Hedonic in 396 BC approx., theorized achieving highest pleasure as ultimate aim of life (Vitterso, Oelmann & Wang, 2009). It focused on the pleasure principle and enjoyment to gain immediate positive feeling and satisfaction that our mind and body feels. The adrenaline rush or the happiness that we experience not only in our mind but also physiologically when we do something new or adventurous that we enjoy that leads to instant pleasure or gratification. It has been an endeavour since the start of mankind to achieve hedonic happiness that we chase on having a good time, live an adventurous life and achieve more materialistically. History and mythology both have been witness of hedonic happiness. Kings and rulers conquering kingdoms and mankind to achieve more power, success and happiness to only experience momentary satisfaction and losing peace of mind eventually. From Buddha to an ordinary human across different cultures, mythology, philosophy or science has proved it that we as a mankind need more than just instant gratification to thrive on and for prolong happiness. We need meaning in our life (Arneson, 2006).

1.1.7.1. Eudaimonia And Hedonia In Contemporary Psychology

Eudaimonia, as a subjective state, describes to the frame of mind appear while someone is progressing in the direction of self-fulfilment in relation to the evolving someone's unique personal capabilities and expanding their purposes in living (Waterman, Schwartz, & Conti, 2008).

Eudaimonia as a philosophical concept which had its origin by Aristotle has impacted much in modern psychological concept viz. "Maslow's Self- Actualization, May's Daimon Theory and Six-factor Model of Psychological Well-being by Carol Ryff" (Ryff, 2013). Deriving from the concept of hedonia which origins in Greek philosophy the concept of Subjective- Well-being and Hedonic Set Point has been conceptualised. Self- Determination Theory by Deci & Ryan (1991) embraces both eudaimonic and hedonic approach as its three basic innate are – Competence, Relatedness and Autonomy. The common thread observed throughout all these various

extremely imperative psychological concepts and theories is that there relation to meaning in life (Huta & Ryan, 2010). All research and researchers have pointed out that happiness has a deep connection with meaning in life, rather it could be even said that they can't exist without each other (Andrade, 2019).

In modern cognitive psychology, it is viewed that positive outlook of the world means that stressful life-event are perceived as challenges rather than threats. People more emotional reserve and effects of bad luck hurts them less. Such positive outlook is attached to a high self-esteem which is much beneficial in dealing with problems of life. Thus people with positive outlook look positively to life as whole and enjoy life (Kato, et.al, 2016). The psychosomatic theory Kato et al, (2016), "holds the opinion that chronic frustration increases vulnerability to disease, whereas positive attitude towards life will lead to good health."

Observed testimony about the impact of happiness on life is insufficient yet. Thus we also focus on its by-products which is our mood. Moods changes due to variety of reasons though being in a good mood is not equal to the positive attitude towards life but these two are definitely interlinked (Huta & Ryan, 2010). There are longitudinal and experimental studies that showed that involving mood manipulation and variations in moods, they also suggested that good mood prompts more pleasant experiences and a positive view of other people as well (Arneson, 2006). The research studies have also suggested that (Bower, 1981), "happy people are more satisfied with different aspects of life and considered as more trustful." Though happier people might have a more optimistic approach this does not imply that happy people perceive reality less accurately than the unhappy. Rather happy people use defence mechanism like "intellectualization" unlike unhappy people who opt for "projection". Many research has also exposed that happy people more "emphatic", "socially sensitive" to a greater extent "amenable to the world", more "worried with social difficulties" and less "concerned in the individual problems". Several correlational research disclose that happiness leads to vigorous activity. Levels of happiness are positively and highly correlated with activity whether it is employed task or unpaid one. Such people like to

spend farther their time amongst friends playing sports and hobbies. Happy people feel more energetic than the unhappy (Veenhoven, 1984).

1.1.8. Happiness And Meaning In Life

Meaning in life is a philosophical concept which has also become a significant psychological construct in modern psychology. It was comprehended by Frankl (1978), that meaning in life means going through a process a journey of one's own in the world that they create within. According to his theory discovering meaning does not have a manual it's a very individualistic process of one and can never be found outside of one (Reker, Peacock, & Wong, 1987). All theories and concepts which have their origin in eudaimonism focuses on meaning in life, a higher purpose, a sense of belongingness to a greater good or cause that helps humanity at large. From Self-Actualization to Nirvana to Enlightenment be it spiritually, philosophically or psychologically or a combination of all of them; mankind has inherited this urge to be a part of something bigger and better which can't be fulfilled by possession or some instant gratification (Ryff, 2013). The sense of meaning and purpose in life brings in contentment and long term happiness. Meaningfulness in life has been essentially linked to positive mental health, low anxiety and stress. Meaningfulness in life not just necessarily comes from social relationships, or good health of one self but it emerges from when one can serve the society at large and feels a part of a positive change in the community (Kashdan et al., 2008).

1.1.9. The Concept of Happiness in India

India has ample "philosophical and theoretical literature on happiness" since ancient times through different scriptures. Different religion and their scriptures like Hinduism, Islam and Buddhism has explored the nature of happiness persuading their followers ideas of happiness and directing people's on living a contented life. According to the Vedanta philosophy perfect peace and pure happiness already exists one's own consciousness but it's our desires and fear that unsettle individual's mind and conceal the happiness that continuously lasts contained by (Padmanabhan, 2010). Kiran Kumar (2006), "Such religious-spiritual conceptions are quite universal in India

for physical and psychological well-being.” Nevertheless, not every single one of Indian methodologies to happiness are spiritual. As Kiran Kumar (2008) suggested that inside Indian culture itself there is material and spiritual worldviews advocated in primordial period escorting to assorted outlooks on well-being [happiness] - hedonic, collective and mystical. The pleasure perception is an absolutely materialistic view that desire, especially the fulfilment of sensual qualities, is the only measure of well-being that indicates to the desire for pleasure. Often referred to as the Charvaka philosophy, this worldview is not only popular in India but is also known by most people around the world. A mystical perspective, on the other hand, is imbedded in an inclusive worldview placed on the well-being of everybody in the universe. Rendering to this view, happiness is individualistic in the opinion that it does not hinge on real and objective circumstances, as well as the physical and frame of mind of the individual. Several primeval sacred scripture in the Indian tradition have delve into the nature of happiness and unhappiness. The Bhagwad Gita (3.34) states that all happiness is not in the form of eradication of unhappiness and considers happiness and unhappiness as two conflicting and distinct attitudes. With this very estimation that Manu has described the features of happiness and unhappiness: —Everything that is in the power of external objects is unhappiness at the same time as that whatever is in the power of one’s own mind is happiness. This is the summarizing characteristic of happiness and unhappiness (Srivastava & Misra, 2003). Similarly, in the epic Mahabharata it is stated that, —when an individual respects what is beloved to oneself as happiness and that very identical thing when it is disliked, as unhappiness. Indian tradition has long stressed the importance of spirituality in order to experience everlasting happiness. For instance, Vedantists claim that forged self-perception is the root cause of human suffering and suggests finding the inner self or true self-awareness as the proper means to true and lasting happiness (Paranjpe, 1996).

The Indian culture though, never promoted the pursuit of happiness. Indian wise men always practiced and preached “santosh” over pursuit, “sanyam” over excesses and the only valid pursuit they condoned was the pursuit of wisdom or “gyan” (Chaturvedi, 2010). From 5000 years Indian sage and seers postulate that the source of happiness is within, rather than outside the self (Kiran Kumar, 2003). Brahmi is a state

of mind imbued with knowledge of oneself and one who has attained such a state does not depend upon anything for his happiness (Swami Dayananda, 1979). Similarly, in Bhagwad Gita, desire lessness for happiness is considered steady wisdom (Srivastava & Misra, 2003).

The Dalai Lama posits that happiness seems to be governed further by (Lama, 2009), “the state of one's mind than by one's peripheral circumstances, environments or events- at least once one's elementary subsistence needs are met.”

1.1.10. Eudaimonic Concepts in Science of Well-Being

The concept of eudaimonia is like an canopy under which aspects of psychological well-being, other than subjective well-being, or happiness, which incorporates merely emotional frame of mind and fulfilment in life (Ryff & Singer, 2008). The three chief fields of analysis that line up by means of a eudaimonic approach to wellbeing (Kashdan et al., 2008), “psychological wellbeing theory, self-determination theory, and the study of meaning in life”

1.1.10.1. Psychological Well-Being Theory

According to Carol Ryff the concept and field of subjective well-being was going through a deficiency of theoretic foundation and definitional accuracy concerning the indispensable attributes of well-being (Ryff & Singer, 2008). In order to displace this limitation, it was insinuated a theoretical perspectives of positive human functioning which was an alternative and would be wider in nature model of psychological well-being (Heintzelman, 2018). Ryff for his proposed model had drawn from a number of the utmost important and famous theories Allport, (1961), “developmental, clinical, existential, and humanistic psychology” and that’s how Ryff’s Psychological Well-Being Theory came into being. Ryff’s model of psychological well-being contains 6 vital aspects and they are :- (Ryff, 1989), “(1) self-acceptance refers to the awareness and acceptance of one’s personal strengths and weaknesses; (2) positive relationships with others refers to deep connections with significant others; (3) autonomy is living in accordance to one’s own convictions; (4)

environmental mastery is managing life situations; (5) purpose in life is the extent to which one's life feels meaningful and purposefully directed; and (6) personal growth is accomplished when one is using their own individual endowments and capability”.

Since the last many years much research has been done following the broadened conceptualization of well-being with the model of six factor psychological well-being by Ryff (Ryff, 2014). Research has thus suggested that grown person with greater psychological wellbeing than subjective wellbeing were actually young adults, who are more educated, and were to a greater extent receptive to encounter (Keyes et al., 2002). There has also been an proliferation in the exploring the organic and physiological footings of mental happiness and its significance for condition has been rising in current years (Ryff, 2013). Some research has shown that there is been associations amongst eudaimonic well-being and lesser salivary cortisol, lessened cardiovascular risk, and improve sleep (Ryff, Singer, & Love, 2004). A successful formulation confirmed interactions between certain components of eudaimonic well-being and compelling signs of inflammation. (Friedman & Ryff, 2012).

1.1.10.2. Self-determination theory

Self-determination theory referrers to the route across which self-actualization can be accomplished by an individual. Self-determination theory contemplates self-realization or eudaimonia as its significant characteristic (Ryan and Deci, 2000). Ryan and Deci (2000) ,“Three basic psychological needs—autonomy, relatedness, and competence” were identified by which according to them were crucial for optimum progression, assimilation and productive social enhancement. According to them the satisfaction of these 3 needs nurtures eudaimonic well-being. Self-determination theory is not defined these three components but they are essential needs to achieve eudaimonic well-being. The variability in intrinsic motivation is determined by to what extent are these rudimentary needs are met. Intrinsic motivation is again an crucial concept to self-determination theory and intimately knotted to eudaimonia's conceptualization of well-being. Intrinsic motivation displays positive human potential and emphasizes the innate desire for individuality and challenge, discovery, learning,

improvement and growth (Vallerand, Pelletier & Koestner, 2008). Self-determination theory postulates (Ryan, 2009), “that the satisfaction of the three basic needs and intrinsic motivation is an absolute compulsory element throughout an individual’s life for human thriving self-determination theory.” Reinforcing these contentions fastening needs satisfaction and inherent incentive to the fulfilment of individual’s capability, researchers drudging inside the self-determination theory context have uncovered that the quest of a few, however not all objectives, gratify these essential prerequisites and, successively, enrich eudaimonic wellbeing (Ryan, Sheldon, Kasser, & Deci, 1996).

Although innately steered ambitions, like affiliation, growth and a sense of community win over these 3 basic needs unswervingly, then there are no other goals that are more attractive from the outside than wealth, fame and prestige (Ryan et al., 1996). Moreover, concentrating at core ambitions transmits optimistically to markers of well-being vital to the eudaimonic custom, such as self-actualization or the fulfilment of someone’s capacity, at the same time as converging on extrinsic goals discloses a contrary, unconstructive relationship (Friedman & Ryff, 2012). Although self-determination theory has constantly allied with eudaimonic thought process the bond has only promoted itself further much in recent times, with the induction of a solemnized model of eudaimonia based self-determination theory (Ryan, Huta, and Deci, 2008). The theory perception advocates four central motivational concepts for eudaimonic living into which are as follows: (1) to pursue intrinsic rather than objective goals and values, (2) to behave independently and willingly rather than be constrained, (3) to be attentive and aware, and (4) to behave in ways that satisfy needs (Ryan et al., 2008). There has been a lot of exploration in this subject and most of them have concentrated on the relationship between goals, needs, and concepts of well-being beyond the eudemon tradition. Some argue that wellbeing (Ryan and Deci, 2001) is mostly about pleasure. For example, “achieving internal goals increases hedonic well-being, as measured by four elements: happiness, joy, satisfaction, and pleasure/entertainment, while flourishing external ideals does not.” (Sheldon & Kasser, 1998). Similarly, goals that satisfy the three basic “psychological needs” of autonomy, competence, and relatedness promote hedonic well-being to a greater extent than combined goals (Sheldon & Elliot, 1999). In addition, daily changes in the fulfillment

of basic self-determination needs predicted daily fluctuations in attitudes (Reis, 2018). It basically follows that the satisfaction of psychological needs is connected not only with the eudaemonic life, but also with ideas in the field of hedonic well-being. However, leading researchers of the theory of self-determination support the contradiction between hedonic well-being and happiness. This indicates that certain conditions that are not conducive to eudaemonic well-being can alter hedonic well-being (Nix, Ryan, Manly & Deci, 1999).

1.1.10.3. Meaning in Life

Under the umbrella of eudaimonic well-being, a third major area of study focuses on meaningful life experiences. The “feeling that someone's life” has meaning is theoretically a basic “human motivation” and is an important indicator of eudaemonic well-being (Maslow, 1968; Klinger, 1987; Frankl, 1978; Baumeister, 1991). Although meaning and purpose in life are part of Riff's model of psychological well-being, much work is currently being done on topics unrelated to this framework. As with additional Edenic concepts, defining the meaning of life is a very difficult task (Heintzelman and King, 2013). However, progress has been made toward an agreed definition of the meaning of life. A illustrative definition of meaning in life is “life can be meaningful if it has meaning beyond trivial or temporary meaning and has purpose or consistency beyond turmoil” (King et al., 2006). This definition refers to three dominant characteristics of experiencing meaning in life: purpose, meaning, and consistency (George and Park, 2016). Purpose means to engage in "purposeful" activity. The pursuit of personally meaningful ambitions is connected with feeling that life is worth living (McKnight & Kashdan, 2009). Meaning is to make or influence a difference and create a legacy that transcends self-awareness (George & Park, 2016). Constancy is the point to which stimuli, events, and personal lives are meaningful and consistent with expectations (Heintzelman, Trent, & Corning, 2013). Research on meaning in life has been concentrated primarily on the ancestors and outcomes of testifying that an individual's life is meaningful. Countless facets of life involve or provoke the sense that life has meaning. These resources of meaning in life comprises, however are boundless for societal relations like family and friends it will not happen religion and

models. Higher meaning in life is linked with improved physical health, mental health and social services (Heintzelman et al., 2013).

Recent research on the meaning of life points to several inconsistencies in maintaining the traditional pleasure/eudaimonic distinction. Primarily, the sound correlation amid meaning in life and positive emotions is time and again reduplicated in the literature, and generating positive moods also increases meaning in life, proposing that positive emotions are additional supply of meaning (Heintzelman and King, 2016). Moreover, eudaemonic well-being is frequently contemplated a ethically greater form of well-being, in portion because it is believed to be extra challenging to achieve than hedonic well-being. Nonetheless, current research has exhibited that meaning in life responds to temporal experiences (Machell, Kashdan, Short, & Nezlek, 2015) and general human encounters in populaces that involve involuntary, fundamental, and instinctual cognitive processing system (Stavrova & Luhmann, 2016)

1.2. YOUNG ADULTHOOD

The period of human's life after adolescence between complete adulthood is usually termed as Young Adulthood (Arnett, 2000). According to Erick Erickson an individual in their early twenties and mid-thirties are young adult. Erik Erikson's in his most popular and influential theories of development stages of human development defined the young adulthood stage between the ages of approximately 18 and 40 years which is the stage- 6 Intimacy versus isolation. However most researchers in their research studies consider young adulthood 18- 35years. In this stage according to Erickson the major focus is on establishing intimate relationship with someone others. This urge of intimacy becomes the main focus in life. During this stage of life an individual is has the capacity to commit, and develop solid connections and companionships (Hankin, 1998). When an individual is successful at making meaningful and strong connections and relationships in the initial years of this stage it translate to better happy relationships in the later years of life as well. However if someone struggles to do so it leads to frame of mind of lonesomeness and seclusion. Young adults usually are college or universities students not financially independent

(early twenties) and they do go through many physical, social, psychological changes during this stage of life as most major decisions of their lives like career, marriage and kids (eventually) happens in this stage. This is an extremely crucial and one of the most difficult stages of an individual's life as they play new roles in the society, make adjustments and plans to attain one's goals. Also understanding one's own emotion and psychologically embracing one's own self (Tanner & Arnett, 2016).

In human development young adulthood is considered to be one of the most critical and significant phase as every young adult as they strives to maximise their level of well-being to live long, joyful and healthy life. Every day young adult tries to live and strive to live a happy life. A well balanced life can be lived if every young adult takes responsibility of their own happiness and well-being (Daimond, 2002). As human's well-being is a result of many factors and also the choices one makes on a daily basis. Some of these factors that could influence a young adult's life such as nutrition, exercise, sleep, leisure activities, self-regulation, stress coping methods, nature connection, healthy relationships, psychological capital, vitality, socioeconomic status, society, career and success. It is usually observed that young adult who are resilient, optimistic, hopeful and efficacious are better at improving happiness and wellbeing as young adulthood also brings in a lot of failures and learning (Konstam, 2007).

1.3. EMOTIONAL ABUSE

1.3.1. Defining Emotional Abuse

There is no straightforward and plain definition of emotional abuse. Largely, researchers and first-responders of treatment define it as the universal obliteration of an individual's differences in "confidence and/or security" and "power and control" often appear in relationships. To define emotional abuse more precisely, it includes "pain or withdrawal, humiliation, disruption of communication, isolation, and other psychologically abusive tactics and behaviour" (Renzetti, & Follingstad, 2017).

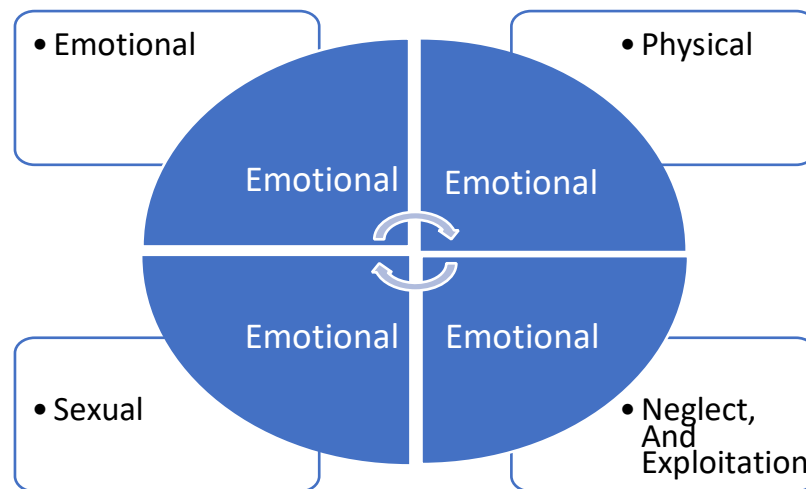


Figure no - 1.4.
Emotional Abuse

Source - (Renzetti, & Follingstad, 2017)

Emotional abuse is said to be one of the highest universally used terms these days. In 1996 the US Department of Justice and Health Canada argued that any kind of fear caused due to intimidation, isolation, threats, gaslighting, insults to gain power and control by one person on the other is to be defined as emotional abuse (Follingstad, et al, 2015). Emotional abuse is as an effort to control another person but an emotional abuser does not use physical beating or any physical forms of harm. They use emotional abuse as their weapon of choice. It has been evident from other studies that the consequences of emotional abuse are not good for the one who is being abused. Especially in case of children, it may go unrecognised. Emotional Abuse can happen in an intimate relationship, in family and at workplace (Fears, SaPhenixx, Jones, & Rennie, 2018).



Figure no – 1.5.

Cycle of Abuse

Source - (Smullens, 2021)

Emotional Abuse could be intentional or unintentional repetitive behaviour pattern over a time period. Emotional Abuse is a paramount pandemic in today's civilization. However, it's the to the lowest degree comprehended form of abuse. Unlike sexual abuse and physical abuse there has been very pocket-sized open education on the subject to people. Actually, insufficient people know what does emotional abuse comprises of and even smaller number comprehend the aftereffect of it (Harman et al., 2018). If couples and individuals can be facilitated to know and stop abusing each other, then people would be skilled to bring up children who are less probable to pass on abusive interaction and conduct to their kids. and noticeably decrease the occurrence of child abuse eventually by ending the vicious circle (Fears, SaPhenixx, Jones, & Rennie, 2018). Findings of many research have exhibited that emotional abuse has been correlated with intimate partner violence. Another study had

showed that psychological aggression is extremely common and epidemic in dating relationship and marriages which often is normalized and not seen as a problem. Emotional abuse effects an individual's self-esteem and integrity. (Capaldi et al., 2012)

Emotional abuse is interchangeable with psychological abuse, as well as terms such as verbal abuse, psychological cruelty, intimate terror and psychological aggression. Emotional abuse in the home is often referred to as systemic or organizational abuse.(Doherty, & Berglund, 2008). Emotional abuse was considered previously as aftermath of other styles of abuse predominantly physical or sexual abuse by various researchers and was not seen or studied on its own.(Arias & Pape 1999).

Nonetheless in recent times emotional or psychological abuse is agreed as a (Tomison & Tucci 1997),“freestanding and distinctive form of abuse”. Many scholars now have established that emotional abuse visible form of interpersonal violence and has very devastating consequences for the individual, both immediately and later. (Tomison & Tucci 1997). Several researches have also claimed that sufferers of regular high emotional abuse experience much greater distress and damage than from undergoing irregular physical assault (Frieze, & Davis, 2002).

Intimate partner violence (IPV) has always affected all “racial, cultural, religious, and economic strata of society.” (Adams & Beeble, 2019).

1.3.2. Signs Of Emotional Abuse

Verbal abuse, Name-calling.
Disproportionately assigning blame. Resentment.
Excessively judgmental in nature.
Putting a bad name on character traits or actions.
Ridiculing rather than motivating in their response.
Generating false rumours that damage reputation.
Eruptions of rage.
Manipulation ("If you love me, you'll do ____").
Withholding information.

Preventing access to money or other personal items.
Not being affectionate enough.
Refusing to express sympathy for their spouse's feelings.
Verbal retaliation.
Putting down the partner in front of family, friends, or complete strangers.
The use of derogatory language and naming.
Constant chastisement or humiliation.
Excessive rage or shouting to intimidate.
Blaming the partner without justification.
Denying someone love, approval, or appreciation as a form of punishment.
Jealousy that is excessive and accusations of infidelity.
Instilling in the partner the notion that "nothing he does will ever be good." enough".
Use of inside information (e. G. The partner has herpes) to produce vulnerability.
Here, abuse of the partner's children or threats of abuse are included.
With the children, the partner will be intentionally made to feel bad about themselves.
Insulting, sarcastic, or sneering in tone.
Self-harm or threats of self-harm are made by the abuser.
Lying to cause confusion., playing mind games, telling lies, or other forms of storytelling.
Utilizing words, concepts, or lies to control the partner.
Denying that things were said or promised, or that actions were taken and claiming that the partner is delusional.

Figure – 1.6.
Signs of Emotional Abuse
Source - Smullens, (2021)

1.3.3. Behaviour and Tactics of Abuser

Research has suggested that emotional abuse has an underlying motivation; i.e. (Schwartz, 2000), It is the desire to control other people and destroy their sense of self-esteem or respect.

Neglectful Tactics	Deliberate Tactics
Denying Emotional Responsiveness	Accusing, Blaming and jealous control
• Failure to provide sensitive and responsive care; • Interactions that are detached and uninvolved; • Interactions that are only necessary; • Disregarding the other person's attempts to converse.	• Repeatedly telling a person that he or she is the cause of the abuse; • Unfairly blaming the person for everything that goes wrong; • Blaming the individual for having illicit relationships or playing with others; • Making the individual feel they can't be trusted; • Checking up on their activities; • Demanding the person's account for every moment of the day; • Using anger to control the other person.
Discounting	Criticizing behaviour and ridiculing traits

• Do not trust the person's point of view. • Do not validate the person's feelings. claims that the action was a joke.	• Constantly find fault with others or make them feel that nothing they are doing is right. • Set unrealistic standards. • Disrespecting individual thoughts, ideas and accomplishments. • Compromise individual identity, dignity and self-esteem. imitate her
Ignoring • Wilfully fail to recognize the existence, worth, or contribution of others. pretend there is no one	Degrading • Insulting, ridiculing, name calling, imitating, or infantilizing; • Yelling, swearing, publicly humiliating or labelling the other person as stupid.

Figure no - 1.7.

Two Categories Of Emotional Or Psychologically Abusive Behaviour And Tactics: Neglectful And Deliberate

Source - (Renzetti, & Follingstad, 2017)

Gaslighting- Gaslighting is an extremely manipulative and dangerous form of emotional abuse (Sweet, 2019). It is where the abuser intentionally uses manipulative tactics and manipulates the physical situation or mental state of the other individual or mostly romantic partners to gain power and control slowly and meticulously causing the individual to question their reality as their perception of reality has been weakened by constant scepticism and self- doubt that has been created in their mind over a period of time (Akhtar, & Barlow, 2018). The abuser usually offers repeated explanation which most often convinces and depicts the victim as unstable, the abuser can command over the victim's picture of realism at the same time as conserving a stance of truth-holder and authority (Sweet, 2019).

This “blind-maze game” phenomenon creates constant cognitive dissonance according to Browning (2017), it weakens a person's sense of reality, self-confidence and mental health. The use of gaslighting has been reported in a variety of areas, such as environmental disasters, sexual harassment, rape, and intimate partner violence. Thus in case of gaslighting most often the victim doesn't even realize that they are suffering from emotional abuse or manipulation instead they continuously blame themselves (Browning, 2017).

According to some researcher there are two categories of emotional or psychologically abusive behaviour and tactics: neglectful and deliberate.

Family or Domestic violence — (Babu & Kar, 2009), “which is also known as domestic abuse, intimate partner violence abuse — begins once someone accomplice wants to control and rule the other”.

Most likely abusers believe and want the control over their romantic partner as they themselves suffer from low self-esteem, extreme jealousy, anger, frustration and most importantly the abuser's own insecurities and inferiority complex (Sweet, 2019).

Then there are some individuals with conservative values who might believe that they have entitlement of their spouse or companion to command and females are not equivalent to male. Others suffer from an “undiagnosed personality disorder or psychological disorder”. And some abusers might have witnessed family violence as they were growing up thus normalising it and learned the only way to react to their own anger, frustration and insecurities without even realizing how much wrong they are doing and how (Adams & Beeble, 2019).

A partner's dominance and this necessitate for control possibly will clutch the form of emotional, physical or sexual abuse. In the past many studies have suggested that aggressive, vicious or brutal behaviour frequently is produced by collaboration of circumstances and individual factors, which does suggest that offenders base their violent or offensive behaviour on their family, community, and other cultural influences.". Most probably the abuser must have witnessed violence repeatedly or

might perhaps been sufferers themselves. Several abusers do eventually recognize that they had been exploited or ill-treated when they were younger (Coker, et al., 2020).

It's often observed that individuals who as children have witnessed or were sufferers of abuse may learn to believe that "violence is a reasonable way to resolve any conflict between people". Younger boys who observe that women in their home aren't appreciated or disrespected by their elders or family and see men engage in verbal or physical abuse against women are increase the chances of repeating the same behaviour in the future as grownups are higher. While young girls if have witnessed abuse in their family unit of origin are the probability of them being tyrannized and abused by their own partners is much higher (Adams & Beeble, 2019).

Despite the fact that numerous females might have been victim of domestic violence, however the gender parts can and are upturned every now and then especially when it comes to emotional abuse. The findings of a research showed that 16% of women had experienced physical forms of domestic abuse, 25% sexual abuse, 52% emotional abuse, and 56% reported other forms of domestic abuse. Whereas men experienced 22% of physical form of domestic abuse, 17% sexual, 59% emotional, and 59.5% any other forms of domestic abuse (Babu & Kar, 2009).

Early intervention with children from a very young age who have been imperilled to or are subjected to violence or abuse in their families could be helped which is acknowledged. Thus it is (Coker, et al., 2020), "has emphasized the need for parents and parents-to-be to intervene to break the cycle of intergenerational violence."

1.3.4. Relationships of Trust and Authority

Emotional abuse is most likely to (Simmons, 2002), "transpire in relationships in where the abuser has trust and power over the victim". Sometimes, a person might even pull off the abuse in settings where the administrative arrangement cultivates control discrepancies that maintain the circumstances. Such type of relentless emotional

abuse is represented to as (Simmons 2002),“ systemic abuse or institutionalized abuse because the system silences its victims.”

Research has shown that some teachers and staff amalgamate “Strategies of psychological abuse combined with other punishments to control students in the classroom, especially in public schools” (Briggs & Hawkins 1996). These studies have also shown that exposure to this emotional abuse can damagingly impact student’s “academic self-esteem, self-efficacy, and motivation”. A study found that players who experienced psychological or emotional abuse when their coaches insulted and belittled their players and tried to boost their performance were more likely to feel stupid, worthless, sad, confident, afraid , frustrated and depressed because of their coach's behaviour feeling of irritability (Gervis & Dunn, 2004). In these cases, children and adolescents might fail interest in partaking in sports activities. Emotional abuse is likewise common in the workplace. Emotional abuse and harassment at work includes bullying, intimidation, physical assault or sexual harassment. Although abusers can be employees, managers, customers and clients, could be challenging to recognize and address abuse (Murray, 2003). In general, this type of emotional violence in the workplace is difficult to detect, because the victims are usually treated by systemic (Doherty, & Berglund, 2008),“work factors, such as harsh working conditions (high workload) and work environment (dismissal, lack of employers' support)”. A workplace culture that promotes unfair rivalry amongst employees and plunders is emotionally or psychologically abusive towards employees is not conducive for a healthy work climate and individual growth (Mighty, 2004). Emotional abuse can occur in any type of relationship, including intimate romantic partners, between a child and an adult, among friends and all types of relationships of trust and power. In each and every one such relations, one person concerned uses a variety of manoeuvres to wield dominance, command and insult the other. The power is always imbalanced in such relationships where emotional abuse is endured initiates numerous sorts of psychological harm. Because emotional abuse time and again occurs in interpersonal or family relationships, additional concentration is necessary in the influential years of adolescents to recognize how to develop healthy relationships and how to be aware of and resolve relationship difficulties (Gotlieb, 2003).

1.4. LOCUS OF CONTROL

Julian Rotter had developed Locus of Control in the 1960s. Initially he named the concept as Locus of Control Reinforcement. Rotter essentially bridged the gap between Behavioural and Cognitive Psychology. It is considered that behaviour was intensely directed by the utilization of emphases. Person's faith regarding the controllability of whatever take place to them is a principal constituent of their comprehension of in what way one would survive in the world (Shapiro, Schwartz, & Astin, 1996).

1.4.1. What is Locus Of Control?

The concept of locus of control comes directly from the psychotherapeutic clinic where it was a frequent observation that psychotherapy was seldom successful if the client did not believe that reinforcement used during therapy were conditional on his behaviour. In an early study of these viewpoints clinical psychology researchers witnessed that a number of clients altered their behaviour more than after a novel experience. One variable proposed to explain their difference known as locus of control was the expectation or belief about a reinforcer following the behaviour (Rotter, Seeman and Liverant, 1962). Individuals with an internal locus of control believed that empowerment comes from the individual's efforts, while individuals with an external locus of control believe that empowerment comes from forces outside of the individual's control (Lu, 1999). According to Rotter (1966), the concept of internal-external locus of control has its origins in social learning theory. It has distinguished internal control beliefs from reinforcement. According to Rotter, post-action reinforcement is perceived by those who believe in external control as a direct result of luck, chance, or destiny, while those who believe in internal control experience the same reinforcement due to their abilities or actions. The first view of locus of control implies a learning process in which individuals who believe in Rotter (1966), "People with internal locus of control are more likely to change their behaviour after positive or negative reinforcement than those who believe in external locus of control." According to Stone & Jackson (1975), the people who have an internal locus of control believe

better control over their lives. They also attribute change in themselves and their behaviour. They believe and act as if they are in control of their own future and see themselves as effective agents in shaping events that reinforce them. Anyone with an external location for the control attribute is an external source. He or she perceives or acts upon forces over which he/she has no control as significant dynamics while deciding the occurrence of reinforcing events (Abedini, & Majareh, 2015).

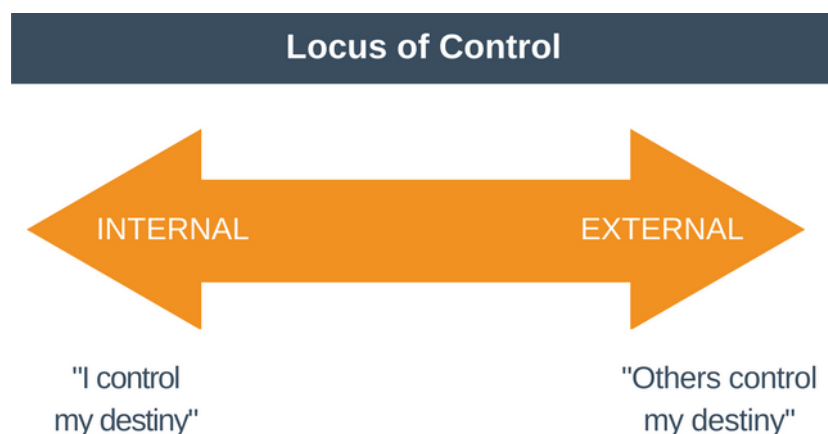


Figure no – 1.8.

Locus of Control

Source – (Rotter, 2011)

However, for behaviour to change, the reinforcement should be of some worth and importance to the individual. People with an internal locus of control perceive “value enhancement” as to a greater extent important or instrumental to them since they consider they can manipulate the enhancement. They change their behaviour to increase or decrease reinforcement. However, people with an external locus of control are usually unlikely to have alteration their behaviour since those are non-believer of altering their behaviour will lead to reinforcement (Ramezani, & Gholtash, 2015).. These individuals have confidence in the fact whatever happens in their life it’s because of some fate, destiny or due to someone influential predominantly. Rotter (1966) also hypothesized that locus of control influences a person’s learning process and persuades their behaviour in many situations. Rotter has explained the reason for curiosity in

Locus of Control in his initial writings by Rotter & Mulry (1965) who pointed that the motivation to study such variables comes from analyses of patients in psychotherapy and from attempts to explain certain discrepancies in studies of academic achievement and burnout. However many times it was falsely assumed that all traits of an individual with an internal locus of control are positive and all traits of an individual with an external locus of control are negative was cautioned by Rotter as well. Nevertheless there might be some research and practice in the field that might have been subjective by the common idea that internal control is to a greater extent desired than a trust in external control which again is not the case (Evans, Shapiro, & Lewis, 1993).

1.4.2. The Role of Locus of Control In Everyday Life

Let's examine how a locus of control manifests itself in the workplace and in daily life. On the surface, it might appear that having an internal locus of control is always preferable. A locus of control within oneself isn't necessarily a good thing. A locus of control that is external isn't necessarily bad either. As that's not the case like everything in life this too comes down to balance (Sherman, Higgs, & Williams, 1997). The context is everything. Depending on a person's other personality traits, a type of locus of control will manifest itself in different ways. For instance, a person with a strong internal locus of control might be blunt and to the point. This may improve workplace communication, but it may also result in tactlessness (Eatough, & Spector, 2014). People who are less assertive can be easily bullied. It might be challenging for someone to delegate if they have a high internal locus of control. Once they delegate, they lose control of the situation (Shojaee, 2014). Burnout can result from placing so much emphasis on control. The road to overworking can be treacherous for those who think they are the only ones who can accomplish everything they set out to do. Both mental health and self-esteem may suffer as a result. However, having an external locus of control can also have some advantages. For instance, these individuals might be more perceptive of their teammates and sensitive to their surroundings, which might make them better team players (Shubina, 2017). Additionally, they find it easier to let go of things. As a result, they might be happier, particularly when it comes to letting go of outside factors that are actually out of their control. That "let go" attitude, though, can

be both beneficial and detrimental. For some, it might result in peace, but for others, it might result in apathy (Singh, & Choudhri, 2014). Social laziness can result from both an internal and external locus of control, though for various reasons. If a member of the group doesn't care enough about its objective, they may start to loaf if they have an internal locus of control. Those who have an external locus of control are more likely to procrastinate because they think things will turn out okay regardless and that their efforts won't make a difference in the final result (Wallston, & Wallston, 1978). Although each type has unique characteristics, in some circumstances they can produce results that are similar. The key learning is that there are different kinds of loci of control, and they are not all internal or external, good or bad (Zeligman, Grossman, & Tanzosh, 2019).

1.4.3. Predominant Characteristics Of Internal Locus Of Control

People with Internal Locus of Control have some quite common and predominant characteristics that are usually observed. And they are :-

- They believe that they can accomplish anything that they set out to do if they work hard and maintain self-control. Their opportunities come from within. It is ineffective to wait for luck.
- Nobody's destiny is predetermined. Even if this were the case, one can always alter their destiny by making the right decisions. They believe that in actuality, each of us controls our own fate. They can actually restart their lives whenever they want to.
- At the end of the day, people typically receive what they deserve. Our happiness is a result of our decisions and deeds. They will have a better chance of succeeding if they put in a lot of effort and treat everyone with respect and kindness. They are not likely to succeed and be happy if they don't work hard and respect others.
- One can achieve success and excel at solving problems if one put in the effort. It's not based on chance or good fortune. Everything occurs as a result of a specific action taken by someone.

- People's unique characteristics are the reason why the world is the way it is. We must alter our behaviour if we want to change the world. They are solely responsible. The power is with them.
- To ensure that their short-term actions have an impact on their long-term outcomes, it is crucial to set goals and develop a personal vision statement.

1.4.4. Predominant Characteristics of External Locus of Control

People with Internal Locus of Control have some quite common and predominant characteristics that are usually observed. And they believe that:-

- Everything in life depends on chance and good fortune. Some people are fortunate, while others are not. It's totally arbitrary and dependent on fate.
- The world's events are not entirely within the control of human beings. Although we can all strive to accomplish something, ultimately things will turn out as they were intended.
- They also believe that their own life is largely out of their control. Control is instead being used by external forces.
- Setting long-term goals isn't worthwhile because things outside of their control could sabotage them. The best course of action is to let things take their course.
- People's experiences are unrelated to what they truly deserve. People who are good and work hard don't always succeed. Gluttons occasionally strike it rich and acquire everything. In the face of these circumstances, they mostly have learned helplessness.

1.4.5. Comparison Between Internal Locus Of Control & External Locus Of Control

Internal locus of Control	External Locus of Control
They believe that whatever they have achieved its due to their hard work	Always believes that whatever they have achieved its due to their luck, timing, destiny or due to someone more powerful than them
They know how to take responsibility of their own actions	They never take responsibility of their actions instead they put it on others
They do not believe in fate and know that they can control a situation with their actions	They completely believe in fate and always feel they have absolute no control over any situation
They are not easily influenced by others and their opinion	They are quite easily influenced by others and their opinion
They are quite self-driven, self-motivated and believe that they can attain or achieve their goal if they want to	They are not so self-driven, self-motivated and need external reinforcement to achieve their goals.
They usually in difficult situations don't wait for others help but finds a way to help themselves	They usually wait for others to help or believe that its meant to happen and mostly are not able to help themselves

Table – 1.1.

Comparing Internal & External Locus of Control

Source – Eatough, & Spector, (2014).

1.4.6. Theories About Locus of Control

What follows is a discussion of the connections between other psychological theories and locus of control. Self-efficacy and attribution style are two related but subtly different theories.

1.4.6.1. The Attribution Theory

Locus of Control suggests to an being's general outlooks relating to where control over consequential episodes resides. Especially, who or what is accountable for what take place in one's life. It is comparable to but separate from attributions. The Attribution theory by Weiner assumes that Weiner (1972), people attempt to figure out the reason or causes of their behaviour - the underlying causes of their behaviour. Attribution underlies the three phase process which is:

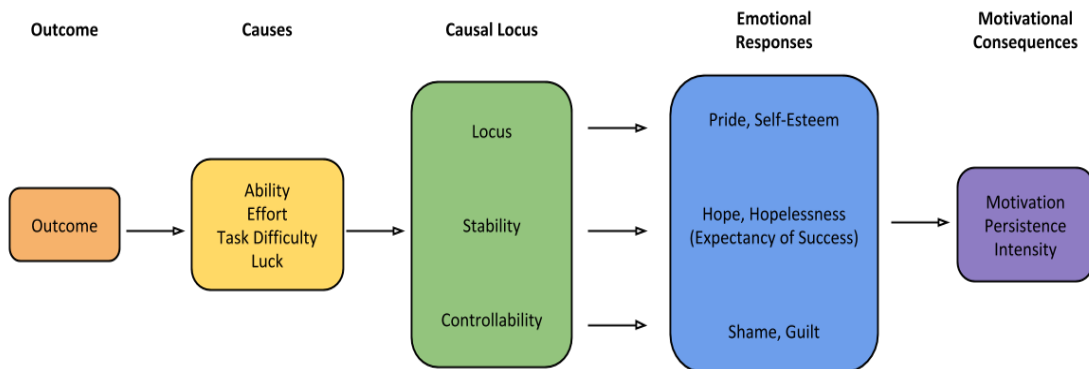


Figure no - 1.9.

Overview of Attribution Theory

Source - Weiner, (1972)

The last would happen sometime later, i.e. ., there are clarifications and reasons for occasions that have previously occurred.

1.4.6.2. Expectancy-Value Theory

Expectancy, which involves forthcoming occasions, is the most significant part of Locus of Control (Lefcourt, 1991). It's the principle of expectancy-value theory from which emerges the theory of locus of control, which explains human behaviour as controlled by the supposed probability of an occasion or consequence transpiring conditional the intended behaviour and meaning of that event or outcome. Expectancy-value theory basically states that if ,

- (a) a person treasures a specific consequence and
- (b) if an individual be certain of that seizing certain act/steps would deliver certain particular results, then
- (c) that the probability of that individual to choose that precise action increases by a large extent (Lefcourt, 1991).

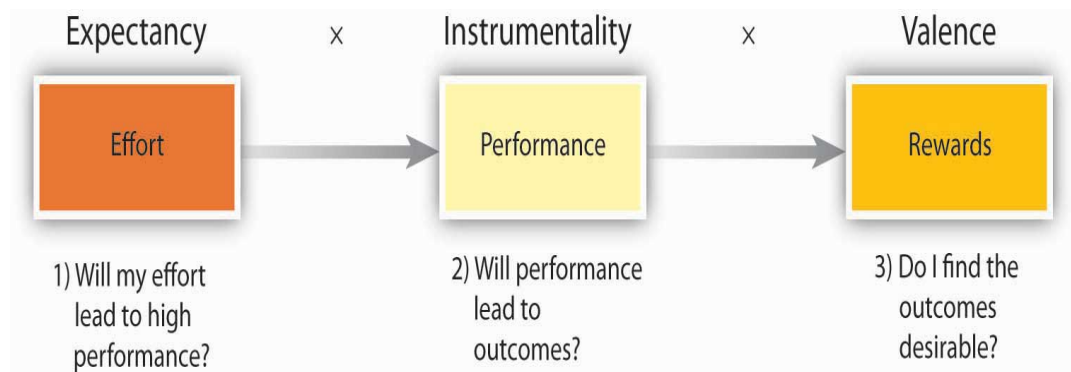


Figure no – 1.10.

Expectancy-value theory

Source - Lefcourt, (1991)

1.4.7. Importance of Internal Locus of Control

It usually appears that it is considered to be psychologically well to have charge o'er things that are competent of swaying. In modest ways, a more Internal Locus of Control is commonly understood as suitable. The existence of a position of internal control can also be expressed as self-determination, personal control and self-determination, etc. (April, Dharani, & Peters 2012).

Some trends that has been observed after a lot of research over time are:

- More males are inclined to have an internal locus of control as compared to females
- People incline to grow more towards internal locus of control as they get older.
- Individuals who are higher up in organizational structures tend to have higher internal locus of control.

- People with more internal locus of control have been observed to be more achievement oriented.

Researchers and research also suggested that external locus of control is equally important and necessary for a healthy and balanced wellbeing of an individual. However, sometimes it could be assumed that April, Dharani, & Peters (2012), “internal is good and external is bad which isn’t the case”. On the contrary individuals with high internal locus of control and low external locus of control could be psychologically unhealthy and unstable (April, Dharani, & Peters, 2012).

An individual's inner position generally requires coordination through skill, self-efficacy, and a sense of purpose to move effectively through the individual's control and responsibility. Mamlin, Harris and Case (2001), “Introverts who lack competence, efficacy and empowerment may develop neurosis (anxiety), anxiety (worry) and depression (sadness).” And individuals with high external locus of control could lead easy-going, relaxed and happier lives however if external locus of control very high and internal too low it could be observed that they live an unhappy life while blaming everyone else for it and without taking responsibilities for it thus without comprehending the way and power to change it.

Thus the theory and research indicates that LOC is for the most part studied and it has been perceived as a stable, inherent personality construct. However there is also some suggestion that, at least to certain degree, Mamlin, Harris, & Case, (2001), “LOC is actually a reaction to occurrences.”

1.5. MEANING IN LIFE

In 20th Century the middleclass population had started to feel materially affluent but spiritually empty. Around this time a major perspective in psychology had emerged the existential perspective. This movement of existentialism is first developed by existential thinker Martin Heidegger (1962) and later was developed in Psychology by Viktor Frankl (1963) and Rollo May (1969, 1977). The existentialist school emphasized the uniqueness of the individual, the search for values, the search for meaning, and the

freedom of self-direction and self-realization. According to Existential thinkers it's the inner experiences that matters to understand and deal with the deepest human problems (May, & Yalom, 1989). In recent times with the growth of positive psychology and its emphasis on positive attributes and psychological assets has been seen meaning in life in new light (Ryan & Deci ,2001).

1.5.1. Understanding Meaning In Life

Meaning in life is undoubtedly considered by Ryff (1989) as an affirmative variable: a marker of well-being, an element to promote adaptive coping, or pointers therapeutic improvement. The description of the meaning of life varies from one field to another, from "harmony in life". (Reker, Peacock, & Wong, 1987) "to purpose or intentionality" (Ryff & Singer, 1998) to the ontological meaning of life from an individual perspective in practice. Others researchers propose semiotic definitions of what does one's life mean to one (Baumeister, 1991). However there are some variety of thoughts and approaches on the way to attain meaning in life. As there is no one fit all way to find meaning in life (Frankl, 1965), every person has to pave their own path and find their meaning in life. Meaning in life could be attained through the quest of crucial goals in one's life or through building a well- balanced life (Kenyon, 2000). Meaning in life could only be achieved by satisfying the according to Baumeister (1991), "basic needs, values, purposefulness, efficiency and self-esteem". Some scholars have emphasized that the significance of daily the ability of making decisions and act or self-transcendence in the creation of meaning (Seligman, 2002).

In the recent years the concept of Japanese secret of long and a happy life has also been making the rounds. The famous Japanese concept is known as the Ikigai which means "reason for being" (Sone, et. al., 2008). The summarization of the concept basically talks about having purpose in life.



Figure no – 1.11

Ikigai (purpose in life)

Source – Sone, et. al., (2008)

The concept of Ikigai focus on the philosophy to find one’s happiness and bliss. The concept broadly focuses on doing things that bring meaning to one’s life, brings pleasure and sense of fulfilment in life. The core and combined meaning of the word is to give an individual’s life worth, meaning and purpose as that’s the key to a long and happy life. The concept of Ikigai has been equated with eudaimonia philosophy as well (Kumano, 2018). Ikigai also resonates with cognitive – behavioural therapy, positive psychology and with meaning in life (Kumano, 2018).

Steger et al (2006),“meaning in life as meaning given and perceived in relation to one’s identity and nature of being.” Their concepts were particularly influenced by the works of Frankl (1963), particularly Man's Search for Meaning. Frankl (1959, 1966) understood the meaning of life as a process of discovering the world as an inner meaning. His theory hypothesized that: Meaning is not invented and exists only outside of humans. Finding meaning in life has been the foremost characteristic of human since

the origin of mankind. Usually when you find what you are looking for you find homeostasis however the same can't be said with achieving meaning in life. Frankl(1984) presented the world with two division of meaning :

- a. the present meaning or the meaning of the moment and
- b. the ultimate meaning or super-meaning.

According to Frankl (1984) the importance of this moment must be very important because it highlights the circumstances and is, by all accounts, more accurate than the meaning of life, because the ultimate meanings are concealed from man in the phenomenal dimension. Meanings of the moment must be discovered by all individual on their own it was proposed that Frankl (1963),“ Meaning is not arbitrarily created by humans, but has an objective reality of its own.”. The true meaning of each situation is just one which needs to be discovered. People are usually funnelled by their conscience to instinctively for discovery of real meaning.

In the quest fulfilment of meaning circumstances does play an extremely crucial influence, however the reaction to these influential unavoidable circumstances depends a lot on the individual's attitude. Meaning has been proposed Frankl (1963),“to achieved through creative, experiential and attitudinal values.

- I) Creative values inspire individuals to produce, create and achieve, usually through some form of work.
- II) Experiential values include positive human experiences such as love and the appreciation of beauty.
- III) Attitudinal values bring persons to choose their stance toward unavoidable negative conditions such as facing injustice with dignity”.

Attitudinal values helps one to understand the way people behave and react in an unavoidable or unplanned situation. It has been observed that usually a lot of people are willing to and will endure all sort of pain if they have been persuaded that this misery or pain has meaning. It has been seen that all human are driven by a primary

(Frankl, 1965)“will to find meaning in life” and it’s an extremely crucial dimension of life as (Frankl, 1965),“failure to accomplish meaning results in psychological distress”.

Being human is forever a goal and means something or someone other than oneself: the meaning of meeting or encountering another person, a cause to serve, or someone to love. Frankl’s theory had postulated that when people do not search for meaning, they may experience existential emptiness or meaninglessness (Frank, 2010).

Dr. Viktor Frankl, the founding father of logotherapy coined the term “noogenic neurosis” which is a form of existential crisis causing apathy could be caused by extended meaningless in life of an individual. In our 21st century it has been quite predominant due to all the “industrialization, loss of traditional values, and dehumanization of individuals”. It is not always necessary to develop existential neurosis while an individual may still feel existential vacuum (Csikszentmihalyi, & Seligman, 2000). It’s very common for people to experience lack of purpose, challenge obligation and this emptiness they try and fill with materials Park & Folkman (1997),“things, pleasure, sex, or power, busy work”, however don’t find the peace and happiness they are looking for. As for the people who are driven by pursuit of meaning experience sense of life satisfaction, fulfilment and self-transcendence.

In the present study the two construct focused of meaning in life are:-

- I. Presence of meaning in life
- II. Search of meaning in life

Steger et al. in 2006 proposed these two constructs. The first meaning subscale refers to the subjective feeling that one's life has meaning, and the search for meaning refers to the effort and direction to find meaning in life. The search for meaning is the feeling that there is meaning in life, that it is important for one's life to function meaningfully and positively. Numerous studies have shown that people who feel their lives are meaningful are less depressed and more likely to be positively influenced by life satisfaction, self-esteem, optimism, and positive emotions (Zika & Chamberlain, 1992). The presence of meaning has also been observed to be an important pointer of a

healthful and dignified life. It be worthy of more notice from empirical studies of human performance (Frank, 2010). Victor Frankl's existential philosophy formed the basis of the concept of meaning in life, which is man's first desire for meaning or purpose in life. Frankl who was a neurologist and psychiatrist developed school of psychotherapy known as logotherapy meaning “therapy through meaning”. Frankl proposed and believed The human need to develop the ability to find our personal purpose. Logotherapy is based on the idea that human are most driven by a search for meaning, signifying that the meaning of life is the greatest question on our minds and the biggest stressor on our psyches (Eagleton, 2007).

Frankl made an extremely important observation in the Nazi concentration camps where the prisoners who survived extreme inhuman, brutalising conditions had a purpose, internal reason and goal to survive. It was observed that people with a purpose in life could make sense in the most harsh or savage condition and could bear the senseless suffering or even accept death. However this sense of purpose and meaning in life is a very individual path, discovery, power and choice, thus its responsibilities also remains with the individual. Thus this difficult path brings in immense growth, peace and wisdom for the individual (Frank, 2010).

1.5.2. Logotherapy

The word Logotherapy has been derived from the Greek word which literally means “meaning”. It is a type of psychotherapy developed by Victor Frankl, a survivor of a Nazi concentration camp in the 1940s. Logotherapy engages helping an individual or a patient in discovery of his/her own meaning in life (Frank, 2010).

Frankl (1984) argued and proposed three foundation that the theory and treatment are based on which are the main features:

- Everyone has a healthy core.
- Your focus is teaching others about your inner resources and giving them the tools to access your inner core.

- Life proposes purpose and meaning, nonetheless does not assure its accomplishment or contentment.

Basic Assumptions of Logotherapy:-

Thus Logotherapy is based on this three postulations:

- The Freedom of Will
- The Will to Meaning
- The Meaning of Life

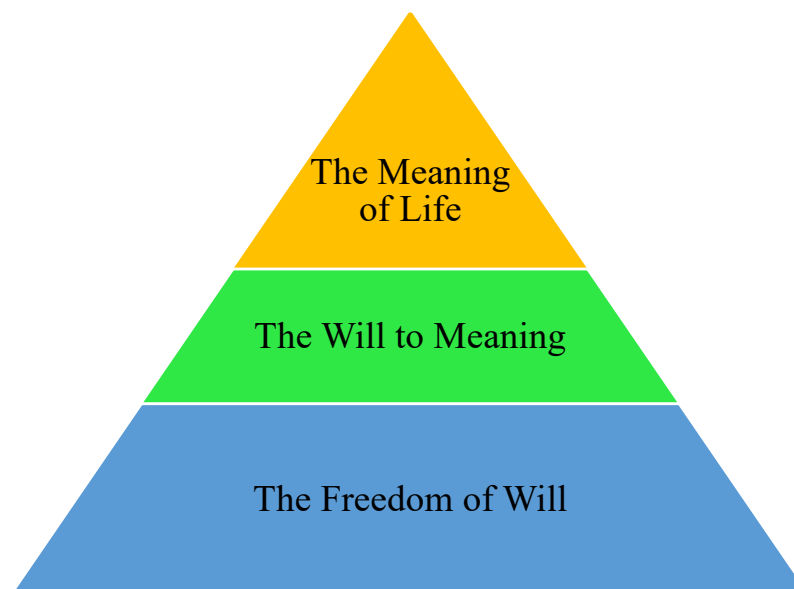


Figure no – 1.12.
The three postulations of Logotherapy
Source - Frank, (2010)

1.5.2.1. The Freedom of Will

Logotherapy presumes freedom and intentionality of any individual. According to this Frank, (2010) the assumption is that a person has free will to discover the essence of his existence and make decisions. Of course , this freedom is within limits. Human beings are not free from seen or unseen biological, psychological or sociological situations or environments, however they have a choice in their reaction towards them.

Every man has the capacity to take a stand for himself/herself, towards the world with his or her surrounding and circumstances that comes along. Human do have the capacity to reflect, introspect, judge and even reject all by himself or herself without anybody else's contribution (Seligman & Csikszentmihalyi, 2000). According to Frankl every individual could if they wanted to rise above all the constrains of heredity or childhood experience that might have impacted in building the individual. Frankl theorises that if we consider human as a clean slate and their personality as of D, Ego and Super-Ego without any causes, meanings and values in it then all we are left with drives and instincts i.e. . cause and effect. Whereas man has proved time and again that that's not the case reason, meaning and free will of choice always exist which keeps us all going in the positive direction. It's like if energies and impulses urge however reasoning and meanings drags it in which is an absolute necessity for homeostasis. Frankl also in this process and journey dives into humanism is an extension of freedom, although cautions that freedom is only a half-truth and comes with accountability (Morgan, & Farsides, 2009).

1.5.2.2. The Will to Meaning

The will to meaning is the utmost influential drive for mankind, which means the yearning to uncover a meaning or some purpose in life. It is this basic principle that differentiates human from animals, its only human who seeks meaning of its existence (Seligman & Csikszentmihalyi, 2000). According to Frankl, Freud's and Adler's theories of pleasure principle and will of power has been originally derivatives of meaning – fulfilment if dwell into the depth. Frankl advocated that Maslow's hierarchy of needs – 'Self- Actualization and Peak Experiences' concept also ultimately envelops effects of meaning-fulfilment. Maslow himself agreed and acknowledged that the highest concern of mankind is his/her Will to Meaning. This deep search for the higher and ultimate meaning of his being creates a tension between being and being, being and substance, being and matter (Frank, 2010). These tensions are human and important to mental well-being and help a person grow and mature. The importance of the Will to Meaning has been noted by many other likes of renowned Psychologist Bruno Bettelheim and Nobel laureates philosopher Albert Camus who understood and

proposed that human are not just about living by and getting through in life but actually true consciousness of human existence to find meaning in human lives (Morgan, & Farsides, 2009).

1.5.2.3. Meaning of Life

Regardless of the circumstances, life has intrinsic meaning and value. Meaning in life is a very subjective, individualistic and unique discovery of person's life. Meaning in life at different stages of life can continue to change with different environmental situations. According to Frankl Human life is a series of questions which man continues to answer with responsibility, and making decisions. Frankl proposed that each question that man ask has one right answer however that doesn't suggest that man would continuously or consistently accomplish the right answer (Frank, 2010). Man will falter in his/her quest of searching meaning and answering these questions for themselves in spite of the hurdles and failure in this path of true meaning to their existence it's about trying your absolute best more than the answer itself. Humans have always tried to find meaning in their own consciousness and in their intuitive ability to find meaning in situations (Zika, & Chamberlain, 1992).

Logotherapy is just a catalyst to begin with. The wheel of self-reflection turns again. Frankl proposed three fundamental values through which life could be made meaningful.

They are:-

1. areas-creative,
2. experiential and
3. attitudinal

1. Areas-creative – The creative zone is where our creations and achievements become reality.
2. Experiential - what we learn and gain from the world in terms of experiences and encounters, for example. Experience truth, goodness and beauty, experience nature and culture, meet and love others.

3. Attitude - The attitude toward the unchanging condition of human existence in our lives, which consists of suffering, guilt, and death, Frankl calls it “tragic triad” (Frankl, 2010).

1.5.3. Existential Vacuum

'Existential Vacuum or 'Existential Frustration' is a concept proposed by Frankl which refers to the emptiness, the meaninglessness, the feeling of despair could be caused when an individual is not able to fulfil his/her meaning or find their meaning or purpose. This need not be a pathological or abnormal condition it just could be a feeling or phase of life that someone goes through and overcomes. However, continued and chronic existential frustration could result in a neurotic condition. It has often been reported by Psychiatrists and Psychologists that young adults often navigate through meaninglessness of their life. And this meaninglessness can be an enormous contributing factor among students causing suicide as prolonged existential frustration could lead to or cause depression (Frankl, 1973). Existential vacuum is associated to industrialisation and the of modern society. Frankl (1972) compared this practice to 60% of American students, while 25% of his European students (Germany, Switzerland, Austria) reported this practice in the early 1970s. In his opinion, the brainwashing of American students in - a reductionist direction will increase their existential emptiness (Somov, 2007).

The world and mankind has been dreaming and believing with full conviction that the socio-economic situation of people is the answer to mankind's happiness, so when the economy improves, people are happier. But when the battle for patience slows down, "Why Survive?" I have a question. It is said that many people today have the opportunity to live, but they have no desire to live. At the same time it is observed that there are individuals who are happy even in unfavourable circumstances. Academicians have said that even Marxist societies are not exempt from this phenomenon. Frankl, (1972), Existential vacuum have been reported in studies in the German Democratic Republic and Czechoslovakia. It is also spreading in Africa, especially among scholars. Many research findings have shown that individuals who are above 30 years old are experiencing to a greater extent from existential vacuum as

compared to senior age group. Frankl explains that this is observed as disintegrating of customs is a key dynamic in the young adult's life where the customs and tradition are diminishing quite protuberantly. The existential vacuum is the result of the double loss of man - Frankl explained that the cause was a loss of instinctive security around animals and the recent loss of traditions that dominated early human life. In modern times man behaviour is nor guided by instincts or traditions (Steger, Frazier, Oishi, S., & Kaler, 2006). Existential vacuum demonstrates itself predominantly through depression, aggression and addiction as man finds himself/herself lost. There is a reason why we are challenged in our lives as we as human feed of solving challenges which would add meaning to our life, and if we don't have enough tensions, sometimes creates tensions artificially. But sometimes when we are spared of this the tension, probability of existential vacuum is much higher. Many studies have linked drug and alcohol addiction to feelings of insignificance (Zika, & Chamberlain, 1992).

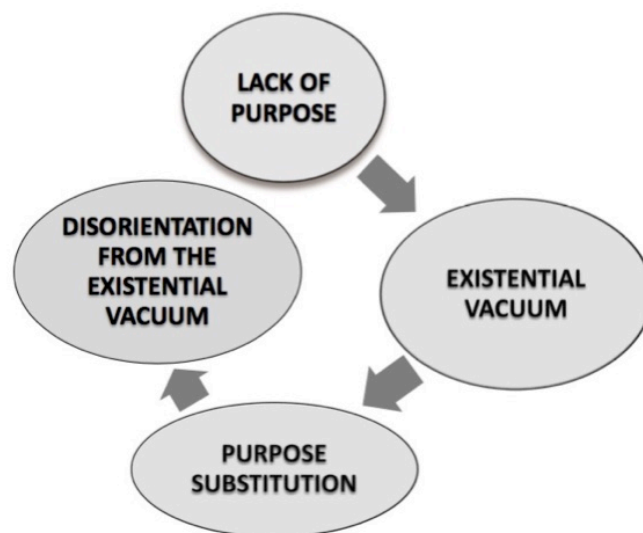


Figure no – 1.13.

Existential Vacuum

Source – Youdin, (2019).

1.5.4. Noogenic Neurosis

Noogenic neurosis is a term coined by Dr. Viktor Frankl, the founding father of logotherapy referring a form of neurosis stemming from "existential frustration or vacuum". Noogenic in Greek means “mind”. When prolonged existential frustration or

vacuum exist in someone's life it could become psychopathological which he calls Noogenic neurosis. Noogenic neurosis suggests to the noetic or transcendent element in humans. In philosophy the noetic which is a division of metaphysics involved with the study of mind as well as intellect (Kenyon, 2000). Usually psychological neurosis is caused due conflict concerning the conscious and unconscious mind in any individual. The unresolved tensions because of psychological conflict can manifest in a variety of ways causing anxiety, stress, depression or other psychological problems (Steger, Frazier, Oishi, & Kaler, 2006).

Though the symptoms of anxiety or depression can also be caused by Noogenic neurosis, the very same as psychological neurosis does however can never be determined only by symptoms because not all disturbance or pressure is an indication of pathological struggle. Accordingly to Frankl psychological neurosis is not always caused by traumatic past or childhood experiences or by the conflict of conscious and unconscious mind, it is also could be caused by an individual's lack of meaning or purpose of life and seeking for autonomous decision-making and inner wisdom in their life. Unlike psychological neurosis being unsatisfied with your life because one seeks inner wisdom, has the capacity for autonomous decision-making, wants to do more and better in life which will satisfy the soul is actually a healthy sign. In the recent years Frankl challenged this new type of neurosis has amplified and more than 20% of all neurotic cases are noogenic in nature and origin (Frank,2007).

1.5.5. Klinger's study on Meaning and Void

Eric Klinger (1977) who was completely influenced by Frankl's philosophy studied and wrote books where he proposes that people derive meaning by engaging with meaningful stimuli.. Human beings seek to be engaged practically the whole time with something or somewhat that would compel them feel surprise, inquisitiveness, gratification, affection, hatred, support, pride, lust, commitment, empathy all the other emotions. According to Klinger young adults explore for drive in their lifespans at the same time elder age group works toward revitalizing it. Mankind derive meaning and a sense of fulfilment through developing relationships and attachment with a

person/animal even materialistic things, their religious conviction, families, partners, job, community, social interactions or extravagant leisure pursuit. People usually have the find enjoyment though the pursuit of objects, events, and experiences that Klinger defines as stimuli (Ventegodt, Andersen, & Merrick, 2003).

Incentives are integral part of people's life when deprived of these incentives people usually find life less meaningful which could lead to Void in their life. More often when people find this void people in life they try to fill it with unhealthy coping ways. Frank suggests that Many personal changes in life are the result of frustration in the search for motivation. Constant disappointment in achieving motivation or habit and pure pleasure can lead to disillusionment and alienation from it. Isolated people are characterized by feelings of insignificance, worthlessness, resentment and depression. (Frank, 2007).

Accordingly happiness and psychologically well-being are interconnected or rather co-dependent on each other largely. And to attain both a lot of other factors also have a role to play. These factors and dimensions of happiness also need to be fulfilled to find happiness.

1.6. RATIONALE OF THE STUDY

Humanity has been pondering over happiness for a protracted time, and in many alternative ways. Buddha and Aristotle were among the first happiness philosopher. Happiness could be a basic aspiration of human race; it's additionally a word or a plan that's employed in alternative ways. World Happiness Reports respondents to surveys acknowledge the distinction between happiness as associate degree feeling and happiness as a judgement concerning the standard of life as a full. Other papers have used longitudinal knowledge to indicate the increase in life satisfaction when wedding fall back to pre-marriage levels, closing that individuals adapt totally to wedding. However, these conclusions didn't realise of the actual fact that happiness declines throughout time of life, whereas those that got married saw their post-marriage happiness levels decline, their divorced peers also became significantly less happy over time. Thus, whereas adaptation is a necessary a part of human science, to simply accept and react with success to each adversity and new opportunities. Individuals with better family circumstances, low conflict and particularly those with shared social identities living in trusting and trustworthy environments, value their lives a lot. The Gallup World Poll Questionnaire which is used in World Happiness Report by UN also measures emotional well-being as one of its 14 core areas (Sachs, Layard, & Helliwell, 2018). However, there is least amount of research work on these variables among Indian population. Also, investigators focused on one or the other variable at a time. There are attempt by researchers to measure emotional abuse, locus of control, meaning in life in relation to hedonic and eudaimonic happiness among the Young Adults separately but research could not produce much empirical evidence of any relationship among these variables. Also, researches in hedonic and eudaimonic happiness are undertaken but there is no such study ever made for the comparison of emotional abuse, locus of control, meaning in life with hedonic and eudaimonic happiness among young adult age group and different relationship status relationship status. Thus, the role of emotional abuse, locus of control and meaning in life with hedonic and eudaimonic happiness is highly relevant for every person, whereas the literature search revealed relatively lack of empirical work on these variables among non-clinical population, particularly keeping all in consideration simultaneously. Also there are gaps in terms

of sample size, region of study or types of expertise. The present research work is an attempt to fill up these gaps and add the empirical evidence on contributions of emotional abuse, locus of control, meaning in life in relation to hedonic and eudaimonic happiness in Young Adults.

1.7. SIGNIFICANCE OF STUDY

India is in the 133rd position in the World Happiness Report 2018 by UN, Emotional Abuse is a Major epidemic in our society as surveys and studies in different part of the world have shown that more than 50% of men and women experienced emotional abuse including in India. It is important that people get to know and understand the concept of emotional abuse in order for it to end, because that is the only way to raise children who hopefully will not continue with abusive exchange to their future generation (Engel, 2003). Locus of control in an individual has maximum effect on an individual's coping strategies, motivation, belief and on perception. An internal locus of control is connected with more prominent achievement and accomplishment since this inclination to one's victories and disappointments, to one's activities gives an individual motivation to explore their activities, recognize where they can improve, and take action. Human beings are the only species who can put their own existence into question and tries to find purpose and meaning in life. In a study of Harvard University millennials, they said their main life goals were to make money or become famous (Bruner, 1990). Frankl had already correctly pointed out that instead of awaiting to find the meaning of life in your old age, one's ought to find it when one is young (Solomon, 2004). Bruner (1990) expresses this more clearly, stating that without a system of meanings man would get forlorn in a chaotic haze of experience and might not be able to live as a species". Thus the present research signifies its importance in understanding the complex mutual relationships among emotional abuse, locus of control, meaning in life with hedonic and eudaimonic happiness among the Young Adults. The study also attempts to explore the level of hedonic and eudaimonic happiness in the presence of emotional abuse, locus of control, meaning in life constructs. Furthermore, to strengthen the knowledge on contribution of these psychological constructs and to create awareness among people as they don't have much knowledge about the same. This study also attempts to compare between male and female between different relationship status with regard to the above variables, who are young adults from colleges and universities of Jalandhar.

1.8. CHAPTERISATION

The report of the present study is structured into five broad chapters:

- Chapter one presents the main theme of the research through introduction which covers the brief facets Happiness and also the variables in the study. It explains the need the rationale, significance, objectives and hypothesis of the research.
- Chapter two includes extensive review of literature that provides an understanding of the background of the literature concerned with topic of the current research study. The main purpose of the chapter of literature review in a research is to ascertain the gap in the research variable and to provide an assistance to draft research hypotheses accordingly.
- Chapter three covers the research methodology and the process adopted to in conducting the research. The choice of an appropriate research design, sampling procedure and tools for data collection is specified in detail. It also explains and justifies the use of statistical tools and techniques used to analysed data.
- Chapter four elucidates the analysis and findings of the results obtained using statistical tool. Inferences are drawn from the findings and it proves hypotheses framed earlier are positive or negative.
- Chapter five summarises the entire research by highlighting the findings, discusses the results and provides suggestions for improvement. It also contributes to the research community by offering them scope for future research in context of Happiness.

CHAPTER 2

REVIEW OF LITERATURE

The section of literature review mainly provides an understanding of the background of the literature concerned with topic of the current research study. The main purpose of the chapter of literature review in a research is to ascertain the gap in the research variable and to provide an assistance to draft research hypotheses accordingly. The investigation of psychological variables concerning to Emotional abuse, Locus of control and Meaning in life in relation to Hedonic and Eudaimonic happiness has always been in focus of the researcher's. This section presents findings of some of the important and relevant works on psychological constructs undertaken in this study.

2.1. HAPPINESS

Wilson (1967) published a review on correlates of avowed happiness describing a happy person as —a youthful, healthful, well- cultured, buoyant, stress-free, conscientious, wedded individual with elevated self-esteem, high job morale, humble ambitions, of whichever gender and of a comprehensive assortment of intelligence.

Roy and Srivastava (1986) interviewed men caught up in struggle of life to ascertain their views on happiness. Their first reaction was that it is difficult to define happiness, and that self-development, family welfare, and social good were three important determinants of happiness besides money, learning and humility.

Sell and Nagpal (1992) also noted that a systematic mapping of the areas connected with the overall or specific aspects of wellbeing, and theoretical examination before continuing to formulate items and their statistical authentication is lacking. A stepwise ethnographic exploration by them aiming to identify aspects conducive to wellbeing identified eight areas of wellbeing: “positive affect, negative affect, mental mastery over self and environment, rootedness and belongingness, organizational and

unified facets of family life; intensity of social network, security in crises (socioeconomic and related to health), and expectation achievement harmony” and resulted in the development of the 40- item Subjective Well Being Inventory (SUBI) on eleven factorial dimensions of wellbeing.

Myers and Diener (1995) noted in a review study that everyone usually could recognize individuals who are persistently happy, even when they are confronted with hardship; and also can point out people who are unfailingly unhappy, regardless of the best of circumstances. They deduced that “knowing a person’s sex, income, race, or age gives little clue about how happy he or she is”, though certain traits and temperaments such as optimism, self-esteem, personal control on life, optimism, extraversion, social support including marriage, culture, engagement and flow, and faith appear to provide clues to the person’s happiness.

Furnham and Cheng (2000) examined parent rearing style (authoritarian, authoritative, permissiveness) and self-esteem predicted happiness. The personality questionnaires by Eysenck, the self-esteem scale by Rosenberg, and the Oxford happiness inventory were used to collect data from participants. The regression and path analysis showed maternal authoritativeness was the only predictor of happiness mediating through self-esteem. It was predicted that some rational control and discipline put into effect to the children will be predominantly valuable in enhancing the children’s self-esteem.

Matthews & Gallo (2003) found that happy and contented women in their marriage had a health advantage over unmarried or those of dissatisfied marriage. This longitudinal study over a 13-year long had discovered that middle-aged females in sound marriages with no forms of abuse and lower conflicts had lower were at a lower risk of “cardiovascular diseases like blood pressure, cholesterol level etc. body mass index – and amplifies the likelihoods of psychosocial cardiovascular health issues– such as “depression, anxiety and anger” as compared with other middle-aged women.” The study also revealed that the condition of marriage and relationship was extremely vital as conflicted and unsatisfied relationships were connected with more depression, hostility and anger, threat for coronary heart illness. The study also concluded that

marital status and quality may well have an effect on metabolic risk factors and acute stress responses, could lead to cardio-vascular morbidity and mortality.

Cheng and Furnham (2003) studied “perceived parental rearing style, self-esteem and self-criticism as forecasters of happiness.” The path model was intended and hierarchical regression were calculated. Here happiness and six parenting style were taken to see the effects. Results showed that maternal care was having direct and indirect foretelling supremacy over happiness and it was also observed that there was a significant correlation between parental care and maternal care.

Kiran Kumar (2004) argues that, —In our Indian society both material and spiritual worldviews has always existed since the very primeval era which has vividly established the distinct viewpoints on happiness - hedonic, collective and transcendental.

Peterson, et al. (2005) conducted internet surveys, of 845 adults to investigate happiness and their relation with life satisfaction. Life satisfaction was measured and subsequently three different ways to be happy were endorsed, viz. “through pleasure, through engagement, and through meaning”. The subscales independently could predict life satisfaction. Individuals, who were found to be low on all three orientations were also found to report low life satisfaction. The conclusions of this research spotted that there is a dissimilarity amid the full life and the empty life.

Seligman, Steen, Park, and Peterson (2005) in their study it was discovered that the “gratitude treatment” enhanced the approachability of affirmative memoirs rather than “comparison treatments”. The outcomes recommended that individuals if employed the “gratitude 3-blessings treatment” it helps to coach cognitive predispositions which are wholesome to “subjective well-being”.

Seligman, Rashid, & Parks (2006) investigated on the Positive Psychology Progress engaged in sampling through the “Authentic Happiness” website for comparison of efficiency of five dissimilar happiness practices, each distributed via internet. The five techniques chosen were: Seligman, et al., (2005), “visit of gratitude,

three beautiful things in life, you at your best, using your distinctive strengths in the newest way and identifying your distinctive strengths.” The Steen Happiness Index was used to measure changes in happiness and the Centre for Epidemiological Studies-Depression Scale (CES-D) symptom survey for depressive symptoms. The gratitude trip gave rise to in an instantaneous 10% upsurge in happiness, however the impact reduced to half in one week, and absolutely over by six months. Similarly, results were observed for depressive symptoms, 35% drop was witnessed, impact was half after 1 month, and vanished in 3 months. However the participants reported that they really enjoyed the practice of journal writing once a week so most of them continued doing the same after the study was over.

Cacioppo et al., (2008) has established after investigation that the incredibly content individuals were extremely social, with deep-seated romantic and other close social relationships as compared to participants who were less happy. Strong social relationships consistently lead to higher well-being and the lack of such bonds towards lowered well-being, thus providing evidence that human beings have a basic need for belongingness.

Pannells & Claxton (2008) had investigated the association amid “happiness, creative ideation, and locus of control with 171 university students as its sample”. One of the hypotheses was that happiness was foretold to be interconnected to internal locus of control. The study suggested that there is a connection between creative ideation and external locus of control. A substantial differentiation was observed on the happiness measure of individuals with internal locus of control vs. those individuals with external locus of control.

Froh, Yurkewicz, & Kashdan, (2009) studied on who profits the utmost from a evaluation of positive affect as a moderator of a gratitude intervention in children and adolescents. 89 kids and teenagers were at random allotted to the gratitude intervention of composing a letter to somebody they were grateful towards and bring it to them in personally on a structured situation. It was conclude that “adolescence low in PA in the gratitude condition, compared with youth writing about daily events, stated greater gratitude and PA at post-treatment and greater PA at the 2-month follow-up”.

McMahan and Estes (2011), wellbeing initiation is a cognitive expression of personality and knowledge about wellbeing. These ideas can be expressed broadly by emphasising the pleasure and eudaimonic dimensions as compelling aspects of experiencing happiness. The hypothesis was tested that the eudaimonic range of human well-being perception complements self-reported well-being more than the hedonic dimension. Correlation analysis indicated that both the hedonic and eudaimonic dimensions were associated with happiness, with the eudaimonic dimension having stronger relationships with each measure of happiness.

Proctor, Maltby, and Linley (2011) reviewed the effect of personality strengths-based interventions on adolescent life satisfaction and well-being. This study used a quasi-experimental treatment-controlled model to measure life satisfaction, positive and negative impacts, and self-esteem in 319 adolescent students aged 12 to her 14 years (mean = 12.98). We assessed student outcomes with respect to There were 218 of her youth who contributed in character enhancement exercises as part of the school program of study and 101 of her youth who did not participate in character enhancement exercises as part of the school curriculum. The findings revealed that adolescents who participated in character strengths exercises reported significantly higher levels of life satisfaction than adolescents who did not participate in character strengths exercises. The findings supported the incorporation of character strengths-based practises into the school curriculum as a means of increasing adolescent life satisfaction and well-being.

Kern et al., (2015) reviewed a multidimensional style of evaluating student's well-being by applying the PERMA framework. The study empirically tested the multidimensional theory of the PERMA model and its 5 elementary constituents of psychological well-being which are namely: positive emotions, commitment, relationships, meaning and achievement that were introduced by Seligman. In theory pertinent subcategory of elements to PERMA had been chosen from an across-the-board well-being consideration. Factor analysis restored four of the five PERMA items and two disease factors (depression and anxiety). Each factor's relationships with life satisfaction, hope, gratitude, school engagement, growth thinking, spirituality, physical activity, somatic symptom, and stressful life events were examined cross-sectionally. Factors that are related to these in different ways are correlated, supporting the

multidimensional approach to measuring well-being. Precisely assessing subjective well-being across a variety of fields expands the opportunity for schools to better understand and support well-being.

Watkins, Uher, & Pichinevskiy (2015) investigated on grateful narrative improves subjective well-being. The Importance of Grateful Processing Based on a Randomized Controlled Trial to Test the Effectiveness of a "Gratitude 3 Blessings Treatment for Improving Subjective Well-Being". Although many research studies have examined gratitude interventions, countless have used inadequate control parameters, so little is known about how gratitude treatments work. Participants were randomly assigned to one of three daily weeklong treatments: Memory Placebo, 3 Pride Blessings, or 3 Gratitude Blessings in this study. The Gratitude 3 Blessings treatment significantly outperformed the comparator treatments in terms of improved well-being and increased sustainably after the treatment phase.

Baumann & Eiroa-Orosa (2016) in this particular research explored the relationship between the use of force, psychological well-being, meaning of life and self-awareness of elderly people where participants were all above the age 55. Conclusions suggested that if forces use was higher than mental well-being, meaning in life and self-perception will also be higher and vice versa.

Bailey & Phillips (2016) in their study established those undergraduate students who had higher hedonic and eudaimonic motives had higher success academically.

Shubina (2017) analysed that self-esteem is believed as maximum reiterative decisive factor for positive well-being, acting as adaptive and crucial concepts for happiness, Though it is believed that self-esteem is quite important for happiness and there is positive correlation established but it's not perfect. The study made it quite clear that even though some people have high self-esteem it does not guarantee high happiness. Some people with elevated with self-esteem have been found with low happiness.

Goodman et al., (2018) investigated on assessing wellbeing- the researcher compared subjective well-being and PERMA. The study focuses on comparing PERMA framework by Seligman with the Subjective Well-Being (SWB) model that was designed by Diener to uncover the capturing of exceptional type of wellbeing of newer PERMA over the older SWB. 517 adult participants finished self-report measures of SWB, PERMA.

Englewood Cliffs (2018) reported that the LG Experience Happiness Project (2018) Dr. Emiliana Simon-Thomas, Director of Research at the University of California, Berkeley Greater Good Science Centre, is working to advance the science of happiness to improve the lives of 5.5 million young people in America in the next five years. The technology that can make you happy has been identified. . Talents Revealed to Maintain Happiness: Mindfulness, Human Relations, Positivity, Purpose, Generosity, Gratitude, Which Are the Core of the LG Happiness Experience.

Frey (2021) Happiness is not just a psychology concept in contemporary world, it has also become a key component of modern economics. Thus it is claimed to achieve efficacious results we have to get more insight into happiness studying parallelly with other human goals and focusing on components that has been so far neglected.

Rastelli et al., (2021) studied that The Art of Happiness, which was stemmed to upsurge well-being in a universal populace by 9 month unified psychological program. With the help of a variety of engrained psychometric evaluation instruments, the authors enumerated how numerous psychological well-being variables altered with course presence. The authors kept in consideration both the trait impressions of the course operating at a extended span (beyond 9-month period of the complete module) and the state influences of concentrated retreat encounters acting at a brief period (over the course of a piece of the two retreats).

Lataster et al., (2022) presented a study that is amid the first to analytically inspect age distributions of gratification of the three separate elementary Psychological Needs – Autonomy, Competence, and Relevance, Considering the Diversity of

Different Demographic Correlates of Basic Psychological Need Satisfaction. Specific age distributions have been identified and unequal components of basic psychological needs for satisfaction and well-being have been described. Notably, when adjusting for additional demographic components, the authors found a positive linear correlation between age and satisfaction with autonomy.

2.2. EMOTIONAL ABUSE

Follingstad, et al. (1990) Study showed that the consequences of Emotional Abuse are not good for the one who is being abused. Emotional Abuse can happen in an intimate relationship, in family and at workplace.

Nelms (2001) reported that the attempts to put a stop to emotional abuse may possibly incorporate communicating the same in parenting classes. This study was done for education of parents on what is inappropriate and suitable behaviour in relationship. It accentuated on the fact that it is not about fight or one misbehaviour it is about reoccurrence “pattern of behaviour”. The classifications of emotional abuse in assessment of children and their parents were looked upon. The particular identification that was made in the study for emotionally abusive behaviours helped the authors to throw together initial interventions or referrals.

Cramer and Plummer (2009) defined emotional violence as the nature of discovering therapeutic targets. This statement is reliable with the deduction that emotional abuse hastens the other forms of abuse and controlling behaviours. According to Cramer and Plummer it is absolute to definitely recognized and ascertained emotional abuse amidst each and every one cultural and sociological continuums in forthcoming research.

Queen, Brackley, & Williams (2009) acknowledged and recognised emotional abuse to be more merciless and terrifying compared to physical violence. Obtainable literature backs that the most horrible and highly invisible destruction that any female can undergo is frequently emotional abuse and accelerated modes of abuse since it is a

immediate consequence of an IPV relationship. The study also puts light on that a couple should have a strong nourishing relationship with all the features of unconditional acceptance , mutual respect, care, sexual fidelity and physical boundaries. According to the author these are the components of a healthy relationship. However in many romantic relationship it is the opposite of what it should be and women accepts it.

Babu & Kar (2009) conducted a research using a questionnaire devised to find physical, psychological and sexual violence against man and women; the results of this research showed that 16% of women had experienced physical forms of domestic abuse, 25% sexual abuse, 52% emotional abuse, and 56% reported other forms of domestic abuse. Whereas men experienced 22% of physical form of domestic abuse, 17% sexual, 59% emotional, and 59.5% any other forms of domestic abuse.

Outlaw (2009) discerned the fact that although numerous research proves the presence of numerous types of nonphysical abuse still merely a minimum quantity of experiential statistics exists as few very few studies has emotional abuse as there prime focus. Outlaw thus tried to or rather endeavoured to uncover the many versions of physical abuse and identify the most common types, relevant gender differences, and the relationship between physical abuse and IPV. The results of his study clearly showed that nonphysical violence is time and again a forerunner to physical abuse and enhances the possibility of physical violence.

Goldsmith et al. (2009) had found that it's not always that women become aware of that their experiences with their partners are emotionally abusive, yet when tested and interviewed the women stated warning sign of emotional & physical maltreatment like depression, anxiety and disassociation . In this study 185 young adults from university of both gender were involved and they are studied again after a year and what was observed was very interesting because it was seen that the perception of emotional abuse was changed once they knew about it.

Riggs and Kaminski (2010) investigated the theoretically expected effects of early emotional abuse, adult attachment, and depression on various aspects of intimate bond functioning. A sample of College students in dating relationships (N = 285) completed an online survey that included measures of emotional maltreatment as a child, adult attachment style, any psychological distress, and romantic relationships. Childhood emotional maltreatment was found to be directly proportional to insecure adult attachment. Even if emotional abuse was not a significant interpreter of mental aggressiveness or victimisation in the overall paradigm. However, depression was found to be the most significant difference in the models for reported psychological aggressiveness and victimisation. Furthermore, adult attachment style emerged as a significant predictor of all the three relationship constructs.

Thackeray et al. (2010) in the study represented a comprehensive review and established that individuals with experience of psychological abuse have higher symptoms of disorders and poorer cognitive functioning.

Burns et al. (2010) paid more attention to emotional abuse as it always obtained the slightest amount of attention in earlier narrative is what they explained in the study. Emotional abuse was identified as the utmost prognostic factor for emotional regulation. The conclusions of this study stipulate the need for further research on emotional abuse and its effect on IVP unification.

Panuzio and DiLillo, (2010) had discovered in the study which reviewed recently married couples, these couples were married one year or less in which they uncovered that dissatisfied couples reported of emotional abuse. During the study it was discovered that most consistent reason among unhappy couples was emotional abuse even though there was absence of any other form of abuse.

Blasco-Ros et al. (2010) very interestingly enough discovered that individuals who undergone from physical and emotional abuse in due course of time improved satisfactory mental health wellness. But individuals who were subjected to only emotional abuse without any other form of abuse had a much difficult time in the long run to achieve emotionally stability and a lot of them could not achieve stable mental

health status after long lasting emotional abuse. This conclusions were reasonably troubling.

Ludermir et al. (2010) had mentioned that there are three types of intimate partner violence: physical, sexual and emotional. In this study the most no. of participants reported of emotional abuse out of these three. Even though psychological violence was the most among the three still there is a gap in existing data.

Coker et al, (2011) after vigilant assessment of prevailing Information about emotional abuse was grouped into 17 categories, including: “Intimidation/harassment; destabilization of the perception of reality; isolation/monopoly; inferior treatment; establishing power by rejection; verbal abuse/criticism; jealousy/doubt; monitoring/examination; strict gender roles; personal behaviour control; emotional/physical content; ; public shaming/humiliation; emotional abuse of loyalty; lie/cheat; incentive/blame for debt; market manipulation; and attacks on attractiveness/sexuality.” It is very difficult to follow a suitable pattern for them. This is because, according to Follingstad, it is very difficult to characterize emotional abuse in adults and follow a suitable model accepted by most researchers.

Duntley & Buss (2011) suggested that sometimes when a women recognizes that her companion wish for and craves her than the women time and again exploits this yearning as a mode of “control or manipulation”. The authors revealed some women that during a crisis situation where they feel that physical intimidation they might use process or technique which will be particularly beneficial for them.

Lutz-Zois, Phelps, & Reichle (2011) has concluded that emotionally distressed women usually suffer from persistent problems of distrust. Often it was observed that individuals who submit to prolong physical, sexual, and emotional abuse have never learnt trust others as they experienced such trauma already in their childhood from perpetrators. These are the same individuals who have repeatedly an infantile breach of trust passed into the infancy of a relationship.

Uthman, Moradi, & Lawoko (2011) in their study established that in a physical abusive relationship with an intimate partner emotional abuse always exists. Thus emotional abuse as an independent construct at all times ought to be counted, analysed, and recorded as a pertinent variable while understanding or studying IPV against women.

Follingstad (2011) proposed a working definition of psychological/emotional abuse to capture all of the above 17 characteristics of potential warning signs. One set of indicators describes psychological/emotional abuse as part of a spectrum of abuse and behaviours ranging from psychological harm to psychological disturbance (eg, emotional exhaustion/paralysis).

Cavanaugh et al. (2012) in their study recorded sufferers of violence that were imperilled to several episodes of violence often in their lives. “Poly victimization” is the term used for multiplicity of violence. This “poly victimization” incorporates emotional abuse. As a matter of fact emotional abuse has been incorporated in the “high psychological” classification connected with IPV. The researchers have also suggested further experiential assessment. Thus according to the authors the 17 categories likely have 52 warning sign of emotional abuse are relevant to the definite and factual requirements of precisely delineating and depicting the kinds and patterns of emotional abuse committed.

Kuijper, van der Knaap, and Winkel (2012) identified empirical flaws in studying the consequences of psychological abuse and summarised their findings in their hypotheses. Their research focused on emotional and environmental factors. The study's findings revealed conflicting support for the link between emotional abuse and intimate partner violence. Further research is also needed to address emotional abuse and its mediating effects in an IPA relationship as a key point for new evidence, according to the study.

Sullivan et al. (2012) also concluded that emotional abuse is at all times exists where there is physical abuse. Emotional Abuse is such a important aspects that needs more attention and it is equally or more detrimental to any individual.

Goldsmith et al. (2012) had published a second study which was a after one year of the preliminary first study, illustrating university scholars as experiencing “trauma and physical health symptoms” allied with their former reports of IPV (Goldsmith et al., 2009). Although the university students in the initial study didn’t recognise or reported as encounters of any emotional abusive behaviour from the partner. However after a year of introducing them to the concept of emotional abuse they did report it and the second study. The research was a longitudinal study in which subsequently three years later, the sample was constant consisting of the 185 university scholars who stated that “betrayal trauma as considerably existed because of IPV”. The students who experienced betrayal, infidelity and unfaithfulness traumas from their partners had significant facets of foreseen “alexithymia, anxiety, depression, dissociation, physical health complaints”, and they had reported being unwell many no of days during those past month. And fascinatingly the students testified no signs of emotional abuse did not report the unaffected momentous attributes beforehand stated.

Abram et al. (2013) in their study found that posttraumatic stress disorder (PTSD) was so common among young adults that 90% his participants reported of at least one distressing event, 84% had experienced two or more traumatic occasions and 56.8% had endured more than six distressing traumas so far in their life. It is now have been established that one in every 10 young adult in this contemporary world is suffering from PTSD some diagnosed and mostly undiagnosed.

Breiding, Chen, & Black (2014) administered an investigation which showed that Psychological abuse by an intimate romantic partner included 48.4% of female and 48.8% of male. The study showed that emotional abuse appeared to be the highly widespread mode of Intimate partner violence (IPV) subsequently.

Symes et al. (2014) reported that women who suffered from Intimate Partner Violence not only showed psychological issues but also chronic physical issues. For the most part women specially with a past record of childhood abuse along with emotional abuse by partner. There was a critical 7- year longitudinal study conducted by the Texas Women’s University to study and review the lasting consequences of

Intimate Partner Violence on a women's physical and mental health. For this research 300 women had participated. The women who reported chronic physical pain were the women who had also reported major nuptial abuse and sexual assault as grownups.

Wilson, Fauci, & Goodman (2015) accentuated emotional safety as one of their six focal ideologies giving trauma-informed care (TIC) to Intimate Partner Violence sufferers. According to them it is extremely crucial that emotional abuse is identified much in the initial stages of relationship if it is occurring to lessen the impact. As the later and long-term emotional abuse leads to harder and deeper lasting distressing consequences.

Tailor, Stewart-Tufescu, & Piotrowski (2015) in the study suggested that young women who had any kind of abuse in their childhood and emotional abuse again in their relationships had higher probability to be diagnosed with posttraumatic stress disorder (PTSD). The study very interestingly pointed out something so important which needs to be focused that school children whose stress levels were higher their mothers were experiencing some sort and intensity of Intimate Partner Violence. If the mothers were suffering from emotional abuse than the children showed greater trauma symptoms.

Wenger (2015) not only studied Intimate Partner Violence but also its influence of social desirability and its gender comparison with detail analysis in a longitudinal study. This study had 1,393 heterosexual couples whose responses were studied. According to this study "Men be disposed to play down their abusive roles in an IPV relationship due to their opinions of amiability and what was socially and politically correct". On the contrary "women's states of aggression which is usually considered as inconsequential and non-threatening although the women testified more aggressive responses than their male partners". The study reported that men were more to be expected to not testify any violent behavior transaction, even though their spouses recounted victimization. Hence, "social desirability" was a noteworthy pointer, to a greater extent for the male participants as in compared to the women.

Follingstad et al. (2015) reported that in spite of untiring hard work, immense endeavors and contributions its extremely difficult to accomplish decisive, absolute and distinct diagnosis for psychological abuse, Follingstad self-confessed the troubles or complexities in spotting, recognizing and precise measurement psychological abuse are still fairly indefinable.

Albright et al. (2019) in the study proposes that Emotional abuse is a prominent constituent in a precarious and hazardous relationship between a couple, it inclines to be the motivation to intensified fits of violent behavior that may perhaps turn into physically or sexually aggressiveness. Emotional abuse is conjectured as a mediator in the research paper which narrates to a female's life past encounters of childhood abuse and current IPV.

The WHO (2021) report clearly states that in 2019 suicide is the 4th primary reason of death amongst 15-29 year-olds internationally. The report clearly mentions that individual undergoing conflict, tragedy, ferocity, maltreatment, or bereavement and a feeling of loneliness are intensely connected with suicidal behaviour.

Rivas, Bonilla, & Vazquez (2020) had found that young college girls had suffered from Intimate partner violence (IPV). There was also direct correlation myriad of health and trauma among both women and girls due to IPV.

2.3. LOCUS OF CONTROL

Ward et al. (2001) showed in their study that “psychological adjustment”, expressed in terms of “depression and mood disorders”, is influenced by “personality factors, life changes, and social support”. Both the locus of control and extraversion are connected with the psychological well-being of the residents. Although the position of internal locus of control has been unfailingly linked with psychological adjustment, the effect of extraversion on mood disorders varies depending on the cultural context, suggesting that specific cultural models adaptations and general culture.

Kulshrestha and Sen (2006) found that executives with high emotional intelligence and internal locus of control had high positive affect, low negative affect, and high satisfaction with personal life, standard and achievement and life style. They also found that income, age, marriage, religion influence Subjective Well Being to a small extent. Most of these studies rely heavily on the western conceptualization of happiness and measurement tools of foreign origin based on these conceptualizations.

Ng, Sorensen, & Eby (2006) It was obtained that internal locus was positively linked with favourable occupation consequences, such as optimistic job and social encounters, and superior job motivation.

Gale, Batty & Deary (2008) found in a cohort study that children who had a stronger sense of control in childhood had appeared to have a protective factor for several aspects in adult life. The relationship between greater IQ in childhood and later risk of obesity and overweight may be partially mediated by sense of control, which has predictive value beyond contemporaneously evaluated IQ. Obesity risk was lower in men and women who had a higher internal locus of control score as children. Women who had a stronger internal locus of control had a lower risk of hypertension. Adjusting for internal locus of control weakened the associations between childhood IQ and obesity and overweight risk.

April, Dharani & Peters (2012) explored in their paper the influence of locus of control, psychological social learning theory that is meticulously investigated due to its repercussions on leadership wherewithal, on the degree of happiness of a person. The research used a survey strategy for measurements of participant's locus of control and level of happiness. The outcomes of the study determined that a utmost level of happiness is attained by people with a poised locus of control belief – a combination of internal and external locus of control.

Singh & Choudhuri (2014) examined 120 early adults of age 20-23 years old with random sampling technique the difference between individuals with Internal and External Locus of Control in Early Adulthood on the Personal Meaning and the

Subjective Well Being. The results of this study reflected that there was a significant difference between groups of internal and external locus of control in early adulthood on the personal meaning and the subjective well-being. It was found that internal locus of control adults had a greater meaning in life and higher subjective well-being than external locus of control adults.

Shojaee (2014) studied that the locus of control is circumstantial, and the circumstances are unequivocally connected to the diverse settings and societies. The investigator endorses a multi-ethnic review for impending research investigations, in which resemblances and disparities could be compared of locus of control. The examined population for the research was university scholars. The study suggested analysis a broad-spectrum people on their propensity of the locus of control and examine its impact their life style and life preferences. Impending investigations possibly can scrutinize the consequences urban and rural upbringing on insights of the locus of control.

Aviad-Wilchek, (2021) in his study where locus of control and meaning in life was studied as a global factor to reduce suicidal tendencies in patients with mental illnesses and increase overall well-being that found that The study results show that there is a significant inverse correlation between LOC and suicidal tendency in both the normative population and the group of patients with mental illness, with meaning in life as the mediating variable. This suggests that a sense of control and meaning in life could serve as the foundation for a salutogenic model of suicidality prevention. According to the research study, using the salutogenic paradigm may reduce the propensity of patients with mental disorders to commit suicide.

2.4. MEANING IN LIFE

Moore (1997) conducted a study of meaning in life within older adults who had suicidal tendencies. Eleven older adults who ranged between 64 to 92 years of age were interviewed in which they reported subjectively their suicidal experiences. It was found that older adults felt suicidal when they perceived life as meaningless.

Damon, et al. (2003) studied on The development of purpose during adolescence. The discipline of psychology has not yet acknowledge the prominence of purpose for positive youth development it is doing but not enough. Up until lately, purpose was comprehended as a means of acclimating to intimidating environments instead of being a inspiration of good deeds and inspirer of character evolution. And additionally, in maximum of the psychological studies, purpose has been blended with personal meaning, a wider and a more internally orientated construct. The article by the author extends a novel functioning definition of purpose differentiating it from meaning in an internalistic sense, and reassessing the prevailing psychological studies relevant to the improvement of purpose during youth. The piece also recognizes numeral burning questions relating to how and whether young individuals nowadays are obtaining affirmative purposes to consecrate themselves to.

Krause (2007) in another study evaluated whether meaning in life acted as a stress buffer within older adults. The researcher aimed to understand whether having meaning in life can help older adults to cope with trauma. A longitudinal survey was conducted which comprised of 1,093 older adults. The participants were asked questions about various traumatic events about their life. It was proven that meaning in life balances the harmful effects of traumatic events and prevents depression within older adults.

Shone, et al. (2008) a very famous longitudinal study was done where a very large number of Japanese adults were studied to be exact 43,391. They were study over a long period of time and these group of adults had a lot of similarities but were also different in certain ways as these was a prospective cohort study. And this same study which was a prospective cohort study concluded that individuals who did not have a

sense if ikigai meaning a sense of meaningful or purposeful life were associated to increased risk of mortality with cardiovascular diseases.

Steger, Oishi, & Kashdan (2009) investigated meaning in life and correlates of meaning wherein they studied the presence and search for meaning within the life stages of emerging, young, middle-age, and older adults. Results indicated that there was a presence of meaning in later stages of life whereas, those who were at the earlier stages of life reported a higher level of search for meaning. Results indicated that the presence of meaning was associated with wellbeing whereas search for meaning was related to wellbeing deficit in stages of later life.

Koh, Goh & Gan (2015) studied young people of Malaysia as they wanted to find the reason for the youth there being unhappy which was quite evident that they were unhappy as suicide rate were quite high and was continuously increasing. The Participants in the study expressed a strong desire to be in charge of their own life as well as a great deal of care and concern for others. According to the finding of the research, the youth of Malaysia attained meaning in life when they are content with their lives, have meaningful connections & relationships that are important to them, and are able to pursue their dreams. They demonstrate that they value autonomy and interpersonal relationships.

Yalcın, & Malkoc (2015) in the research study showed that presence of life meaning increases subjective well-being and search for life meaning might decrease subjective wellbeing.

Wilchek-Aviad (2015) in their study observed that there was generally significant negative correlation among meaning in life and suicidal tendencies. Thus the study establishes that meaning in life is vital to minimalizing suicidal inclinations amongst youth. Formation of prevention, intervention and therapy plans in the age range essential for suicide. These curriculums ought to be based upon discovering meaning in life.

Ballesteros (2015) examined on "An intervention model to create a strong sense of meaning and purpose in high school students." Meaning in life is an important component of psychological well-being, and the study demonstrated a model for developing a healthy meaning in life routine for adolescents and young adults, with the goal of generating well-being for young people throughout their lives. For the achievement of the meaning system, a Three Self-Strengths (self-knowledge, self-determination, and self-regulation) model was proposed. The study included an intended intervention in TecMilenio University's high school programme in Mexico.

Choi, Catapano, & Choi (2016) the study investigates momentary encounters of happiness and meaning in life. Sample for this study included 603 adults, from whom 24430 responses were collected over the period of 2 to 4 weeks. It was found that registered intensities of happiness and meaning varied substantively during the flow the entire day and the relative elements, such as "daily activities, day of week, and time of day, including demographic variables, were noteworthy predictors of momentary happiness and meaning". The study observed that participants felt and reported happiness and meaning in life independent of each other. Thus, momentary experiences of happiness and meaning were although dynamical and connected nonetheless apparent and also diverse as participants cross the day-to-day routine proceedings and over time.

Orang et, al (2018) conducted the research paper targeted to investigate the meaning in life and well-being of younger, middle-aged, and senior adults with a sample of 215 participants. It was then found that the elderly individuals had the maximum aptitude in the "meaning in life, self-acceptance, positive relation with others, personal growth and purpose in life". Thus the study concluded older aged people were more known for their "self-awareness, growth and relaxation" was to a great extent higher.

Kumano (2018) a research was conducted among a large group of Japanese young adult population to study the famous ikigai concept which then was found to be very similar to eudaimonic happiness and the study concluded that for long lasting happiness a purposeful life and existence of meaning in life are crucial. In the same study the

Japanese concepts of happiness were studied and it was found that ikigai related to the eudaimonia happiness and shiawase related to hedonia happiness concept. The two Japanese concept are important for a happy long lasting life is what they believe in. Just like hedonic happiness shiawase is about feeling happy and peaceful in the present and also includes momentary happiness; whereas the ikigai is the pursuit that an individual enjoys and is also associated with fulfilment and accomplishment with a purpose and meaning in life.

Zhang, et al. (2018) studied meaning in life and its association to happiness and health. The research also studies meaning in life's association with healthcare utilization in Hong Kong. The study clearly mentions that meaning in life is a consequential component of psychological well-being and yet not given as much importance as it must be more so in clinical setup. The study vividly reveals that if there is higher meaning in life is associated to higher happiness and better health status "better self-rated health status, less chronic illnesses, lower level of frailty, no limitation of activities". Meaning in life has also been associated to lower possibility of healthcare utilization among young adults. Thus this study emphasizes on the importance association of meaning in life with a happier and healthier life among elderly people.

Steptoe & Fancourt (2019) led a study in which they assessed how a meaningful life was associated with health, time use, prosperity and social engagement within 7,304 older adults. It was proven that meaningful activities may stimulate ageing and help withstand social relationships. Also, it was found that optimal use of time subsequently contributes to flourishing within older adults.

Volkert et al. (2019) in their study investigated and found that meaning in life was significantly low amongst older adults. It was also discovered that those older adults who had low meaning in life had an increased proneness to depression.

Li, Wong & Choa (2019) in their study clearly mentions that happiness and meaning in life are important indicators of hedonic and eudaimonic happiness. The study studied young adults from university and revealed that happiness and meaning in life had a negative correlation with perceived stress, anxiety and depression.

Ching-Teng et al. (2020) studied life of institutional older adults who lived in Taiwan. Results of the study showed that group reminiscence therapy programs reduced depression and improved meaning in life of older adults.

Deb, et al. (2020) a research done on young adults who were university students in Pondicherry studying meaning in life, life satisfaction and spirituality had concluded that meaning in life and life satisfaction had significant positive correlation with subjective happiness and spirituality. The same study had also revealed that interpersonal relationships and compatible family environment are major factors in enabling good and positive mental health among university students in India and does must be given more importance. The study also does recommend that through the country in all educational institutes multiple programs should be conducted to tackle and speak about mental health of young adults.

2.5. RESEARCH GAP

There is evidently a research gap when it comes to studying these variables on young adult population more so in our country. The collective mentality is either ignorance or unawareness. There is a lack of knowledge and understanding when it comes to emotional abuse or locus of control. And something that was noticed during literature review is that meaning in life is mostly studied and given importance only in old age. There was also no direct research done on these variable in the current combination. Thus there is a huge research gap observed in this area and that void is attempted to be filled by the current research. The present study is intended to create evidence, knowledge and awareness about emotional abuse, locus of control, meaning in life as predictors of hedonic and eudaimonic happiness in young adults. As not much literature is found on the relationship of emotional abuse, locus of control, meaning in life with hedonic and eudaimonic happiness specifically among young adults the study thus attempts to examine and explore the relationship among these variables. Association among these variables have been established though in various research directly or indirectly. However all these elements are yet to be studied under one roof creating a huge research gap. Another lack of studies was found in comparisons made among the relationship status married, single recently and dating currently which is extremely essential to understand the psychology and behaviour of young adults. Whereas this is exactly the time period in everyone's life that either they are in a relationship, looking for one or have come out of one. In our society dating or being in relationship without being married is still not looked in a positive light. Parents are still in denial or unaware intentionally or unintentionally of the relationship of their children who are well grownups. So most people cannot talk openly about their relationship therefore since they don't talk about healthy relationship, there is no introspection thus there is lack awareness. This study attempts to study young adults in relationship to encourage and create awareness about healthy relationships and self-introspection as young adulthood is the most crucial time of any individual's life (Waldinger, 2015). And ultimately to find happiness is each individual's right and necessity, thus this study is attempting to bridge the gap and help determine the predictors of hedonic happiness and eudaimonic happiness among young adults in research in our country.

CHAPTER 3

DESIGN AND METHOD

The primary aim of this chapter is to describe about how the study was conducted to fulfil the criterion of replication. In order to facilitate communication the method section is further divided into subsections describing about the design employed, sample, tools and material used and the procedure. The present chapter has been drafted in the set format which ends up with the statistical techniques to be utilized for the data analyses.

3.1. OBJECTIVE OF THE STUDY

The present research investigation aims to study the psychological constructs of emotional abuse, locus of control, meaning in life and with hedonic and eudaimonic happiness of young adults. A good positive mutual relationship between these variables may support each other. However, these variables may also vary across the individuals or groups. Considering the limitations and gaps cited in the review, the current research puts forward the following major objectives to achieve:

1. To examine the relationships of emotional abuse, locus of control, and meaning in life with hedonic and eudaimonic happiness of young adults.
2. To determine the predictors of hedonic happiness among young adults.
3. To determine the predictors eudaimonic happiness among young adults.
4. To examine gender difference among young adults on emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness.
5. To examine the difference across different relationship status (married, single recently, dating) with respect to emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults.

3.2. HYPOTHESES OF THE STUDY

The following hypotheses are proposed on the basis of above objectives:

- Ha1. There will be significant correlation between emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness of young adults
- Ha2. Emotional abuse, locus of control and meaning in life significantly will predict hedonic happiness among young adults in relation with the demographic characteristics (gender and relationship status)
- Ha3. Emotional abuse, locus of control and meaning in life significantly will predict eudaimonic happiness among young adults in relation with the demographic characteristics (gender and relationship status)
- Ha4. There will be significant difference between male and female on emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults.
- Ha5. There will be significant difference between the relationship status on emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults.

3.3. RESEARCH DESIGN

The main aim of the present investigation was to understanding the relationship of the important psychological constructs Emotional abuse, Locus of control, Meaning in life with Hedonic and Eudaimonic Happiness of Young Adults. The present chapter puts forth the description of the design, sample, tools used, and the statistical analyses in the present investigation.

In order to conduct any Social Science research, it is very important to obtain sufficient and significant information relevant to the research area; specification of the evidence needed for the study to test the hypotheses and make an accurate assessment of the observable phenomena. For such purposes, it is very important to frame a proper

research design to run the entire task smoothly. A systematic design helps to attain the selected objectives of the study and to test the hypotheses accordingly.

Research Design is the conceived plan, organize and method to acquire answers of the research question and also to control the variances of the investigation; it is the overall schema or itinerary of the research which contains an outline regarding the activities of the researcher from creating the hypotheses to their operative inferences to the final analysis of the data (Kerlinger and Pedazur, 1973). In simple words, a research design can be understood as the framework or the general plan which intends to discover answers to specific research question.

The research design simply yields the careful selection, organization, and presentation of various sections like defining the population, sample and variables of the study, selection of methods and tools of data collection, selection of the various statistical techniques of data analysis, formulating the framework for analysing the findings etc. In the field of Social Science, there is no specific design to conduct any research. The design is completely grounded on the need and significance of the specific study and appropriateness for testing the hypotheses to get desirable answers to the research questions.

To serve the purpose of the present study, the investigator adopted the Descriptive Method as the focus of the design is to study the different dependent (Hedonic and Eudaimonic Happiness) and independent (Emotional Abuse, Locus of Control and Meaning in life) variables and their existing relationship. To achieve the research objectives, this quantitative research study found the 'survey' design most appropriate. Various standardized tools were also used to collect data from the selected sample. For analysing and interpreting the data various statistical techniques were also applied. The entire design of the research study is elaborately discussed in different sections of this chapter. It is also shown with the help of Fig. no. 3.1.

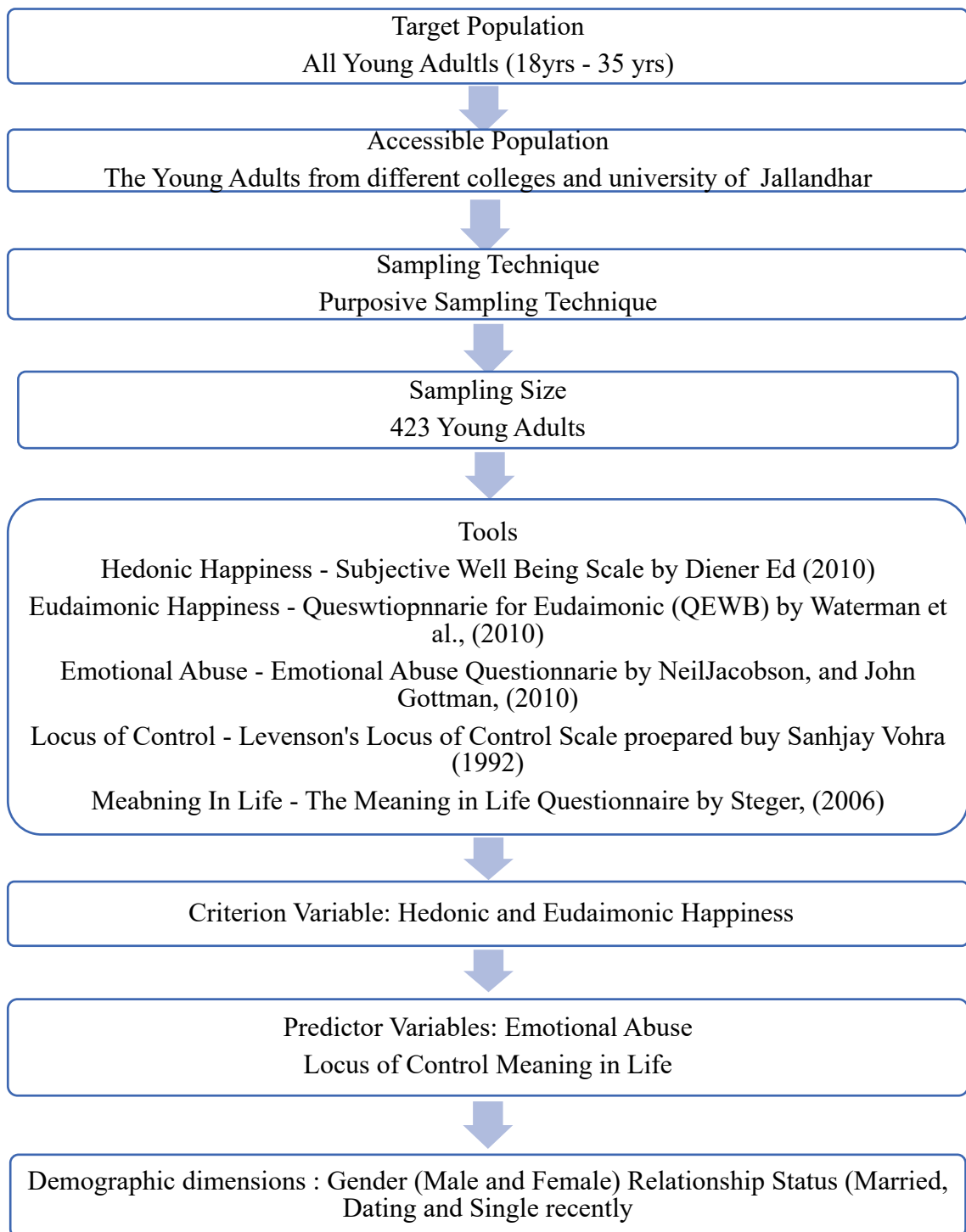


Figure no -3.1.
Structural Framework

3.4. AREA OF THE STUDY

Jalandhar city is situated in north-central Punjab state, north-western India. Punjab's history has shown that many relocations and resettlement of various communities with diverse cultures and ideas have happened over the years, creating a "melting pot of Punjabi civilization". It is the third largest city in the state. As per the latest census the metro area population of Jalandhar in 2021 was 1,074,000 (Krishan, Rao, & Ghosh, 2022). Jalandhar has a number of universities and colleges where students come for their higher education from different parts of the country therefore has a lot of young adults making it ideal for this research.

3.5. METHOD USED IN THE PRESENT STUDY

Selecting the appropriate method is the most important decision in any research. It may be understood as the style or technique which is used to conduct a study or research. Methods are used to perform various research operations. The term "method" shelters both strategy and tactics of the research application. The present study falls under the category of Descriptive Research and involves Survey Method.

Descriptive research studies are basically intended to attain information about the present status of any event or phenomenon. Here, the researcher can investigate the event in its original form. It always deals with the present. Descriptive research studies those phenomena which have already occurred and related to the current condition or situation. Descriptive researches acquire relevant and precise information regarding the current status of any event or phenomenon and involve "measurements, classification, analysis, comparison, and interpretation of the collected data". These studies are very helpful in providing solutions to local problems as they are conducted in their local setting.

Descriptive research is very helpful in the field of Education as it helps to explain the educational phenomena in terms of their existing relationships and opinions of concerned authorities.

Again, the survey method is the utmost familiar and widely used method in social science research. It helps to collect the desired data from a representative sample. It helps in collecting data from each unit of a population or sample. Survey attempts to describe and interpret any phenomenon in its existing situation in the form of the condition, process, trends, effects etc. This is a systematic way to analyze, interpret and report the existing condition of a social institution, group or area. The survey is concerned with the generalized statistics of the population or a representative sample. It basically deals with the clearly defined problems by setting some definite objectives. Descriptive Survey Method always demands a creative preparation, cautious exploration and interpretation of the collected information, at last a skilful and logical reportage of the facts discovered. Survey research deals with the “incidence, distribution, and interrelation of sociological and psychological variables” (Kerlinger, 1964). Descriptive Methods are often used as an introductory stage has to be obeyed by the researcher engaging extra robust control and objectives method. Survey Method is basically a cross-sectional approach which helps to collect data from a relatively large number of cases at a given time (Sharma, 2013).

To conduct the present study this Survey Method was selected as the complete data collection procedure is conducted under its natural setting. The survey was carefully planned and executed by the investigator.

3.6. POPULATION OF THE STUDY

Population means the totality of human beings or non-human entities regarding which the investigator attempts to make inferences in a research. It is nothing but a group in which the members share some common characteristics that are of interest of the researcher. It is also known as universe. The population is composed of two groups Target Population and Accessible Population (Yount, & Sibai, 2009). Population of the present study can be broadly discussed under the following headings-

3.6.1. Target population

The all-inclusive crowd of individuals or substances that the researcher wants to take a broad view through the study conclusions. This particular group has to meet all the established set of conditions of interest for that particular study would be the “target population” of a study. It is also known as theoretical population and serves for the researcher’s hypothesis in a general term. Subsequently recognizing the unit of investigation, the researcher needs to distinguish the “target population”, which will be the crowd that the researcher would like to make inferences. In the present study, the target population was all the young adults.

3.6.2. Accessible population

Accessible Population or Study Population is the slice of the population that the researcher would have even handed admittance. It is a subcategory of the “target population”. It is the population to which the researcher can apply their findings or conclusions. By applying certain geographical and temporal characteristics over the target population, the researcher derives the accessible population of any study. After identifying the accessible population, the sample is selected for the study. From geographical consideration, the accessible population of the present study is restricted to the young adult Jalandhar from different universities and colleges.

3.7. SAMPLE AND SAMPLING TECHNIQUES

While conducting research, in most of the cases it is just impossible and impractical to survey every event or member of a particular population because of its large number. So, to make inferences about the characteristics of a population, researchers often use sample which is a subset of the population and again, which represents the entire group. Sample and sampling technique used in the present study are discussed below:

3.7.1. SAMPLE SELECTION

Before selecting the sample units for the study, the researcher determined the required size of the sample for the study. Here, 8 universities and colleges were selected out of 30 + institutions to conduct the study namely:-

DAV University

DAV Institute of Engineering & Technology

Lovely Professional University

Lyallpur Khalsa College Jalandhar

GNA University

Dr. B.R. Ambedkar National Institute of Technology, Jalandhar

Hans Raj Mahalia Maha Vidyalaya

Kanya Maha Vidyalaya

For determining minimum sample size in relation to the population of these research the Yamane formula is used according to which for a population of more than 100000 the sample size is 400 the minimum required size with a confidence level of 95%. Thus, the total sample size of the study was taken as 423.

3.7.2. SAMPLING TECHNIQUES

The present study used Purposive Sampling Technique. At first, sample institutions were selected and then the sample units (students) were selected from those institutions. After the selection of the universities and colleges, the young adults (sample units) were stratified on the basis of gender as Male and Female.

Female	185
Male	238

3.8. VARIABLES

Generally, a variable means any “perception or concept that is capable of measurement”. Variables are the conditions or characteristics which are manipulated and controlled by the experimenter or researcher in order to conduct the experiment/research and observe the changes in them. Any change made in the variable affects the complete research work directly or indirectly. It can be expressed with the help of both qualitative and quantitative value. After reviewing different literature the investigator feels it is necessary to explore more about “Emotional Abuse, Locus Of Control And Meaning In Life In Relation To Hedonic And Eudaimonic Happiness Of Young Adults” and accordingly following variables were taken into consideration by the investigator:

3.8.1. Dependent Variables / Criterion Variables:

A dependent variable is one that is measured by the researcher in the experiment and again, which is affected during that experiment due to the manipulation of independent variables or some related factors of the study. In the present study, the dependent variable is-

- i. Hedonic and Eudaimonic Happiness

3.8.2. Independent Variables / Predictor Variables:

Independent variables are those which remain stable during the experiment and not affected by the manipulation of any other variable by the experimenter. It affects the dependent variable. Generally, the researcher manipulates it to see if it brings any change in the dependent variable. In the present study, independent or predictor variables are-

- i. Emotional Abuse
- ii. Locus of Control
- iii. Meaning in life

3.8.3. Demographical Variables:

A moderating or moderator variable is generally defined as the third variable which influences the intensity or course of the relationship between the dependent and independent variable. These variables can be both qualitative (such as gender, locality etc.) and quantitative (such as weight, age etc.). In the present study, the moderating variables are-

- i. Gender (Male and Female)
- ii. Relationship Status (Married, Single - recently, Dating - currently)

The variables of the present study are below- Figure no - 3.2: Variables of the Study

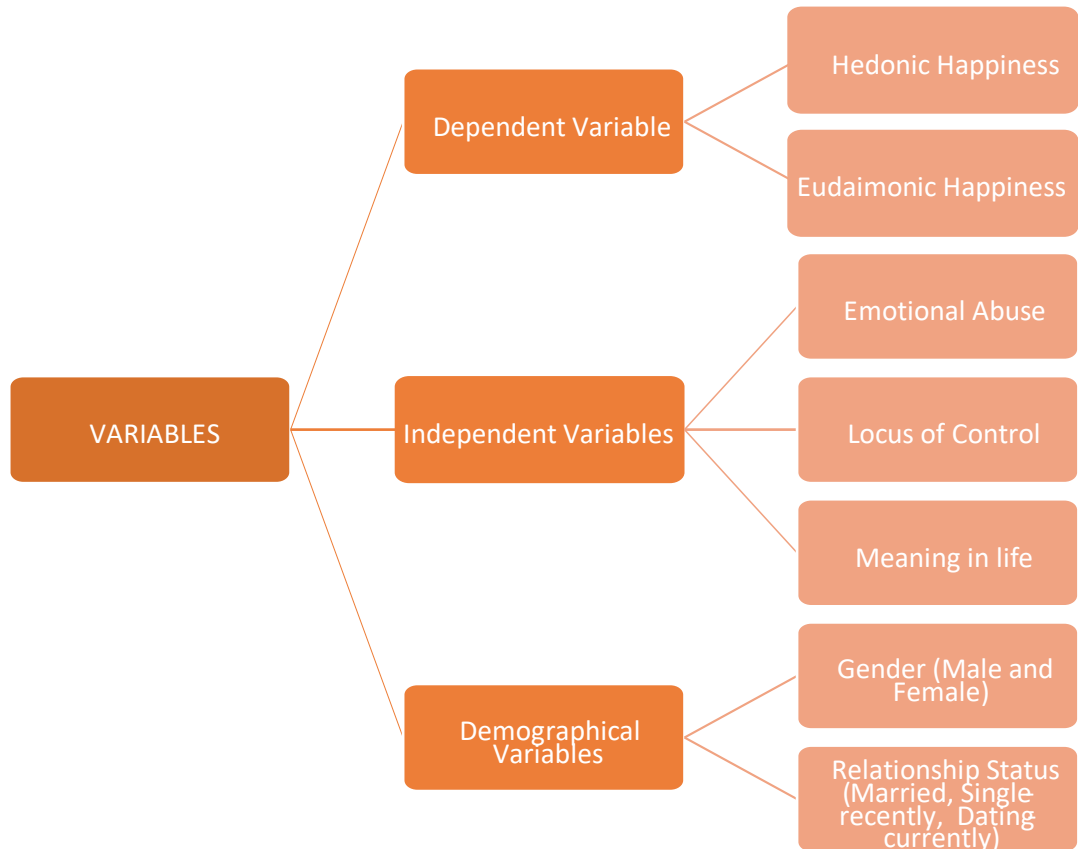


Figure no - 3.2

Variable Design

3.9. TOOLS USED FOR DATA COLLECTION

Tools are the instruments which are generally used by the researcher to collect data from the selected sample. The tools may be pre-coded or self-designed according to the need of the study. In the present study, the researcher used different standardized psychometric test to collect reliable data. Subjective Well- Being Scale by Diener Ed, Questionnaire for Eudaimonic Well-Being (QEWB) by Waterman et al., Emotional Abuse Questionnaire by Neil Jacobson, and John Gottman, Levenson's Locus of Control Scale prepared by Sanjay Vohra, and The Meaning in Life Questionnaire by Steger were used for data collection in the present study. Besides these, Profile of the participant were also used to collect some relevant and necessary data. The scales were purely concerned with the general psychological used in the present study. They can be elaborately discussed below-

3.9.1. PROFILE OF THE PARTICIPANT

To collect data about the subject Profile of the participants was constructed. This profile was basically designed to collect data regarding the personal details of the participants. It was designed to gather information such as name, gender, age, name and address of the institution. It mainly aimed to have brief information about the subject and to know him/her in a better way.

3.9.2. SUBJECTIVE WELL- BEING SCALE BY DIENER ED (2010)

Subjective well-being scale is used to measure hedonic happiness which is developed by Ed Diener in 1984 on a triplet's model of "frequent positive affect, infrequent negative affect and life satisfaction". To measure these three components of subjective or hedonic well-being the scale further divides in two sub-scales. The scale is a highly reliable and validity psychometric scale and is widely used with an internal consistency of .79 to .89. and with a .84 and .80 test- retest score.

3.9.2.1. Scale of Positive and Negative Experience (SPANE)

Scale of Positive and Negative Experience (SPANE) is a questionnaire developed by Ed Diener, Derrick Wirtz, William Tov, Chu Kim-Prieto, Dong-won

Choi, Shigehiro Oishi & Robert Biswas (Diener, Scollon, & Lucas, 2009) The questionnaire comprises of 12 item scales for measuring, both positive and negative affect. It is assessed on a 5 point Likert scale of 1 to 5. Though it mainly serves as a research tool in group studies, it could very well be employed with a clinical or nonclinical populace.

3.9.2.2. Satisfaction with Life Scale (SWLS)

The Satisfaction with Life Scale (SWLS) has been developed by Pavot & Diener (2008). The scale is primarily as a measure of the life satisfaction component of subjective well-being. The SWLS, a short 5-item instrument, is designed to measure “the global cognitive judgments of satisfaction with one's life”. It measures self-acceptance, autonomy, and environmental mastery of an individual. The scale is a 7 – point Likert scale. The probable scores are a minimum of 5 and maximum of 35. The low scores indicating extreme dissatisfaction with life are between 5 – 9 and 31- 35 score indicates high satisfaction.

3.9.3. QUESTIONNAIRE OF EUDAIMONIC WELL-BEING (QEWB)

The Questionnaire Of Eudaimonic Well-Being (QEWB) developed by Waterman et.al (2010). It measures well-being in a manner coherent with how it is theorised in eudaimonism approach. QEWB is used to measure “self-discovery, perceived development of one's best potential, sense of purpose and meaning in life, intense involvement in activities, investment of meaningful effort, and pleasure in activities as personal expressive aspects that they are aspects of eudaimonic happiness”. The scale has 21 items to be answered and consists of a 5 – point Likert scale score 1 being strongly disagree and 5 being strongly agree. The scale has 7 items with reverse scoring. The scale is a reliable and valid scale with .86 reliability. The scale has been has a reliability and validity of .96 and .97 in Indian population.

3.9.4. EMOTIONAL ABUSE QUESTIONNAIRE (EAQ)

The Emotional Abuse Questionnaire (EAQ) scale was developed by Jacobson and Gottman's (1998) while being on the research for violent marriages that analyses various aspects of emotional abuse in intimate relationships. Approximately 201 couples were investigated for collection of data. These couples were distributed into 4 distinctive clusters namely "battering couples, couples that exhibited some violence, dissatisfied non-violent couples, and happily married couples", these groups were made on the basis of numerous measures such as the "Conflict Tactic Scale and the Specific Affect Coding System (SPAFF)". The scale is a self-administered scale and has 28 items to be answered. This scale is 4-point Likert scale with 1 point is assigned to 1 for "never" and 4 for "very often". The scale has a good reliability and validity being .92 and .94 respectively.

3.9.5. LEVENSON'S LOCUS OF CONTROL SCALE

This Locus of Control is developed by Sanjay Vohra (1992) based on Levenson's model (1973) which proclaims that there are 3 independent elements of locus of control: Internal, External or Powerful others and Chance. The present scale requires less time as it has only 24 items, with 8 items per dimension P-powerful others/external, C-chance control and I-individual control. The test has 5 point Likert scale 1 being Strongly disagree and 5 being strongly agree. The scale provides 3 different score for the three dimensions. The reliability and validity of the scale is .79 and .69 respectively. This scale was designed and standardized for Indian population which is an added advantage.

3.9.6. THE MEANING IN LIFE QUESTIONNAIRE

The Meaning in Life Questionnaire is a 10-item questionnaire developed by Michel F. Steger, Patricia Frazier Shigehiro Oishi and Mathew Kaler (Steger et.al, 2006) devised to determine the 2 aspects of meaning in life:

(1) “Presence of Meaning which means how much the respondent feel their lives have meaning”,

(2) “Search for Meaning which means how much the respondent strive to find meaning and understanding in their lives.”

The scale is a 7 point Likert scale encompasses two five-item subscales assessing both these dimension of meaning in life 1 point is given to absolutely untrue and 7 points to absolutely true. The scale reliability and validity is .86 and .87 respectively.

3.10. DATA COLLECTION PROCEDURE

Collection of authentic data is the most important condition for any successful research. Generally the sources of data are of two types i.e. ., primary and secondary. Primary data includes the information which is collected by the researcher personally. Again, when the information is collected from some other sources, such as library, journals, office records etc. it is known as secondary data. For the present study, the investigator collected both primary and secondary data to form a rich base of the study. The data collection procedure is elaborately discussed below:

3.10.1. COLLECTION OF PRIMARY DATA

The primary data was collected from colleges and universities of Jalandhar by using purposive sampling technique to select the colleges and universities, thereafter again purposive sampling method to select the participants.

The 423-sample used in this study is collected through digital way. The Participants were approached through telephone and then on google meet objectives of the study was explained. The selected participants are administered with above five scales and were requested to answer all the items of the questionnaires sincerely and truthfully through google form during the google meet. The participants were assured that their responses would be used solely for research purposes and would be kept

strictly confidential. Initially before the pandemic the data was collected through traditional ways.

Thus 30 pre (traditional ways) and post (digital ways) response were compared and no significant difference was observed in any of the variables, which did establish that digital way as an extremely secure method of data collection.

3.10.2. COLLECTION OF SECONDARY DATA

The investigator reviewed different secondary data for collecting necessary information for the study. Data were collected from different secondary sources such as libraries, journals, books periodicals, theses, dissertations etc. For reviewing the related literature the investigator visited different libraries personally, such as:

- Lovely Professional University Central library
- Library of Departmental of Psychology,
- Central Library of Guwahati University
- NEHU Central Library, Shillong
- Shodhganga: a reservoir of Indian theses (online portal)
- ResearchGate (online portal)
- Google Scholar (online portal) etc
- Scopus
- PubMed
- ScienceDirect
- JSTOR
- Web of Science
- Social Science Research Network
- Academia.edu
- APA PsycNet

The library works helped the investigator to conduct a systematic research. It helped in developing the concept of systematic investigation, understanding the

significance of the study, framing the objectives and hypotheses, delimiting the area etc. It also helped a lot to identify and use the related literature.

Another important secondary source was the internet. A huge amount of information was collected from various online library.

3.11. STATISTICAL TECHNIQUES

After collecting all the data, the next step is to analyse and interpret it with some suitable statistical techniques. In the present study, most of the data were analysed quantitatively with the help of computer using SPSS (Special Packages for Social Science). The investigator used both Descriptive and Inferential statistical techniques for analysing the collected data.

3.11.1. DESCRIPTIVE STATISTICS

In a study, to describe the basic features of the data, Descriptive Statistics are used. These statistics provide simple quantitative summaries about the sample and the various measures.

Different Descriptive Statistics used in the present study were mean, standard deviation, simple percentage and graphical representation of data which are discussed below-

3.11.1.1. Mean and Standard Deviation:

The mean value was computed as a measure of central tendency of the distribution of Emotional abuse, Locus of control, Meaning in life with Hedonic and Eudaimonic Happiness of Young Adults. Again, to study the variations in these scores and to do some other advanced computations, the value of standard deviation was also computed.

3.11.1.2. Simple Percentage:

Percentage is computed to make the comparison easier among different groups. In the present study, the distribution of the Emotional abuse, Locus of control, Meaning

in life with Hedonic and Eudaimonic Happiness of Young Adults scores showing their levels and types in particular and in relation to some other variables such as gender and their relationship status were compared by computing their respective percentage.

3.11.1.3. Graphical Representation:

Different statistical data are represented with the help of graphs and diagrams to understand the facts easily and comprehensively. It gives a clear account and precise picture of the event. Here, different diagrams and graphical representation were given along with the numerical data to understand various facts related to Emotional abuse, Locus of control, Meaning in life with Hedonic and Eudaimonic Happiness of Young Adults control more clearly.

3.11.2. NORMALITY OF THE TEST

In this study, for analysing the data some parametric statistics like 't'-test, ANOVA etc. were used. These tests are based on the assumption of 'normality'. Therefore, before conducting these tests in the present study, Test of Normality was applied with the help of SPSS. The test of 'skewness' and 'kurtosis' in case of Emotional abuse, Locus of control, Meaning in life with Hedonic and Eudaimonic Happiness of Young Adults with reference to different independent variables were applied. The result of these tests shows that distributions of these scores are approx. normally distributed. To analyse the collected data different inferential statistics were also used in the present study.

3.11.3. INFERENCE STATISTICS

Inferential Statistics are used to make inferences about the population by drawing data from a representative sample of that population. Parametric Inferential Statistics are carried out on the collected data when it follows certain parameters such as, the data is normally distributed, large sample size, variances are equal between the groups, numbers can be added, subtracted, multiplied and divided etc. Different Parametric Inferential Statistics used in the present study such as 't'-test, ANOVA,

correlation, hierarchical regression analysis and regression analysis are discussed below-

3.11.3.1. “t”-test:

To test the significance of differences between mean scores ‘t’-tests are applied. In the present study, ‘t’- test is expended to discover the significance of the mean difference of the Emotional abuse, Locus of control, Meaning in life, Hedonic and Eudaimonic Happiness of Young Adults in relation to gender and relationship status.

3.11.3.2. Correlation:

Person's coefficient of correlation values are computed to find out the existing relationship between different variables. In the present study, the values of coefficient of correlation were computed to study the relationship of Emotional abuse, Locus of control, Meaning in life, Hedonic and Eudaimonic Happiness of Young Adults.

3.11.3.3. ANOVA:

In statistical analysis, Analysis of Variance (ANOVA) is used to check if the means of different groups (more than two groups) are significantly different from each other. ANOVA helps to treat the data together in a multi-group design. In the present study, the significant differences among the three relationship status on Emotional abuse, Locus of control, Meaning in life Hedonic and Eudaimonic Happiness of Young Adults with the help of ANOVA.

3.11.3.4. Regression Analysis:

Regression Analysis is used to fundamentally examine the effect of one or more independent variables on the dependent variable. In the present study, prediction of Emotional abuse, Locus of control, Meaning in life on Hedonic and Eudaimonic Happiness of Young Adults was observed with the help of regression analysis.

3.12. METHODOLOGICAL CHART

Data were analysed on the basis of the selected objectives and it is shown with a methodological chart below-

Table no - 3.1 : Methodology/ Tools/ Instruments to be used

Objective	Analysis to be under taken	Tools of data collection
1.To examine the relationships of emotional abuse, locus of control, and meaning in life with hedonic and eudaimonic happiness of young adults.	Pearson Correlation Co-efficient.	Subjective Well- Being Scale by Diener Ed, Questionnaire for Eudaimonic Well-Being (QEWB) by Waterman et al., Emotional Abuse Questionnaire by Neil Jacobson, and John Gottman, Levenson's Locus of Control Scale by Sanjay Vohra, and The Meaning in Life Questionnaire by Steger
2.To determine the predictors of hedonic happiness among young adults. 3.To determine the predictors eudaimonic happiness among young adults.	Regression	Subjective Well- Being Scale by Diener Ed, Questionnaire for Eudaimonic Well-Being (QEWB) by Waterman et al., Emotional Abuse Questionnaire by Neil Jacobson, and John Gottman, Levenson's Locus of Control Scale by Sanjay Vohra, and The Meaning in Life Questionnaire by Steger
4.To examine gender difference among young adults on emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness.	T- TEST	Profile of Participants, Subjective Well-Being Scale by Diener Ed, Questionnaire for Eudaimonic Wellbeing (QEWB) by Waterman et al., Emotional Abuse Questionnaire by Neil Jacobson, and John Gottman, Levenson's Locus of Control Scale by Sanjay Vohra, and The Meaning in Life Questionnaire by Steger
5.To examine the difference across different relationship status (married, dating currently, single recently) with respect to emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults	ANOVA	Profile of Participants, Subjective Well-Being Scale by Diener Ed, Questionnaire for Eudaimonic Wellbeing (QEWB) by Waterman et al., Emotional Abuse Questionnaire by Neil Jacobson, and John Gottman, Levenson's Locus of Control Scale by Sanjay Vohra, and The Meaning in Life Questionnaire by Steger

CHAPTER 4

RESULTS AND DISCUSSION

The foremost agenda of this chapter is to elaborate on the findings of the study and discuss them while garnering support from prior research. The chapter elaborates on the theoretical aspects of data analysis in detail and discusses the same with established results. The primary aim of the present endeavour was to study the psychological constructs of emotional abuse, locus of control, meaning in life and with hedonic and eudaimonic happiness of young adults.

To accomplish the chief goal of the present study is to examine the relationship of emotional abuse, locus of control, and meaning of life with hedonic and eudaimonic happiness among participants Pearson's Co-relation method was used. Regression was used to explain a statistically significant amount of variance in the Criterion Variable (DV) Hedonic & Eudaimonic Happiness after accounting for all other Predictor variables. Further, to study and compare the emotional abuse, locus of control, meaning in life and with hedonic and eudaimonic happiness male and female t-test, descriptive statistics of Mean and SD and ANOVA were used. The method chapter served as the blueprint of the study and this chapter sequentially explores and examines the hypotheses and models through descriptive and inferential statistical analysis. The primary data collected through questionnaires were loaded in a Microsoft Excel sheet, which was then exported to IBM SPSS 20.

4.1. Data Normality

The distribution of sample data is normed to be normal when the data forms a symmetric bell- shaped curve (Gaussian distribution) (Wallis, 2014). Skewness and Kurtosis are measures that indicate normality of data as shown in Table 4.2.1. The acceptable range for skewness and kurtosis, when plotted on a graph, is assumed to range between -2 to 2 (Azzalini, 2005). The data for this study were normally distributed.

4.1.1. Normal Distribution of Data

Figure No 4.1. Showing Normal Distribution Of Data for Emotional Abuse

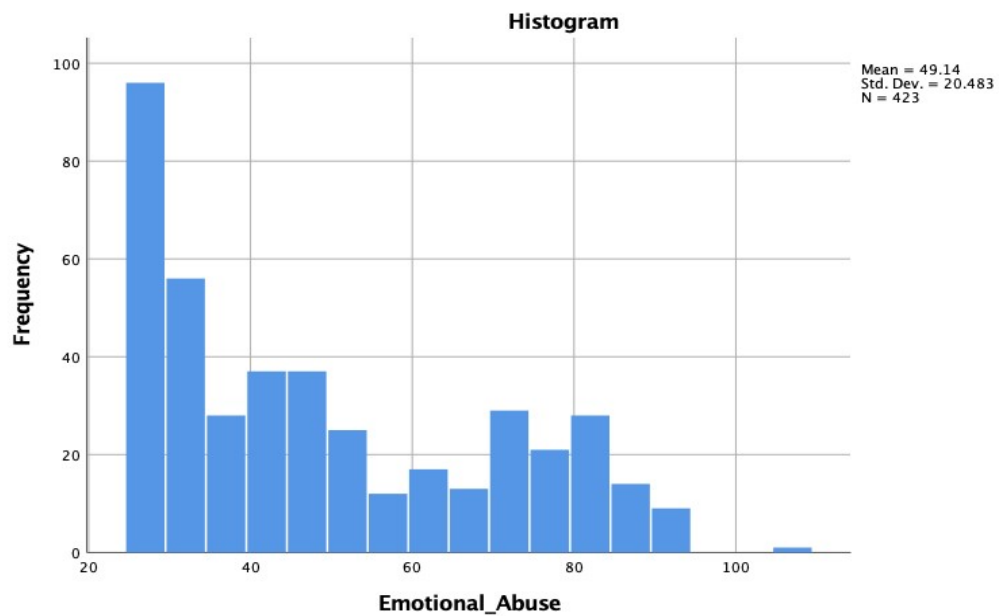
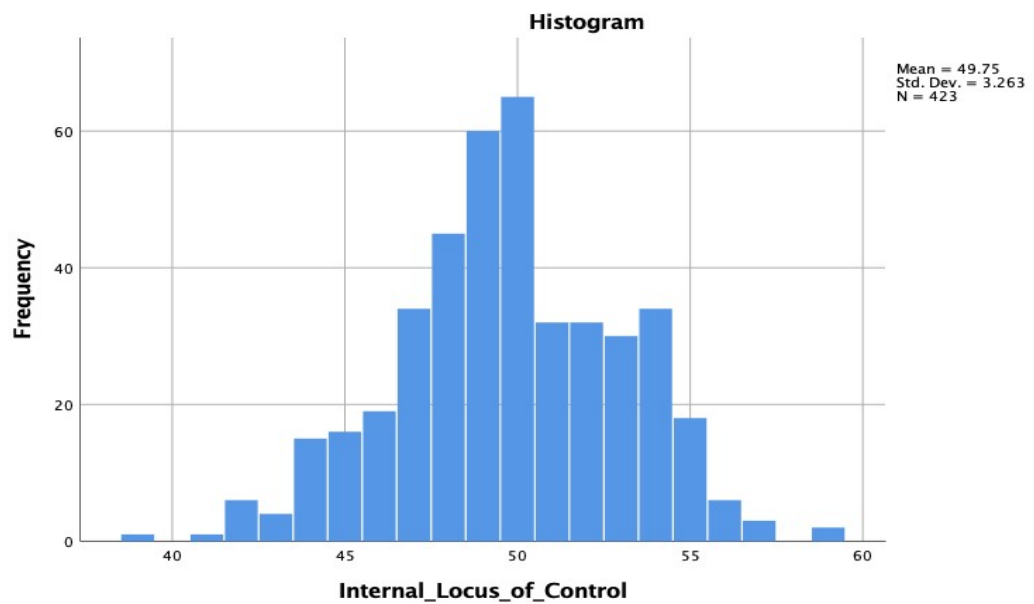


Figure No 4.2. Showing Normal Distribution Of Data for Locus Of Control



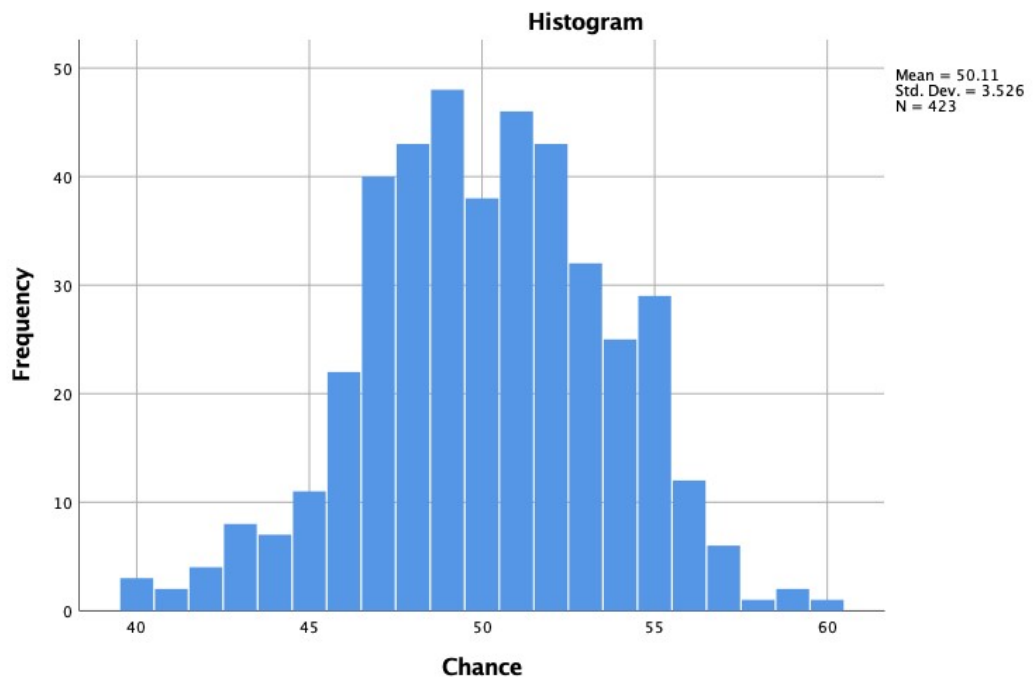
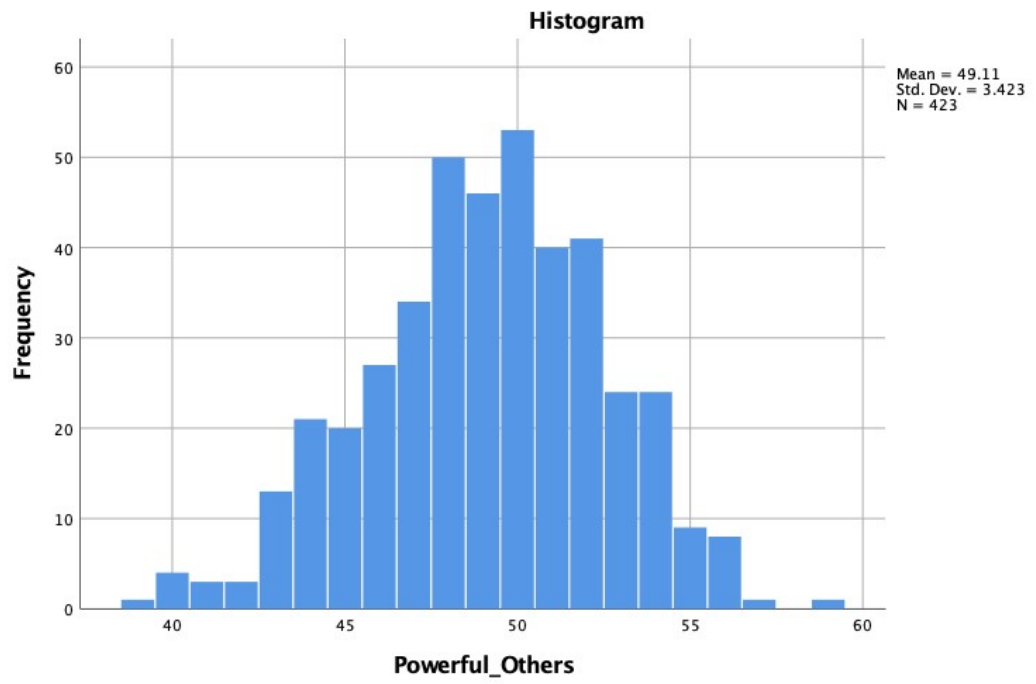


Figure No 4.3. Showing Normal Distribution Of Data for Meaning Of Life

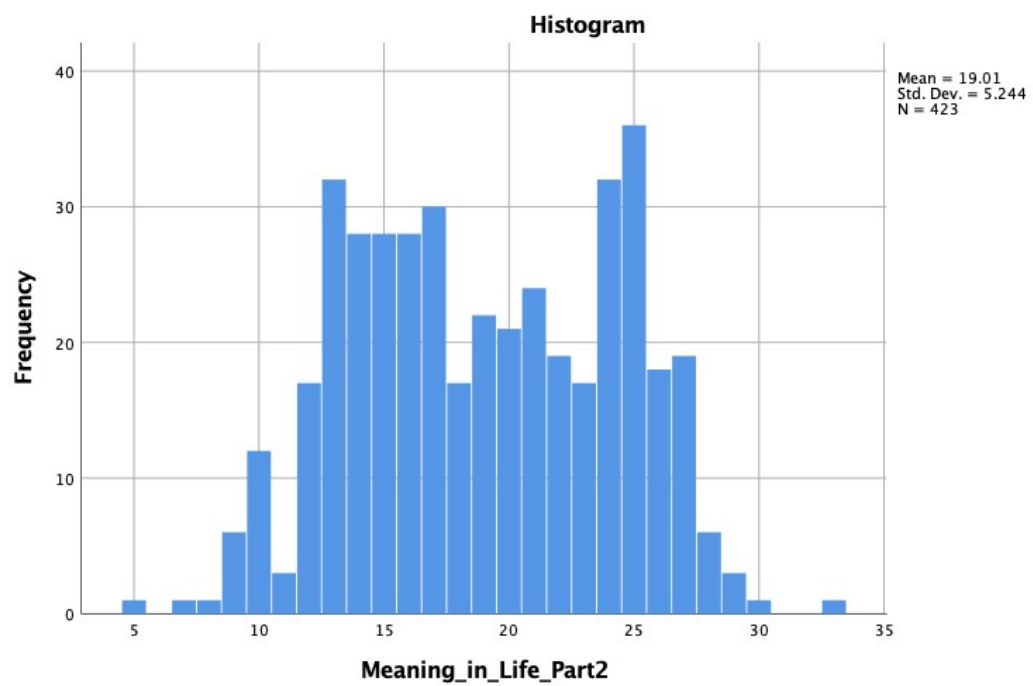
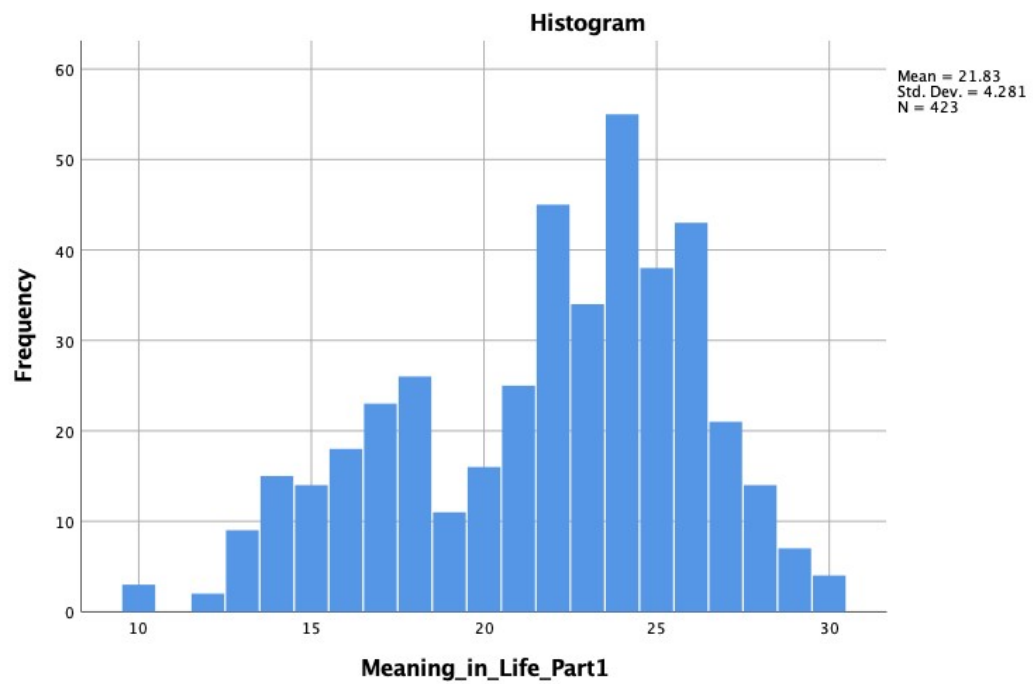
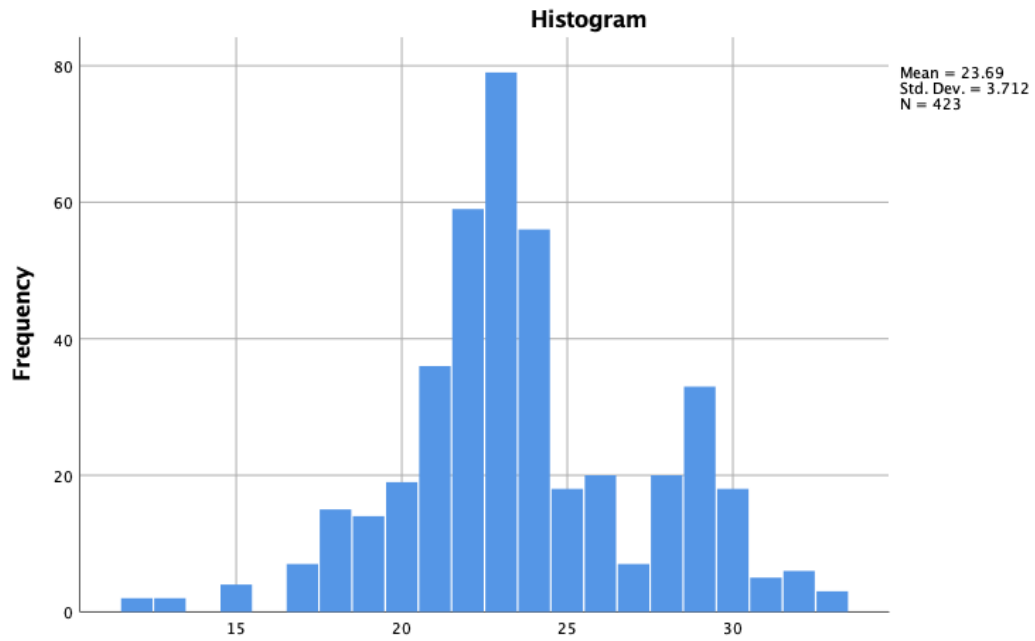


Figure No 4.4. Showing Normal Distribution Of Data for Hedonic Happiness

Hedonic Happiness (LS)



Hedonic Happiness (SPANE)

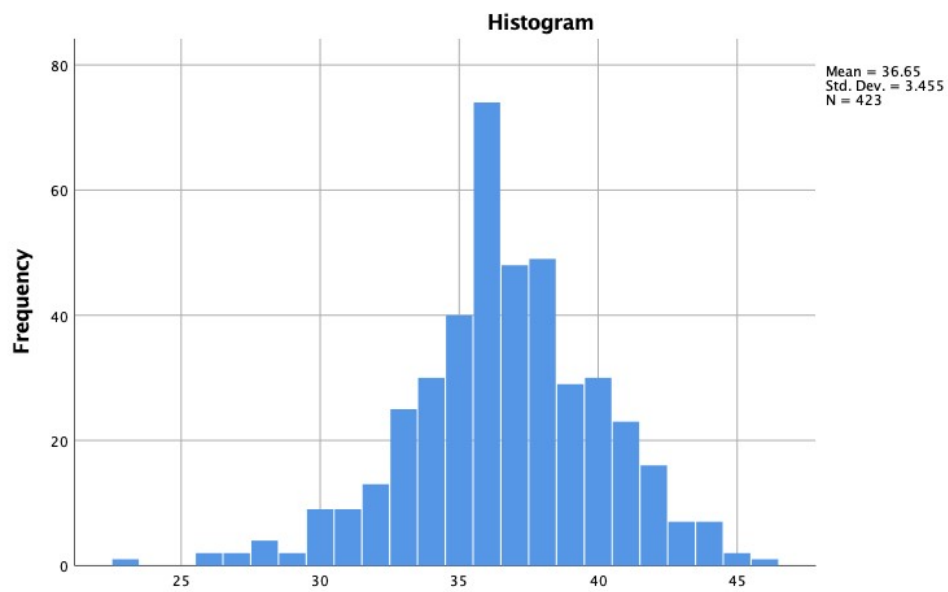
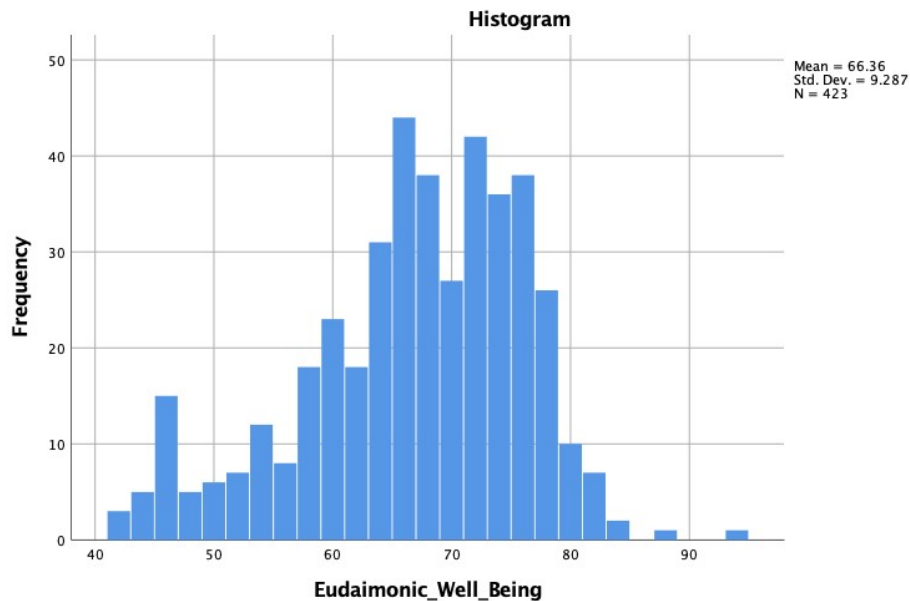


Figure No 4.5. Showing Normal Distribution Of Data for Eudaimonic Happiness



4.2. DESCRIPTIVE ANALYSIS

Table No - 4.1. Showing overall response of Emotional Abuse of participants

Emotional Abuse	Young Adults
High	176
Moderate	226
Low	21

In figure 4.1. shows that out of 423 young adults 176 were High in emotional abuse which is 42% of the sample population, 226 were moderate which is 53% and 21 young adults were low on emotional abuse which is 5% of the sample population.

These figure are quite justified with the literature review. As mentioned earlier Babu & Kar (2009) conducted a research using a questionnaire devised to find physical, psychological and sexual violence against man and women; the findings of this research showed that 16% of women had experienced physical forms of domestic abuse, 25% sexual abuse, 52% emotional abuse, and 56% reported other forms of domestic abuse. Whereas men experienced 22% of physical form of domestic abuse, 17% sexual, 59% emotional, and 59.5% any other forms of domestic abuse.

Table No - 4.2. Showing overall response of Locus of Control of participants

Locus of Control	Young Adults
Internal Locus of Control	152
External Locus of Control/Powerful Others	129
Chance	142

Table no - 4.2. indicates that out of 423 young adults 36% i.e. ., 152 had higher Internal Locus of Control, 34% i.e. ., 129 young adult's external locus of control/powerful others was more dominant and 30% i.e. ., 142 young adult's dominant locus of control was Chance.

Showing overall response of Meaning in Life of participants

Table no - 4.3.1. Showing overall response of Presence of Meaning of participants

Presence of Meaning	Young Adults
High	286
Moderate	134
Low	3

In table no - 4.3.1. it indicates that out of 423 young adults 286 were high which is 67%, 134 which is 32% moderate and only 3 which is 1% is low on presence of meaning.

Table no - 4.3.2. Showing overall response of Search for Meaning of participants

Search for Meaning	Young Adults
High	172
Moderate	224
Low	27

In table no - 4.3.2. it indicates that out of 423 young adults 172 were high which is 42%, 224 which is 53% is in moderate and 27 which is 5% is low on search of meaning.

Showing overall response of Hedonic Happiness of participants

Table No - 4.4.1. Showing overall response of Hedonic Happiness(LS) of participants

Hedonic Happiness(LS)	Young Adults
High	360
Moderate	63
Low	0

In table no - 4.4.1. it is indicated that out of 423 young adults 360 were high which is 85%, 63 which is 15% is in moderate and 0 is low on Hedonic Happiness (LS).

Table no - 4.4.2. Showing overall response of Hedonic Happiness(SPANE) of participants

Hedonic Happiness (SPANE)	Young Adults
High	421
Moderate	2
Low	0

In table no - 4.4.2. it is clearly indicated that out of 423 young adults 421 were high which is 100%, 1 which is 0% is low on Hedonic Happiness(SPANE).

Table no - 4.5. Showing overall response of Eudaimonic Happiness of participants

Eudaimonic Happiness	Young Adults
High	422
Moderate	1
Low	0

In table no 4.5. it is clearly indicated that out of 423 young adults 65 were high which is 15%, 358 were in moderate which is 85%, and 0 in low on eudaimonic happiness.

Table no - 4.6. Showing Relationship Status of Young Adults in the Study

Eudaimonic Happiness	Young Adults
Married	44
Dating Currently	288
Single Recently	91

In table no - 4.6. it is clearly indicated that out of 423 young adults 68% are dating currently, 22% were singly recently and 10% were married.

4.3. Correlations among Variables

The current research investigated the relationships between the study variables to gain insights regarding significant values moment correlation. Correlations were calculated using Pearson's product moment correlation (see Table 4.3.1).The significant relationships among several variables highlighted in bold illustrate that x variable is linked to y variable (or vice-versa). These relationships aid in the understanding of dynamics among study variables providing insights for further analysis.

Table no - 4.7. Showing Correlation Values Of Study Variables (n=423)

	Emotional Abuse	Internal LOC	Externa/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
Emotional Abuse	1	-.057	.185**	.119*	-.499**	-.192**	-.500**	-.254**	-.126**
Internal LOC		1	.533**	.368**	.208**	.157**	.069	.256**	.378**
Externa/ Powerful Others LOC			1	.416**	-.007	.094	-.111*	.083	.309**
Chance				1	.058	.111*	-.189**	.121*	.440**
Meaning in Life (POM)					1	.158**	.335**	.263**	.270**
Meaning in Life (SOM)						1	-.167**	.365**	.162**
Hedonic Happiness (LS)							1	.053	-.049
Hedonic Happiness (SPANE)								1	.384**
Eudaimonic Happiness									1

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

***.** Correlation is significant at the 0.05 level (2-tailed).

4.3.1. Emotional Abuse

Emotional Abuse	Internal LOC	External/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
1	-.057	.185**	.119*	-.499**	-.192**	-.500**	-.254**	.126**

The results from the correlation table reveals that emotional abuse is negatively correlated with internal locus of control -.057 which is not significant though. The results from the above correlation table shows that emotional abuse is positively correlated with External/Powerful Others, i.e. .185** which is significant at a 0.01 level. Emotional abuse is positively correlated with Chance, i.e. .119* which is significant at a 0.05 level. Emotional abuse is negatively correlated with Meaning in Life Part1, i.e. ., -.499** which is significant at a 0.01 level. Emotional abuse is negatively correlated with Meaning in Life (SOM), i.e. ., -.192** which is significant at a 0.01 level. The results from the correlation table also shows that emotional abuse is negatively correlated with Hedonic Happiness (LS), i.e. ., -.500** which is significant at a 0.01 level. It is observed that emotional abuse is negatively correlated with Hedonic Happiness (SPANE), i.e. ., -.254** which is significant at a 0.01 level. The table reveals that emotional abuse is negatively correlated with Eudaimonic Happiness., i.e. ., -.126** which is significant at a 0.01 level.

Thus, The results inferred that emotional abuse is negatively correlated with Internal locus of control, Meaning in Life, Hedonic Happiness and Eudaimonic Happiness meaning when emotional abuse is high young adults experience low Internal locus of control, Meaning in Life, Hedonic Happiness and Eudaimonic Happiness. These results are supported by other studies where emotional abuse is proved to be extremely detrimental to mental health and a sense of self (Goldsmith et al. 2009) Experiencing emotional abuse also caused low self-esteem and could cause depression, anxiety and dissociation (Shubina, 2017).

Whereas when emotional abuse is low, they experience higher internal locus of control, Meaning in Life, Hedonic Happiness and Eudaimonic Happiness. Choi et al. (2016) also talked about happiness and well-being experienced by individuals with healthy relationships.

The results also deduced emotional abuse is positively correlated with External/Powerful Others and Chance meaning that young adults with high emotional abuse have higher external locus of control and belief on chance his also stronger. Pannells & Claxton (2008) observed significant difference on level of happiness of people with internal locus of control vs. those individuals with external locus of control. Individuals with experience of emotional abuse usually don't recognize it as it is however would have lack of confidence, denial and feel a lingering and low-level chronic feeling of unhappiness. (Porcerelli, West, Binienda & Cogan, 2006). Another study had found that clients who had suffered emotional abuse in their relationship knowingly or unknowingly have had external locus of control and felt that they themselves had no control over their life or situations (Kepner, et al, 2020).

Robert Waldinger, director of the world's longest study, conducted in Harvard University had revealed from the this specific study that the quality of relationship has a powerful influence on our health. The study also revealed that "the people who were the most satisfied in their relationships at age 50 were the healthiest at age 80." According to this study good relationships with absence of emotional abuse protects our brain and body literally from various diseases and disorders (Mineo, 2017).

4.3.2. Internal Locus of Control

Emotional Abuse	Internal LOC	External/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
-.057	1	.533**	.368**	.208**	.157**	.069	.256**	.378**

The results from the correlation table shows that Internal Locus of Control is negatively correlated with emotional abuse -.057 which is not significant though. The results from the correlation table shows that Internal Locus of Control is positively correlated with External/Powerful Others, i.e. .533** which is significant at a 0.01 level. As seen internal locus of control is positively correlated with Chance, i.e. .368** which is significant at a 0.05 level. The results revealed that Internal Locus of control is positively correlated with Meaning in Life Part1, i.e. .208** which is significant at a 0.01 level. Internal Locus of control is positively correlated with Meaning in Life (SOM), i.e. .157** which is significant at a 0.01 level. The table shows that Internal Locus of control is positively correlated with Hedonic Happiness (LS), i.e. .069 however not significant. Internal Locus of control is positively correlated with Hedonic Happiness (SPANE), i.e. .256** which is significant at a 0.01 level. The results revealed that Internal Locus of control is positively correlated with Eudaimonic Well Being, i.e. .378** which is significant at a 0.01 level.

Thus, the results suggested that Internal Locus of control is negatively correlated with Emotional Abuse proposing that when Internal Locus of control is high young adults experience low Emotional Abuse and when Internal Locus of control is low young adults experience higher Emotional Abuse. These results are supported by an exploratory study had shown that survivors of intimate partner violence (IPV) had higher External locus of control /powerful others and lower Internal Locus of control (Munzo, Brady & Brown, 2017).

The results also inferred that Internal Locus of control is positively correlated with Meaning in Life, Hedonic Happiness and Eudaimonic Happiness meaning that Internal Locus of control is high young adults have higher Meaning in Life, Hedonic Happiness and Eudaimonic Happiness. The results are reinforced by the study which had found early adulthood individuals who had higher internal locus of control had a greater meaning in life and higher subjective well-being than external locus of control adults (Singh, & Choudhri, 2014). Another study also showed that young adults who

were undergraduates with higher feelings of internal control were happier than those with higher feelings of external control (Yukura, Ueda and Yoshimori, 1993).

4.3.3. External Locus of Control/Powerful Others

Emotional Abuse	Internal LOC	External/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness	
.185**	.533**	1	.416**	-.007	.094	.185**	-.111*	.083	.309**

The results from the correlation table shows that External Locus of Control/powerful others is positively correlated with emotional abuse .185** which is significant at a 0.01 level. The table shows that that External Locus of Control/powerful others is positively correlated with Internal locus of Control, i.e. . 533** which is significant at a 0.01 level. External Locus of control is positively correlated with Chance, i.e., .416** which is significant at a 0.01 level. External Locus of control is negatively correlated with Meaning in Life Part1, i.e. , -.007 which is not significant. The results also shows that External Locus of Control/powerful others is positively correlated with Meaning in Life (SOM), i.e. , .094 which is not significant. The results revealed that External Locus of Control/powerful others is negatively correlated with Hedonic Happiness (LS), i.e. -.111* which is significant at a 0.05 level. The also table shows that External Locus of Control/powerful others is positively correlated with Hedonic Happiness (SPANE), i.e. .083 which is not significant. The results observed that External Locus of Control/powerful others is positively correlated with Eudaimonic Well Being, i.e. .309** which is significant at a 0.01 level.

Thus, the results suggested that External Locus of Control/powerful others is positively correlated with Emotional Abuse and Eudaimonic Well Being. This means that young adults higher External Locus of control have experienced higher emotional abuse and also higher Eudaimonic Well Being. A recent study suggested that women with external locus of control had a significant positive relationship between equal opportunities gender role philosophies and marital satisfaction which found to be

positively related to eudaimonic well-being , whereas the relationship was not significant for internalizing women (Horrell, et al, 2021).

The results also deduced that External Locus of Control/powerful others is negatively correlated Meaning in Life Part and Hedonic Happiness. Interpreting that when external locus of control is low Meaning in life and Hedonic Happiness is high and vice versa. The results are reinforced by the study which had indicated Purpose in life was inversely correlated with external locus of control (Viswanathan, 1996)

4.3.4. Chance

Emotional Abuse	Internal LOC	Externa/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
.119*	.368**	.416**	1	.058	.111*	-.189**	.121*	.440**

The results from the correlation table shows that Chance is positively correlated with emotional abuse .119* which is significant at a 0.05 level. The results from the correlation table shows that Chance is positively correlated with Internal Locus of Control, i.e. .368** which is significant at a 0.01 level. The results from the correlation table shows that Chance is positively correlated with External Locus of Control, i.e. .416** which is significant at a 0.05 level. The results from the correlation table shows that Chance is positively correlated with Meaning in Life Part1, i.e. .058 which is not significant. The results from the correlation table shows that Chance is positively correlated with Meaning in Life (SOM), i.e. .111* which is significant at a 0.05 level. The results from the correlation table shows that Chance is negatively correlated with Hedonic Happiness (LS), i.e. -.189** which is significant at a 0.01 level. The results from the correlation table shows that Chance is positively correlated with Hedonic Happiness(SPANE), i.e. .121* which is significant at a 0.05 level. The results from the correlation table shows that Chance is positively correlated with Eudaimonic Well Being, i.e. .440** which is significant at a 0.01 level.

The results also deduced that Chance is positively correlated with Emotional Abuse, Internal Locus of Control, External Locus of Control, Meaning in Life, Hedonic Happiness(SPANE) and Eudaimonic Well Being. It was observed in a lot of different cultures among women that they considered it their fate to go through any kind of abuse, they believed whole heartedly that nothing was in their power to change their life. If they had good relationships with partners or dysfunctional was all due to destiny (DuBose, 2020). In another study it was observed that believe in fate and destiny was higher for individuals who engaged in meaning construction of life specially during a difficult phase in life (Zhang, Wei & Liu, 2022). This other study had established that often fate is used “self-defence, self-persuasion, and excuses when dealing with stressful life events” The results of this study had shown that most participants described life satisfaction and happiness in terms of fate (Kadir & Ali, 2012).

The results suggested that Chance however is negatively correlated with Hedonic Happiness(LS). Hedonic Happiness(LS) is based on Ryff’s Scales of Psychological Well-being and these 5 items self-acceptance, autonomy, and environmental mastery. These results are supported by a study where the results clearly showed that individuals who were self-fulfilling had higher positive relations, environmental mastery, self-acceptance, autonomy, personal growth, and purpose in life did not believe in fate or destiny at all or either very little (Garcia, Al Nima & Kjell, 2014).

4.3.5. Meaning in Life (POM)

Emotional Abuse	Internal LOC	Externa/ Powerful Others LOC	Chance	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
-.499**	.208**	-.007	.058	.158**	.335**	.263**	.270**

The results from the correlation table shows that Meaning in Life (POM) is negatively correlated with emotional abuse -.499** which is significant at a 0.01 level.

The results from the correlation table shows that Meaning in Life (POM) is positively correlated with Internal Locus of Control, i.e. .208** which is significant at a 0.01 level. The results from the correlation table shows that Meaning in Life (POM) is negatively correlated with External Locus of Control, i.e. -.007 which is not significant. The results from the correlation table shows that Meaning in Life (POM) is positively correlated with chance, i.e. , .058, which not significant. The results from the correlation table shows that Meaning in Life (POM) is positively correlated with Meaning in Life (SOM), i.e. , .158** which is significant at a 0.01 level. The results from the correlation table shows that Meaning in Life (POM) is positively correlated with Hedonic Happiness (LS), i.e. .335** which is significant at a 0.01 level. The results from the correlation table shows that Meaning in Life (POM) is positively correlated with Hedonic Happiness (SPANE), i.e. .263** which is significant at a 0.01 level. The results from the correlation table shows that Meaning in Life (POM) is positively correlated with Eudaimonic Well Being, i.e. .270** which is significant at a 0.01 level.

Thus, the results shows that there is positive correlation between that Meaning in Life (POM) (Presence of Meaning), Meaning in Life (SOM) (Search for Meaning), with Internal Locus of Control, Hedonic Happiness (LS), Hedonic Happiness (SPANE) and Eudaimonic Well Being. These results interpret that if there is higher level of Presence of Meaning in individuals than their overall internal locus of control, meaning in life, hedonic and eudaimonic happiness is higher. The results are reinforced by the study which had found early adulthood individuals who had higher internal locus of control had a greater meaning in life and higher subjective well-being than external locus of control adults (Singh, & Choudhri, 2014). Another study also showed that young adults who were undergraduates with higher feelings of internal control were happier than those with higher feelings of external control (Yukura, Ueda and Yoshimori, 1993)

The results also shows that Meaning in Life (POM) (Presence of Meaning) is negatively correlated with Emotional Abuse meaning that if there is high level of Meaning in Life (POM) (Presence of Meaning) than there is low Emotional Abuse and vice versa. A qualitative study showed that women experiencing emotional abuse have

has longstanding and damaging aftereffects for women's emotional health. Their self-esteem and meaning in life was found to be low perceived. It was revealed in the study that these women expected and accepted their partners to be in positions of authority and to set the rules and standards in the relationships (Lammers, Ritchie & Robertson, 2005).

4.3.6. Meaning in Life (SOM)

Emotional Abuse	Internal LOC	External/ Powerful Others LOC	Chance	Meaning in Life (POM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
-.192**	.157**	.094	.111*	.158**	-.167**	.365**	.162**

The results from the correlation table shows that Meaning in life Part (SOM) is negatively correlated with emotional abuse $-.192^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Meaning in life Part (SOM) is positively correlated with Internal Locus of Control, i.e. $.157^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Meaning in life Part (SOM) is positively correlated with External Locus of Control, i.e. $.094$ which is not significant. The results from the correlation table shows that Meaning in life Part (SOM) is negatively correlated with chance, i.e. $.111^{*}$ which is significant at a 0.05 level. The results from the correlation table shows that Meaning in life Part (SOM) is positively correlated with Meaning in Life (POM), i.e. $.158^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Meaning in life Part (SOM) is negatively correlated with Hedonic Happiness (LS), i.e. $-.167^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Meaning in life Part (SOM) is positively correlated with Hedonic Happiness (SPANE), i.e. $.365^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Meaning in life Part (SOM) is positively correlated with Eudaimonic Well Being, i.e. $.162^{**}$ which is significant at a 0.01 level.

Thus, the results deduce that Meaning in life (SOM)(Search for Meaning) is positively correlated with Internal Locus of Control, Chance, Hedonic Happiness (SPANE) and Eudaimonic Well Being. The results are supported by the study which showed vividly that Meaning in Life, Internal Locus of control and Chance are correlated to one another positively. They also cause and impact posttraumatic growth in individuals who have experienced trauma in their past. Search for meaning in life helps individuals to cope better with posttraumatic stress and has founded to bring new hope in their lives (Zeligman, Grossman & Tanzosh, 2019). Another study showed that individuals who were actively searching for meaning in life were happier, more content, and had better mood (Steger, Oishi & Kesebir, 2011).

The results also show that Meaning in life (SOM)(Search for Meaning) is negatively correlated with Emotional Abuse and Hedonic Happiness (LS). In previous research similar results have been found where due to low self-esteem and acceptance of authority these individuals lose hope and do not search for meaning in their life (Lammers, Ritchie & Robertson, 2005). The present results are supported with this other study which also found similar results which showed that presence of meaning had higher predicting impact on hedonic happiness (LS) than search of meaning in life (Khumalo, Wissing & Schutte, 2014).

4.3.7. Hedonic Happiness (LS)

Emotional Abuse	Internal LOC	External/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
-.500**	.069	-.111*	-.189**	.335**	-.167**	1	.053	-.049

The results from the correlation table shows that Hedonic Happiness (LS) is negatively correlated with emotional abuse $-.500^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (LS) is positively correlated with Internal Locus of Control, i.e. $.069$ which is not significant. The results from the correlation table shows that Hedonic Happiness (LS) is positively correlated

with External Locus of Control, i.e., $-.111^*$ which is significant at a 0.05 level. The results from the correlation table shows that Hedonic Happiness (LS) is negatively correlated with chance, i.e., $-.189^{**}$ which is significant at a 0.05 level. The results from the correlation table shows that Hedonic Happiness (LS) is positively correlated with Meaning in Life (POM), i.e., $.335^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (LS) is negatively correlated with Meaning in Life (SOM), i.e., $-.167^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (LS) is positively correlated with Hedonic Happiness (SPANE), i.e., $.053$ which is not significant. The results from the correlation table shows that Hedonic Happiness (LS) is negatively correlated with Eudaimonic Well Being, i.e., $-.049$ which is not significant.

As mentioned earlier the tables show that Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery) positively correlated Meaning in Life (POM) (Presence of Meaning) interpreting that when self-acceptance, autonomy, and environmental mastery is high in an individual they also have higher presence of meaning and vice versa. These results are supported by the study where it was observed that individuals with Presence of Meaning in life had higher Hedonic Happiness item-5 (Singh, & Choudhri, 2014).

And Hedonic Happiness (LS) is negatively correlated with Emotional Abuse, External Locus of Control, Chance and Meaning in Life (SOM). The study where it was suggested that individuals who experience emotional abuse have chronic unhappiness and do not experience happiness in most situations in life (Porcerelli, West, Binienda & Cogan, 2006). It was again found in another study that internal locus of control adults had a greater meaning in life and higher subjective well-being than external locus of control adults (Singh, & Choudhri, 2014).

4.3.8. Hedonic Happiness (SPANE)

Emotional Abuse	Internal LOC	Externa/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
-.254**	.256**	.083	.121*	.263**	.365**	.053	1	.384**

The results from the correlation table shows that Hedonic Happiness (SPANE) is negatively correlated with emotional abuse $-.254^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with Internal Locus of Control, i.e. $.256^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with External Locus of Control, i.e. $.083$ however which is not significant. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with chance, i.e. $.121^{*}$ which is significant at a 0.05 level. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with Meaning in Life (POM), i.e. $.263^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with Meaning in Life (SOM), i.e. $.365^{**}$ which is significant at a 0.01 level. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with Hedonic Happiness (LS), i.e. $.053$ however which is not significant. The results from the correlation table shows that Hedonic Happiness (SPANE) is positively correlated with Hedonic Happiness (SPANE), i.e. 1 which is significant. The results from the correlation table shows that Hedonic Happiness (SPANE) is negatively correlated with Eudaimonic Well Being, i.e. $.384^{**}$ which is significant at a 0.01 level.

Thus, the results deduce that Hedonic Happiness (SPANE)(Scale of Positive and Negative Experience, SPANE) is positively correlated with Internal Locus of Control, Meaning in Life (POM), Meaning in Life (SOM), Meaning in Life and Eudaimonic Well Being. This means that young adults with high Hedonic Happiness

(SPANE) has seldom or not ever experiences any of the negative feelings, and very often or always has all of the positive feelings. Thus the individuals with high Hedonic Happiness (SPANE) would also have high Internal Locus of Control, Presence and Searching of Meaning in life and Eudaimonic Well Being. And several studies in the past has established similar results. Thus the results obtained are also supported by the study that found young adults who were undergraduates with higher feelings of internal control were happier than those with higher feelings of external control (Yukura, Ueda and Yoshimori, 1993). Another study showed that individuals who were actively searching for meaning in life were happier, more content, and had better mood (Steger, Oishi & Kesebir, 2011).

And Hedonic Happiness (SPANE) is negatively correlated with Emotional Abuse the results are supported by the study where it was discovered that the most consistent cause among unhappy couples was the presence of emotional abuse (Panuzio and DiLillo, 2010). Another study suggested that PTSD was quite common among young adults experiencing emotional abuse (Abram et al., 2013)

4.3.9. Eudaimonic Happiness

Emotional Abuse	Internal LOC	Externa/ Powerful Others LOC	Chance	Meaning in Life (POM)	Meaning in Life (SOM)	Hedonic Happiness (LS)	Hedonic Happiness (SPANE)	Eudaimonic Happiness
-.126**	.378**	.309**	.440**	.270**	.162**	-.049	.384**	1

The results from the correlation table shows that Eudaimonic Happiness is negatively correlated with emotional abuse -.126** which is significant at a 0.01 level. The results from the correlation table shows that Eudaimonic Happiness is positively correlated with Internal Locus of Control, i.e., .378** which is significant at a 0.01 level. The results from the correlation table shows that Eudaimonic Happiness is positively correlated with External Locus of Control, i.e., .309** which is significant at a 0.01 level. The results from the correlation table shows that Eudaimonic Happiness is positively correlated with Chance, i.e., .440** which is significant at a 0.01 level. The results from

the correlation table shows that Eudaimonic Happiness is positively correlated with Meaning in Life (POM), i.e., .270** which is significant at a 0.01 level. The results from the correlation table shows that Eudaimonic Happiness is positively correlated with Meaning in Life (SOM), i.e., .162** which is significant at a 0.01 level. The results from the correlation table shows that Eudaimonic Happiness is negatively correlated with Hedonic Happiness (LS), i.e., -.049 however which is not significant. The results from the correlation table shows that Eudaimonic Happiness is positively correlated with Hedonic Happiness (SPANE), i.e., .384** which is significant at a 0.01 level.

The results from the tables deduced interpret that Eudaimonic Happiness (psychological and social well-being) positively correlated Internal Locus of Control, External Locus of Control, Chance, Meaning in Life (POM) and 2 – Presence and Search of Meaning in life and with Hedonic Happiness. These interprets as if Eudaimonic Happiness is high among young adults Internal Locus of Control, External Locus of Control, Chance, Meaning in Life Presence and Search of Meaning in life and with Hedonic Happiness is also high. The same results have been supported by other studies directly or indirectly which does suggest that internal locus of control contributed to Happiness of college aged students in India. The study also suggested that locus of control were significant predictors of subjective well-being (Dave et al., 2011). Another study examined relationships between eudaimonic aspects of individual conceptions of wellbeing and found that of meaning in life is one route through which eudaimonic well-being is achieved (McMahan & Renken, 2011). Another study found that mindfulness meaning-making enhances greater engagement with life and eudaimonic happiness (Garland, et al, 2015).

The results also revealed that Eudaimonic Happiness is inversely correlated with Emotional Abuse which means that Eudaimonic Happiness is high than emotional abuse is low and vice versa. Research has shown negative relationship between emotional abuse and psychological well-being and therefore poor eudaimonic happiness with existence of emotional abuse has been observed (Algahtani, 2020).

4.4. REGRESSION

First, we explore the effect of independent variables of this study on dependent variables through linear regression analysis. Linear regression models are used to identify the predictive power of relationships between two variables. In the current scenario, the variables of our study are tested for their predictive values towards Hedonic happiness and Eudaimonic happiness.

4.4.1. Hedonic Happiness

Table no – 4.8. Showing Predictive Values Towards Hedonic Happiness (LS)

Table no – 4.8.1. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.600a	.360	.350	2.992

a Predictors: (Constant) Emotional Abuse, Meaning in Life (POM), Meaning in Life (SOM), External/Powerful Others, Chance, Internal Locus of control

The R value indicates the correlation between the dependent variable and the independent variable. Values greater than 0.4 are used for further analysis. A value of .600 in this case is a fairly strong correlation.

The R-squared shows the total variation in the dependent variable that can be explained by the independent variable. Values greater than 0.5 indicate that the model is efficient enough to detect the relationship. A value of .360 in this case is fair enough to predict the relationship among the variables. The adjusted R-squared shows the generalizability of the results, that is, variations in population sampling lead to multiple regression. There must be a difference between the R-squared and the minimum adjusted R- squared. In this case, the value is .350, which is not far from .360, that indicates that there is generalizability.

Table no – 4.8.2. ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2090.895	6	348.482	38.916	.001
	Residual	3725.153	416	8.955		
	Total	5816.047	422			

a Dependent Variable: Hedonic Happiness Item (LS)

b Predictors: (Constant) Emotional Abuse, Meaning in Life (POM), Meaning in Life (SOM), External/Powerful Others, Chance, Internal Locus of control

Typically, a 95% confidence interval or 5% significance level is chosen for a study. Therefore, the p-value must be less than 0.05. In the table above, it is .001. So the results are important. The F-ratio represents the improvement in predicting a variable by modifying the model after accounting for any inaccuracies present in the model. A value greater than 1 for an efficient model with a yield ratio of F. In the table above, a value of 38.916 indicates an efficient model.

Thus the results shown in the above table deduce that the predictor variables have 36% impact on Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery) which is life satisfaction. Emotional abuse is one of the predictors of hedonic happiness with a negative correlation which has already been established along. Locus of control and meaning in life are also significant predictors of Hedonic Happiness (LS).

The results are supported by a study that studied women in Nicaragua which is a underdeveloped country suffering from intimate partner violence they did experience unhappiness however were positive about their future (Vazquez, Panadero, & Rivas, 2015). Another study found low level of pregnancy happiness among mothers who

were exposed to unintended pregnancy all of them reported intimate partner violence, thus the study suggests of education and prevention of intimate partner violence (Tesfa, 2020). A study that inspected the impact of domestic violence on psychological well-being of children found that children who grew up watching domestic violence were impacted negatively, the study also recommended to seek counselling and resolve their conflicts (Umoren, & Owiriwa, 2018).

Another research which studied a large number of university students and found that mindfulness and locus of control predicts subjective well-being at a significant level (Deniz, et. al, 2013). A very interesting study found that college students on the day when they exhibited more curiosity had greater presence of meaning, search for meaning frequent hedonistic events (Kashdan & Steger, 2007).

Table no – 4.9. Showing Predictive Values Towards Hedonic Happiness (SPANE)

Table no – 4.9.1. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.467a	.218	.207	3.078

a Predictors: (Constant) Emotional Abuse, Meaning in Life (POM), Meaning in Life (SOM), External/Powerful Others, Chance, Internal Locus of control

The R value indicates the correlation between the dependent variable and the independent variable. Values greater than 0.4 are used for further analysis. In this case, a value of 0.467 indicates correlation.

The R-squared shows the total variation in the dependent variable that can be explained by the independent variable. Values greater than 0.5 indicate that the model is efficient enough to detect the relationship. A value of .218 in this case is efficient enough to detect the relationship. The adjusted R-squared shows the generalizability of the results, meaning that population sample variation leads to multiple regression. There must be a difference between the R-squared and the minimum adjusted R-

squared. In this case, the value is .207, which is good, not far from .218 indicating generalizability.

Table no – 4.9.2. ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1097.899	6	182.983	19.317	.001
	Residual	3940.616	416	9.473		
	Total	5038.515	422			

a Dependent Variable: Hedonic Happiness(SPANE)

b Predictors: (Constant) Emotional Abuse, Meaning in Life (POM), Meaning in Life (SOM), External/Powerful Others, Chance, Internal Locus of control

The F-ratio represents the improvement in predicting a variable by modifying the model after accounting for any inaccuracies present in the model. A value greater than 1 for an efficient model with a yield ratio of F. In the above table, the value is 29.865, which is significant indicating an efficient model .

Thus the results shown from the above table deduce that the predictor variables have 21.8% impact on Hedonic Happiness (SPANE) (Scale of Positive and Negative Experience, SPANE) which is affect balance. Emotional abuse is one of the predictors of hedonic happiness with a negative correlation which has already been established along. Locus of control and meaning in life are also significant predictors of Hedonic Happiness (SPANE).

These results are supported by a study which reported after studying a large number of college students in USA that Life satisfaction and self-esteem are best predicted in the absence of positive and negative emotions and life purpose. Satisfaction with personal days was predicted by negative emotions and most strongly predicted by positive emotions, but not by purpose in life. This study clearly reports that creating a fulfilling day is not the same as creating a fulfilling life or self-sufficiency (Diener, et al, 2012). Another study which studied Indian students from universities reported that

there locus of control is a significant predictor of happiness (Chamuah, & Sankar, 2019). A study that investigated and found Positive and negative predictive effects of meaningful life on psychological health problems and a predictive impact on negative affect in Turkish young adults (Yildirim, Arslan, & Wong, 2021).

4.4.2. Eudaimonic Happiness

Table no – 4.10. Showing Predictive Values Towards Eudaimonic Happiness

Table no – 4.10.1. Model Summary

Model	R	R Square	Adjusted Square	R Std. Error of the Estimate
1	.549a	.301	.291	7.820

a Predictors: (Constant) Emotional Abuse, Meaning in Life (POM), Meaning in Life (SOM), External/Powerful Others, Chance, Internal Locus of control

The R value indicates the correlation between the dependent variable and the independent variable. Values greater than 0.4 are used for further analysis. A value of 0.549 in this case is good correlation can further analysis can be done.

The R-squared shows the total variation in the dependent variable that can be explained by the independent variable. Values greater than 0.5 indicate that the model is efficient enough to detect the relationship. A value of .301 in this case is indicating that the model is efficient enough to detect the relationship. The adjusted R-squared shows the generalizability of the results, meaning that population sample variation leads to multiple regression. There must be a difference between the R-squared and the minimum adjusted R-squared. In this case, the value is .291, which is good, not far from .301 indicating generalizability.

Table no – 4.10.2. ANOVA

Model		Sum	of df	Mean	F	Sig.
	Squares			Square		
1	Regression	10958.616	6	1826.436	29.865	.001
	Residual	25441.043	416	61.156		
	Total	36399.660	422			

b Dependent Variable: Eudaimonic Happiness

c Predictors: (Constant) Emotional Abuse, Meaning in Life (POM), Meaning in Life (SOM), External/Powerful Others, Chance, Internal Locus of control

The F-ratio represents the improvement in predicting a variable by modifying the model after accounting for model inaccuracies. A value greater than 1 for an efficient model with a yield ratio of F. In the above table, the value is 29.865, which is significant indicating an efficient model .

Thus the results shown from the above table deduce that the predictor variables have 30.1% impact on Eudaimonic Happiness (psychological and social well-being). Locus of control and meaning in life are also significant predictors of eudaimonic happiness. Emotional abuse is one of the predictors of eudaimonic happiness with a negative correlation which has already been established along.

These results have been supported by a research which vividly showed that people with higher life goals reported greater life satisfaction even in normal mood. (Diener, 2012). Another study that was conducted on Indian students from universities which studied locus of control and learned optimism impact on happiness found that the locus of control of young adults was a significant predictor of happiness. The study concluded that people who have higher level of internal and moderate external locus of control i.e. a combination would have higher likelihood to feel more happiness (Chamuah, & Sankar, 2019). Another recent study that explored hedonia (seeking pleasure and relaxation) and eudaimonia (seeking meaning) among young urban college students found that Eudaimonia was significantly negatively associated with Depression and Stress (KryzaLacombe, Tanzini & O'Neill, 2019). The study which studied intimate partner violence(IPV) against African women found that IVP had

significant positive correlation with depression (Wiggins, 2018). Another study found that domestic violence did predict psychological illness had a significant positive correlation and psychological well-being had a significant negative correlation with emotional abuse that happen at home from their partner among women from Karachi (Ahmed & Ali, 2019).

4.5. t-test

A one sample t-test was performed to compare psychological constructs of emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness of young adults among male and female.

Table no - 4.11. Showing Difference between Male & Female

	Gender	N	Mean	Std. Deviation	Mean Difference	t	Sig.(2-tailed)
Internal Locus of Control	Female	185	49.4690	3.35007	.42312	1.267	.206
	Male	238	49.8921	3.21367			
External/ Powerful Others	Female	185	49.7241	3.15234	.93277	2.679	.008
	Male	238	48.7914	3.51988			
Chance	Female	185	50.1034	3.29925	.01526	.042	.966
	Male	238	50.1187	3.64443			
Meaning in Life Part (POM)	Female	185	19.2966	4.59185	3.85453	9.713	.001
	Male	238	23.1511	3.44197			
Meaning in Life Part (SOM)	Female	185	17.4414	4.54740	2.38596	4.544	.001
	Male	238	19.8273	5.40214			
Emotional Abuse	Female	185	70.4276	16.11708	32.38442	23.360	.001
	Male	238	38.0432	11.97191			
Hedonic Happiness Item(LS)	Female	185	22.2207	2.43946	2.23974	6.140	.001
	Male	238	24.4604	4.02208			
Hedonic Happiness(SPANE)	Female	185	35.2207	4.17910	2.17140	6.420	.001
	Male	238	37.3921	2.73648			
Eudaimonic Happiness	Female	185	62.4966	7.58848	5.88115	6.474	.001
	Male	238	68.3777	9.46423			

4.5.1 Locus of Control Gender Difference

The Table no - 4.11. depicts that t-value (1.267) for female young adults and male young adults on Internal Locus of Control is not found significant at 0.05 level that leads to the inference that young adults of these groups don't differ significantly with respect to their Internal Locus of Control. The table also shows that t-value (.042) and (.044) for female young adults and male young adults on Chance is not found significant at 0.05 level that leads to the inference that young adults of these groups don't differ significantly with respect to their Chance. Further analysis found sig. t-value (2.679) for female young adults and male young adults on External Locus of Control/Powerful Others is found significant at 0.05 level that leads to the inference that young adults of these groups do differ significantly with respect to their External Locus of Control/Powerful Others.

Thus the results from the table no - 4.11. deduce that there is no gender difference in Internal Locus of control and Chance, however there is significant gender difference in External Locus of Control/Powerful Others among young adults. These results are supported by other research which also found gender difference only with External Locus of control and not the rest (Sherman, Higgs & Williams, 1997).

4.5.2. Meaning in Life Gender Difference

The Table no - 4.11. also shows that t-value (9.713) and (8.889) for female young adults and male young adults on Meaning in Life (POM) is found significant at 0.05 level that leads to the inference that young adults of these groups do differ significantly with respect to their Meaning in Life (POM). The t-value (4.544) and (4.795) for female young adults and male young adults on Meaning in Life (SOM) is found significant at 0.05 level which leads to the inference that young adults of these groups do differ significantly with respect to their Meaning in Life (SOM).

Thus the above results deduce that there is gender difference with Meaning in Life (POM) i.e. Presence of Meaning and Meaning in Life (SOM) i.e. Search of

Meaning among young adults. The authors of “Gender and Values” report that in spite of lack of research evidence available, it has been observed that there has been indirect evidence of gender difference with Meaning in Life (Beutel & Marini, 1995).

4.5.3. Emotional Abuse Gender Difference

According to the Table no - 4.11. it is observed that t-value (23.360) and (21.321) for female young adults and male young adults on Emotional Abuse is found significant at 0.05 level which then leads to the inference that young adults of these groups do differ significantly with respect to their Emotional Abuse. More women reported of emotional abuse than men.

Thus the it is deduced from the above results that there is a gender difference with emotional abuse among young adults. These results are also supported by the study which explored the moderating roles of gender and age on emotional abuse within intimate relationships and found difference among male and female on emotional abuse. It was found in several studies including in this one that more women reported emotional abuse than men (Karakurt & Silver, 2013).

4.5.4. Hedonic Happiness Gender Difference

The Table no - 4.11. further suggests that t-value (6.140) and (7.110) for female young adults and male young adults on Hedonic Happiness (LS) is found significant at 0.05 level that leads to the inference that young adults of these groups do differ significantly with respect to their Hedonic Happiness (LS). The same table also depicts that t-value (6.420) and (5.656) for female young adults and male young adults on Hedonic Happiness (SPANE) is found significant at 0.05 level that leads to the inference that young adults of these groups do differ significantly with respect to their Hedonic Happiness (SPANE).

Thus the above results vividly suggests that there is a gender difference with Hedonic Happiness among young adults. The results found are sustained by the recent

research which had a large sample of 1324 North American and found gender difference among young adults on their Hedonic Happiness (LeFebvre & Huta, 2021).

4.5.5. Eudaimonic Happiness Gender Difference

It is also observed in the Table no - 4.11. that t-value (6.474) and (6.934) for female young adults and male young adults on Eudaimonic Happiness is found significant at 0.05 level that leads to the inference that young adults of these groups do differ significantly with respect to their Eudaimonic Happiness.

Thus the above results interpret that there is a gender difference on Eudaimonic Happiness among young adults. Again these results are maintained by the contemporary study of 1324 sample size which studies hedonic and eudaimonic happiness among other variables to find that there was gender difference observed in Eudaimonic Happiness as well (LeFebvre & Huta, 2021).

4.6. ANOVA

A one-way ANOVA was performed to examine the difference across different relationship status which are married, single (recently), dating (currently) with respect to emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults.

4.6.1. Emotional Abuse

Table no - 4.12. Showing The Difference across Relationship Status on Emotional Abuse

Descriptive		N	Mean	Std. Deviation
Emotional Abuse	Married	44	42.88	10.641
	Single	91	63.32	21.983
	Dating	288	45.46	18.754
	Total	423	49.14	20.483

ANOVA

Emotional Abuse	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	23453.762	2	11726.881	32.067	.001
Within Groups	153594.441	420	365.701		
Total	177048.203	422			

(I) Marital Status	(J) Marital Status	Mean Difference (I-J)	Std. Error	Sig.
Married	Single	20.434*	4.253	.001
	Dating	2.576	3.906	.510
Single	Married	20.434*	4.253	.001
	Dating	17.858*	2.283	.001
Dating	Married	2.576	3.906	.510
	Single	17.858*	2.283	.001

A one-way ANOVA revealed that there is a statistically significant variance in emotional abuse among the three relationship status as F is 32.067, between groups df is 2, within groups df is 420, $p = .001$ in Table no - 4.12. Further it is observed through the Post Hoc table which reveals that there not much difference in emotional abuse among married and dating young adults, however significant difference among single young adults. The young adults who belonged to single (recently) relationship status during the psychometric test administered for the study however were in relationship before showed more signs of emotional abuse which could have caused by the previous relationship.

Thus these results are supported by the study had concluded that younger men and women of young adults experienced higher levels of emotional abuse, which declined with age (Karakurt, Günnur, and Silver, Kristin, 2013). Another study investigated victims of intimate partner violence and found that their happiness was low and their likelihood of depression was high even after leaving their partners, the study also revealed that the individuals were quite still worried about contact by the

abuser which they didn't want to happen. The study revealed that even after the relationship is over individuals who experience emotional abuse find it difficult to heal and could continue to feel negative thoughts & feelings about themselves. They also find it difficult to either trust people or trust too quickly because they are continuously looking for a shoulder to lean on (Estefan, Coulter, & VandeWeerd, 2016).

4.6.2. Locus of Control

Table no - 4.13. Showing The Difference across Relationship Status on Locus of Control

Descriptive		N	Mean	Std. Deviation
Internal Locus of Control	Married	44	48.35	3.644
	Single	91	48.69	2.931
	Dating	288	50.18	3.229
	Total	423	49.75	3.263
Powerful Others	Married	44	47.69	4.443
	Single	91	49.36	3.240
	Dating	288	49.16	3.363
	Total	423	49.11	3.423
Chance	Married	44	51.12	3.192
	Single	91	50.13	3.152
	Dating	288	50.02	3.652
	Total	423	50.11	3.526

ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
Internal Locus of Control	Between Groups	209.550	2	104.775	10.271	.001
	Within Groups	4284.384	420	10.201		
	Total	4493.934	422			
External Locus of Control /Powerful Others	Between Groups	58.736	2	29.368	2.524	.081
	Within Groups	4887.042	420	11.636		
	Total	4945.778	422			
Chance	Between Groups	28.642	2	14.321	1.153	.317
	Within Groups	5217.911	420	12.424		
	Total	5246.553	422			

Dependent Variable	(I) Marital Status	(J) Marital Status	Mean Difference (I-J)	Std. Error	Sig.
Internal Locus of Control	Married	Single	.346	.710	.626
	Single	Dating	1.487*	.381	.001
	Dating	Married	1.834*	.652	.005
External Locus of Control /Powerful Others	Married	Single	1.670*	.759	.028
		Dating	.206	.407	.614
		Married	1.465*	.697	.036
Chance	Dating	Married	1.465*	.697	.036
	Married	Single	.984	.784	.210
		Dating	1.093	.720	.130

The above table no - 4.13. revealed that there is a statistically significant difference in Internal Locus of Control between at among three relationship status as F is 10.271 however no statistically significant difference between relationship status in External Locus of Control/Powerful Others as F is 2.524 similar results are observed Chance as F is 1.153, with for no statistically significant difference among three relationship status.

Thus similar data has been observed in literature review, there is light evidence as very few studies suggests that relationship status affect the locus of control orientation (Jamal, et al, 2014).

4.6.3. Meaning in Life

Table no. 4.14. Showing The Difference across Relationship Status on Meaning in Life

Descriptive

		N	Mean	Std. Deviation
Meaning in Life Part (POM)	Married	44	21.81	4.427
	Single	91	18.41	3.750
	Dating	288	22.85	3.881
	Total	423	21.83	4.281
Meaning in Life Part (SOM)	Married	44	19.38	6.646
	Single	91	16.96	4.198
	Dating	288	19.59	5.255
	Total	423	19.01	5.244

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Meaning in Life Part (POM)	Between Groups	1384.665	2	692.333	45.799	.001
	Within Groups	6349.079	420	15.117		
	Total	7733.745	422			
Meaning in Life Part (SOM)	Between Groups	489.867	2	244.933	9.256	.001
	Within Groups	11114.096	420	26.462		
	Total	11603.962	422			

Dependent Variable	(I) Marital Status	(J) Marital Status	Mean Difference (I-J)	Std. Error	Sig.
Meaning in Life Part (POM)	Married	Single	3.401*	.865	.001
		Dating	1.042	.794	.190
	Single	Dating	4.443*	.464	.001
Meaning in Life Part (SOM)	Married	Single	2.429*	1.144	.034
		Dating	.204	1.051	.846
	Dating	Single	2.632*	.614	.001

According to the above table no – 4.14. it is revealed that there is a statistically significant difference in Meaning in Life (POM) among three relationship status as F is 45.799 . Meaning in Life (SOM) also shows statistically significant difference among three relationship status as F is 9.256. statistically significant difference is also observed among three relationship status as F is 39.213. Meaning in life (POM) (Presence of Meaning) was found to be low among the single status young adults as compared to the married and dating young adults. Young adults who were currently dating had highest Presence of Meaning. There is also no significant difference on Meaning in life (SOM) (Search of Meaning) among married and dating young adults.

Thus these results are supported by a recent study that had discovered that “even normal post-breakup emotional states closely resemble clinical depression” (Verhallen, et al, 2019) The end of a relationship results in feelings of sadness some experience it for a shorter time period and some for a prolonged period, people also report experiences such as distress, loneliness, a loss of self-esteem and loss of meaning or purpose in life (Field T. ,2017).

4.6.4. Hedonic Happiness & Eudaimonic Happiness

Table no – 4.15. Showing The Difference across Relationship Status on Hedonic & Eudaimonic Happiness

Descriptive

			N	Mean	Std. Deviation
Hedonic Happiness (LS)	Married		44	21.88	4.412
	Single		91	21.86	2.537
	Dating		288	24.39	3.715
	Total		423	23.69	3.712
Hedonic Happiness (SPANE)	Married		44	37.35	2.481
	Single		91	34.77	3.836
	Dating		288	37.15	3.214
	Total		423	36.65	3.455
Eudaimonic Happiness	Married		44	73.27	6.815
	Single		91	63.60	8.312
	Dating		288	66.59	9.421
	Total		423	66.36	9.287

ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
Hedonic Happiness (LS)	Between Groups	541.309	2	270.655	21.551	.001
	Within Groups	5274.738	420	12.559		
	Total	5816.047	422			
Hedonic Happiness (SPANE)	Between Groups	410.095	2	205.047	18.607	.001
	Within Groups	4628.421	420	11.020		
	Total	5038.515	422			
Eudaimonic Happiness	Between Groups	1949.034	2	974.517	11.881	.001
	Within Groups	34450.625	420	82.025		
	Total	36399.660	422			

Dependent Variable	(I) Marital Status	(J) Marital Status	Mean Difference (I-J)	Std. Error	Sig.
Hedonic Happiness (LS)	Married	Single	.027	.788	.972
		Married	2.508*	.724	.001
	Dating	Single	2.535*	.423	.001
Hedonic Happiness (SPANE)	Married	Single	2.577*	.738	.001
		Dating	.199	.678	.769
	Dating	Single	2.378*	.396	.001
Eudaimonic Happiness	Married	Single	9.665*	2.014	.001
		Dating	6.674*	1.850	.001
	Dating	Single	2.990*	1.081	.006

The above Table no - 4.15. revealed that there is a statistically significant difference in Hedonic Happiness (LS) between among three relationship status as F is 21.551. There is a statistically significant difference in Hedonic Happiness (SPANE) between at least two relationship status as F is 18.607. The table also revealed that there is a statistically significant difference in Eudaimonia Happiness between at least two relationship status as F is 11.881 between groups df is 2, within groups df is 420, $p = .001$. Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery) is found to be significantly high in married individuals but highest among young adults who are in dating currently. Again the results revealed that Hedonic Happiness (SPANE) (Scale of Positive and Negative Experience, SPANE) is found to be significantly high in married individuals as compared to single young adults however highest among young adults who are in dating currently.

Fok and Cheng (2018) found in their study that both marital status and quality of a relationship are positively associated to happiness. They also compared it between men and women, between Asian and Western literature and observed no difference. It didn't matter what gender or culture an individual is healthy intimate relationships does bring in hedonic happiness.

Eudaimonia Happiness is found to be significantly high among young adults of all the three relationship status however young adults who are dating currently have been observed the highest eudaimonia happiness with minimum standard error. Badhwar (2014) did suggested in his book that young adults usually do have eudaimonia happiness as it emerges from the pursuit and achievement of excellence. Every individual has some or more amount of eudaimonia happiness within them unless and if not then they must be examined further as it could only be possible if they have some kind of psychological disorder. Young adulthood is a period where they are most hopeful and put in the maximum amount of work in all aspects of life creating some sense of fulfilment and striving for more. (Cerasoli, Nicklin, & Ford, 2014).

4.7. RESULTS SUMMARY

To summarise the results of the study revealed that Emotional Abuse is inversely correlated with Internal locus of control, Meaning in Life, Hedonic Happiness and Eudaimonic Happiness. Whereas Emotional Abuse is positively correlated with External/Powerful Others and Chance in young adults. Internal Locus of Control is positively correlated with Meaning in Life, Hedonic Happiness and Eudaimonic Happiness. External Locus of Control/powerful others is positively correlated with Emotional Abuse and Eudaimonic Well Being. Whereas External Locus of Control/powerful others is negatively correlated with Meaning in Life Part and Hedonic Happiness. Chance is positively correlated with Emotional Abuse, Internal Locus of Control, External Locus of Control, Meaning in Life, Hedonic Happiness (SPANE) and Eudaimonic Well Being. Chance however is inversely correlated with Hedonic Happiness (LS). The results also shows that there is positive correlation between that Meaning in Life (POM) (Presence of Meaning), Meaning in Life (SOM)(Search for Meaning), with Internal Locus of Control, Hedonic Happiness (LS), Hedonic Happiness (SPANE) and Eudaimonic Well Being. However Meaning in Life (POM)(Presence of Meaning) is negatively correlated with Emotional Abuse. Meaning in life Part (SOM)(Search for Meaning) is positively correlated with Internal Locus of Control, Chance, Hedonic Happiness (SPANE) and Eudaimonic Well Being.

The results have revealed that the predictor variables have 36 % impact on Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery) which is life satisfaction. Emotional abuse is one of the predictors of hedonic happiness with a negative correlation which has already been established along. Locus of control and meaning in life are also significant predictors of Hedonic Happiness (LS). The results revealed that the predictor variables have 21.8% impact on Hedonic Happiness (SPANE) (Scale of Positive and Negative Experience, SPANE) which is affect balance. Emotional abuse is one of the predictors of hedonic happiness with a negative correlation which has already been established along. Locus of control and meaning in life are also significant predictors of Hedonic Happiness (SPANE). The results showed that the predictor variables have 30.1% impact on Eudaimonic Happiness

(psychological and social well-being). Locus of control and meaning in life are also significant predictors of eudaimonic happiness. Emotional abuse is one of the predictors of eudaimonic happiness with a negative correlation which has already been established along.

The results also deduced that there is a gender difference with Emotional Abuse among young adults. There is no gender difference in Internal Locus of Control and Chance, however there is significant gender difference in External Locus of Control/Powerful Others among young adults. There is gender difference with Meaning in Life (POM)i.e. . Presence of Meaning and Meaning in Life (SOM). There is also a gender difference with emotional abuse among young adults. There is a gender difference with Hedonic Happiness and Eudaimonic Happiness among young adults. There not much difference in emotional abuse among married and dating young adults, however significant difference among single young adults.

There was not much difference observed on Emotional Abuse among married and dating young adults, however significant difference with single (currently) young adults them showing highest emotional abuse. There significant difference in Internal Locus of Control between at among three relationship no statistically significant difference between relationship status in External Locus of Control/Powerful Others. Meaning in life was found to be low among the single status young adults as compared to the married and dating young adults. There is also no significant difference on Meaning in life among married and dating young adults. Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery) is found to be significantly high in married individuals but highest among young adults who are in dating currently. Again the results revealed that Hedonic Happiness (SPANE) (Scale of Positive and Negative Experience, SPANE) is found to be significantly high in married individuals as compared to single young adults however highest among young adults who are in dating currently.

Thus the results vividly suggests that there is an significant correlation and prediction of Emotional Abuse, Locus of Control and Meaning in Life on Hedonic and Eudaimonic Happiness.

Thus this figure no 4.6 showing that there is a significant impact of the independent variable on the two pathways of happiness.

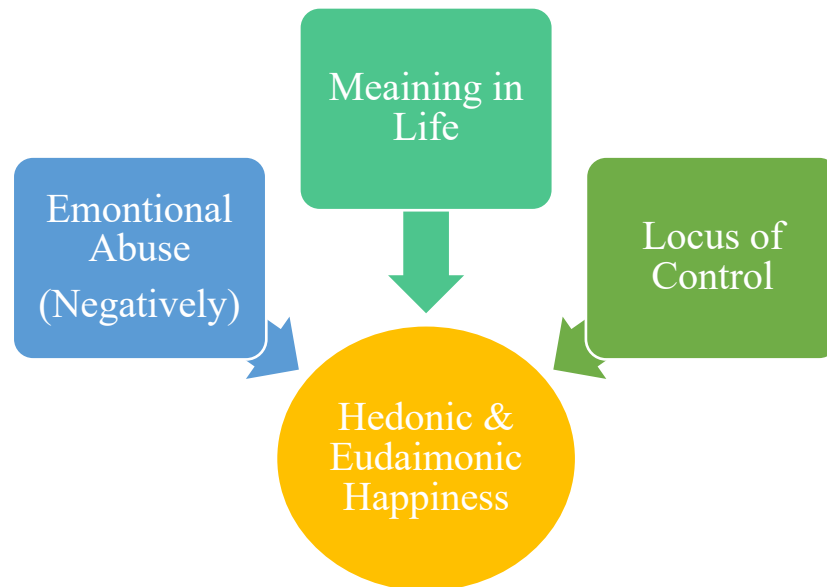


Figure no – 4.6.

Predictors of Hedonic & Eudaimonic Happiness

CHAPTER 5

DISCUSSION

The previous chapters showcased the rationale for the study, the current state in research in the selected area of the study, the procedure for conduction of the study and the data analysed for coming to conclusions. This chapter recapitulates the results of the study, looks at the summary, major findings, limitations, implications of the present study, recommendations and suggestions for further research. It further consolidates the delimitation of the study, explains the implication of this study for theory & practice and conclusion of the present study. At last, it concludes with some concrete directions which could be very productive for future research.

5.1 SUMMARY

All concepts of human behaviour focuses on how can an individual fully thrive and achieve its maximum potential. After extensive research, literature review and empirical evidence found through this study it can now be summarised that for any young adult to be productive and thriving the most important aspects are that they must have healthy non abusive and nonconflicted strong love relationships, they must a good balance of internal and external locus of control, and last but not the least must have some sense of presence meaning of life and continue to search purpose and meaning in life. As human seeking love and acceptance is the most natural instinct that we have. As young adults mostly are in romantic relationships and the one who are not wants to be in one. Research now shows that good love relationships can boost confidence, increase all your productive behaviour, longevity and reduce risk of cardiovascular and psychological disorder. It is therefore so important to understand and talk about emotional abuse, because the absence of emotional abuse is the most crucial for a healthy relationships. And its time as a society to be aware of emotional abuse that exists in relationships among most young adults; they do go through emotional abuse but either have no clue about it or do not report it. They think it's normal as they have seen similar behaviour and situations at their own homes. This study vividly shows that

42% of young adults have had experienced high emotional abuse in their marriage or romantic relationship; 53% of young adults have had experienced moderate emotional abuse in their marriage or romantic relationship and only 5% of participants reported low or no emotional abuse. The results of the study has clearly established that emotional abuse is negatively correlated with Internal locus of control, Meaning in Life, Hedonic Happiness and Eudaimonic Happiness. The study has also found more women reported of emotional abuse than men. Emotional abuse is one of the significant predictors of hedonic happiness with a negative correlation. Locus of control and meaning in life are also significant predictors of Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery) with a significant 36 % impact. The results revealed that the predictor variables have 21.8% impact on Hedonic Happiness (SPANE) (Scale of Positive and Negative Experience, SPANE) which is affect balance. Eudaimonic Happiness (psychological and social well-being) is impacted by 30.1% by emotional abuse (negatively) locus of control and meaning in life.

And in addition individuals with external locus of control who believe that the control of their life is with others who are more powerful than them or is in fate have higher probability of going through emotional abuse because the results of the study clearly revealed significant negative correlation between Emotional Abuse and Internal Locus of Control; whereas there is positive correlation between External Locus of Control/powerful other, Chance and Emotional Abuse. Meaning in Life has also negative correlation Emotional Abuse; so does Hedonic Happiness and Eudaimonic Happiness. Thus making it clear that emotional abuse is a serious problem that exists in our society for which measures have to be taken to reduce it, and eventually eradicate it. And again from the results of the study if young adults work on increase internal locus of control and balancing with some amount of external and chance locus of control it would help young adults to see things with a new different and better perspective.

The study also observed that the young adults had overall high Hedonic Happiness and Moderate Eudaimonic Happiness. As relationships do give us pleasure,

instant gratification and validation it could be a cause of their high hedonic happiness as a large number of them are in relationship and either married or currently dating. Eventually accepting and continuing in an emotionally abusive relationship which would never provide the individual with sustainable happiness in the long term.

Meaning in life is another extremely important aspect that young adults and significant predictor of their overall happiness however there is very little research on the subject among young adults. Most studies of meaning in life are either on patients of some disease or elderly people. 67% of the young adults were high on presence of meaning in life and 42% were high and 53% were moderate on search of meaning in life. These results show that if healthy young adults have their meaning in life high than they could be happier, as meaning in life has shown significant positive correlation with Hedonic and Eudaimonic Happiness.

Thus it's very imperative that every young adult focuses on meaning in life to achieve sustainable happiness in their life and not wait for it to happen at old age. It is needed to be understood that only a happy person can be productive and efficient which would lead them to success. If longer and better lives are needed than good relationships standards are need to be taught along with increasing internal locus of control and meaning life from a young age. The current study does summarises that Emotional Abuse, Locus of Control, Meaning in Life are important predictors of Hedonic and Eudaimonic Happiness among young adults. Thus further research is needed ; awareness and understanding must be created.

5.2. STUDY FINDINGS

The purpose of the research was to identify the predictors of hedonic and eudaimonic happiness and assess relationships between the study variables emotional abuse, locus of control, and meaning of life. The effect of independent variables on dependent variables hypothesized in the current study and results achieved through statistical analysis are discussed herein considering existing research.

- Ha1. There is a significant correlation between emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness of young adults has been accepted.
- Ha2. Emotional abuse, locus of control and meaning in life significantly predict hedonic happiness among young adults in relation with the demographic characteristics (gender and relationship status) has been accepted .
- Ha3. Emotional abuse, locus of control and meaning in life significantly predict eudaimonic happiness among young adults in relation with the demographic characteristics (gender and relationship status) has been accepted.
- Ha4. There is a significant difference between male and female on emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults has been accepted.
- Ha5. There is a significant difference between the relationship status on emotional abuse, locus of control, meaning in life, hedonic and eudaimonic happiness among young adults has been accepted.

5.3. DELIMITATIONS OF THE STUDY

Although the present study has contributed significantly in the domain of psychological attribute related to youth, but it has following delimitations also –

1. All the measures were self -report based measures which might have lead socially desired responses and bias as well affecting the results of this study.
2. While the purposive sampling method was used is a non-probability technique and decreases the precision of results and therefore its external validity or generalizability, this was the only feasible way to reach out to respondents. The present study was purely quantitative and qualitative inquiry is required to verify the identified relationships as consistent and arguments put forth are acceptable.

1. Since most people are unaware or have very little of the psychological constructs like emotional abuse it could have affected the results.
2. There is very little research on Indian population on the current subject.

5.4. LIMITATIONS OF THE STUDY

1. Due to covid during the time of research data collection had to be stopped abruptly and then was resume on online mode after waiting for many months.
2. Since the data collection was done digitally via google meet the investigator could not meet the subjects face to face thus person to person interaction was missing.
3. Data collection took a lot of time as participants had to be called over thorough phone individually then arrange for google meet and at times internet connection would be a problem at both ends, then it had to rescheduled.
4. During the covid times libraries could not be accessed in campus or different place thus had to depend on online libraries.
5. Missed out on the experience of meeting and interacting with various people and participants during the data collection process.
6. Since most participants were not aware of the psychological construct thus before they gave responses the psychological concepts had to be explained in brief for better understanding to fill the self-report psychometric test.
7. As the questions were quite personal and about their intimate relationship people were reluctant to participate however after assuring confidentiality and anonymity many were convinced.

5.5. SUGGESTIONS FOR FUTURE RESEARCH

Based on the conclusions and with reference to aforementioned limitations, the following suggestions are drawn to add up to the future studies:

- Further research can be conducted with larger sample size from different states throughout the country as there is very little research on Indian population is available on the present subject.
- Additional factors that might persuade happiness of young adults should also be counted for future research in a various geographical part of the country.
- Future research works in the area of intervention strategies are needed to be developed to enhance happiness skills among young adults.
- In depth qualitative research in the future focused on young adults would help in gaining further knowledge in the subject.

5.6. IMPLICATIONS OF THE STUDY

1. Recent research from around the world has demonstrated that even though there is research on well-being there is still gaps. Evidence from developing countries is still sparse. This study is an attempt to report the enrichment of happiness and its covert factors that could increase or decrease happiness among young adults. The study has employed an appropriate and strategical approach on the combinations of the variables which are extremely crucial contributors of happiness. The findings could therefore be used to guide policy interventions of happiness to enhance purpose in life, self-responsibility and relationship management in schooling projects, schooling conditions, college and university projects and programmes, teachers' training and multi-grade teaching across the country.

2. The present study contributes a lot in the realm of youth who are in the state of stress and strain at young adulthood. This study clearly reveals that loving healthy relationship plays vital role in the positive relationship overall high well-being and mental health of young adulthood.

3. The positive attribution due to congenial family dynamics which leads to healthy unconflicted relationships of children when they grow up, purpose in life and self-responsibility is able to enhance their happiness, mental health and global wellness. Thus these findings could be used to communicate to policy makers of schools and education system where they should make it essential to conduct life skill work-shops for the parents and wards to improve the relationship management highlighting positive interaction between parents as couple and young children.

4. The study clearly reveals the importance of absence of emotional abuse and also reveals how common and unidentified it is. Thus awareness programs are very important and must be mandatory so that it reaches everyone .

5. The study has also shown the importance of meaning in life in young adults however literature review demonstrates vividly it is only in old age that we focus on it. Thus this study sheds light that meaning in life is an important and strong predictor of happiness, so again programmes focusing on the same should be incorporated organizations to enhance meaning and purpose in life.

6. The study also shows that a good balance between more internal locus of control and smaller external locus of control also contributes to happiness of young adults thus making it evident that self-responsibility is a virtue that needs to be worked upon from a young age.

5.7. CONCLUSIONS

Healthy relationships, self-dependency, responsibility and purpose in life are strong predictors of momentary instant happiness and long term sustainable happiness of young adults. India being one of the youngest country in the world with its maximum population being in the age of young adulthood (Malhotra, et.al, 2019) it's crucial that we focus on its overt and covert predictors of happiness. Because it proved time and again with previous as well as recent research that only a happy individual can be productive and efficient. Psychological health is not only important for an individual point of view but it is also influential to build economies and nations.

Love and relationships are basic requirements in a human beings life however in our society we don't talk about it. It is observed from the current study that mostly young adulthood is a period of an individual's life where they are usually dating, as 72% of the young adults were involved in an a romantic relation. Still we most definitely don't talk about how a healthy love relationship must be. Most emotional and psychological issues origins are always dysfunctional relationship. Emotional abuse is extremely common and a lot of times it is happening without the knowledge of the participant and the person who is actually doing it. The current study also indicates the same as it was observed that 53% of young adults had suffered from moderate emotional abuse and 42% from high emotional abuse yet they never talked about it or some even realized it prior to this. The only way to erase it is by creating awareness, by talking about it. And definitely teaching young adults the difference between healthy and unhealthy relationship, by recognizing what is emotional abuse and how can it be best avoided. The present study vividly indicates that absence of emotional abuse leads to a much self-fulfilling and happier life.

Locus of Control has been found to be linked with cognitive processing, motivation, conformity, autonomy, and self-reliance among adults (Duttweiler, 1984). Self- Responsibility, Self – Reliant and Self- Dependency is a virtue that most human lack. And now that the present study has found locus of control to be one of the strong predictors of happiness among young adults. Thus focus on enhancing a good balanced internal, external and chance locus of control among young Indians must be a focus as only 36% had higher or dominant internal locus of control.

Meaning in life has also been established as a significant predicator with a strong positive correlation with hedonic and eudaimonic happiness. The study reveals that most young adults had higher or moderate presence and search of meaning in life (67%, 32%, 42%, and 53% respectively) which shows that young adulthood is an extremely crucial stage of life where understanding of meaning in life does exist and they could benefit from this with some more exploration, introspection and work.

In a nutshell, the present study clearly shows that emotional abuse is one of the significant predictors of hedonic happiness with a negative correlation. Locus of control

and meaning in life are also significant predictors of Hedonic Happiness (LS) (self-acceptance, autonomy, and environmental mastery). The three variables have a significant 36 % impact on Hedonic Happiness (LS). The results revealed that the predictor variables have 21.8% impact on Hedonic Happiness (SPANE) (Scale of Positive and Negative Experience, SPANE) which is affect balance. Eudaimonic Happiness (psychological and social well-being) is impacted by 30.1% by emotional abuse (negatively) locus of control and meaning in life. Thus this reveals how important to is of every young adult to learn and know about this psychological construct to find higher hedonic and eudaimonic happiness.

The present study concludes that absence of emotional abuse, healthy balance of locus of control and presence of meaning in life among young adults leads to hedonic and eudaimonic happiness. Thus the focus is ought to be on creating awareness for emotional abuse recognition, on enhancing locus of control and meaning in life. This would than definitely help to create happier individuals which will the effect there life in a positive way which than will help in creating a happier nation.

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APPENDICES

EMOTIONAL ABUSE, LOCUS OF CONTROL AND MEANING IN LIFE IN RELATION TO HEDONIC AND EUDAIMONIC HAPPINESS OF YOUNG ADULTS

The information provided is to be used for PhD research purpose only. Confidentiality shall be strictly maintained. No information will be shared anywhere else. Names will be kept Anonymous.

Name- _____

Age- _____

Gender- _____

Name of University/College- _____

Relationship Status- Married / Single / Dating Currently

If single when did the relationship end- less than 3months / less than 6months / 9 months
or more

I hereby give my consent to use my provided information for the research

EMOTIONAL ABUSE QUESTIONNAIRE

Instruction:-

Choose which answer best applies. Score 1 point for every “never”, 2 points for every “rarely”, 3 points for every “occasionally”, and 4 points for every “very often.” My Partner:

- | | | | | |
|--|-------|--------|--------------|------------|
| 1. Tries to catch me at inconsistencies to show that I am lying. | Never | Rarely | Occasionally | Very Often |
| 2. Tries to convince other people that I am crazy. | Never | Rarely | Occasionally | Very Often |
| 3. Tells other people that there is something wrong with me. | Never | Rarely | Occasionally | Very Often |
| 4. Says things that hurt me out of spite. | Never | Rarely | Occasionally | Very Often |
| 5. Has told me I am sexually unattractive. | Never | Rarely | Occasionally | Very Often |
| 6. Tells me I am sexually inadequate. | Never | Rarely | Occasionally | Very Often |
| 7. Insults my religious background and beliefs. | Never | Rarely | Occasionally | Very Often |
| 8. Insults my ethnic background. | Never | Rarely | Occasionally | Very Often |
| 9. Insults my family. | Never | Rarely | Occasionally | Very Often |
| 10. Talks me into doing things that make me feel bad afterwards. | Never | Rarely | Occasionally | Very Often |
| 11. Tells me no one else would ever want me. | Never | Rarely | Occasionally | Very Often |
| 12. Humiliates me in front of others. | Never | Rarely | Occasionally | Very Often |
| 13. Makes me do degrading things. | Never | Rarely | Occasionally | Very Often |
| 14. Questions my sanity. | Never | Rarely | Occasionally | Very Often |

15. Tells other people personal information or secret about me.	Never	Rarely	Occasionally	Very Often
16. Verbally attacks my personality.	Never	Rarely	Occasionally	Very Often
17. Has insulted me by telling me that I am incompetent (stupid).	Never	Rarely	Occasionally	Very Often
18. Ridicules me.	Never	Rarely	Occasionally	Very Often
19. Forces me to do things against my will.	Never	Rarely	Occasionally	Very Often
20. Questions whether my love is true.	Never	Rarely	Occasionally	Very Often
21. Compares me unfavourably to other partners.	Never	Rarely	Occasionally	Very Often
22. Intentionally does things to scare me.	Never	Rarely	Occasionally	Very Often
23. Threatens me physically during arguments.	Never	Rarely	Occasionally	Very Often
24. Warns me that if I keep doing something, violence will follow.	Never	Rarely	Occasionally	Very Often
25. Our arguments often escalate out of control.	Never	Rarely	Occasionally	Very Often
26. I'm worried most when my partner is quiet.	Never	Rarely	Occasionally	Very Often
27. Drives recklessly or too fast when he is angry.	Never	Rarely	Occasionally	Very Often

LOCUS OF CONTROL

Instruction:-

For each of the following statements, indicate the extent to which you agree or disagree by writing in the appropriate number. 1-Strongly disagree, 2-Disagree, 3-Neutral 4-Agree, and 5-strongly agree

- ____ 1. Whether or not I get to be a leader depends mostly on my ability.
- ____ 2. To a great extent my life is controlled by accidental happenings.
- ____ 3. I feel like what happens in my life is mostly determined by powerful people.
- ____ 4. Whether or not I get into a car accident depends mostly on how good a driver I am.
- ____ 5. When I make plans, I am almost certain to make them work.
- ____ 6. Often there is no chance of protecting my personal interests from bad luck.
- ____ 7. When I get what I want, it's usually because I'm lucky.
- ____ 8. Although I might have good ability, I will not be given leadership responsibility without appealing to those in positions of power.
- ____ 9. How many friends I have depends on how nice a person I am.
- ____ 10. I have often found that what is going to happen will happen.
- ____ 11. My life is chiefly controlled by powerful others.
- ____ 12. Whether or not I get into a car accident is mostly a matter of luck.
- ____ 13. People like myself have very little chance of protecting our personal interests when they conflict with those of strong pressure groups.
- ____ 14. It's not always wise for me to plan too far ahead because many things turn out to be a matter of good or bad fortune.
- ____ 15. Getting what I want requires pleasing those people above me.
- ____ 16. Whether or not I get to be a leader depends on whether I'm lucky enough to be in the right place at the right time.
- ____ 17. If important people were to decide they didn't like me, I probably wouldn't make many friends.
- ____ 18. I can pretty much determine what will happen in my life.
- ____ 19. I am usually able to protect my personal interests.
- ____ 20. Whether or not I get into a car accident depends mostly on the other driver.
- ____ 21. When I get what I want, it's usually because I worked hard for it.
- ____ 22. In order to have my plans work, I make sure that they fit in with the desires of people who have power over me.

- ____ 23. My life is determined by my own actions.
- ____ 24. It's chiefly a matter of fate whether or not I have a few friends or many friends.

THE MEANING IN LIFE QUESTIONNAIRE

Instruction:-

Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

1. I understand my life's meaning.
False Absolutely Untrue Mostly Untrue Somewhat Untrue Can't Say True or
Somewhat True Mostly True Absolutely True
2. I am looking for something that makes my life feel meaningful.
False Absolutely Untrue Mostly Untrue Somewhat Untrue Can't Say True or
Somewhat True Mostly True Absolutely True
3. I am always looking to find my life's purpose.
False Absolutely Untrue Mostly Untrue Somewhat Untrue Can't Say True or
Somewhat True Mostly True Absolutely True
4. My life has a clear sense of purpose.
False Absolutely Untrue Mostly Untrue Somewhat Untrue Can't Say True or
Somewhat True Mostly True Absolutely True
5. I have a good sense of what makes my life meaningful.
False Absolutely Untrue Mostly Untrue Somewhat Untrue Can't Say True or
Somewhat True Mostly True Absolutely True

6. I have discovered a satisfying life purpose.
- | | | | | | | |
|-------|-------------------|---------------|-----------------|-----------|------|----|
| False | Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say | True | or |
| | Somewhat True | Mostly True | Absolutely True | | | |
7. I am always searching for something that makes my life feel significant.
- | | | | | | | |
|-------|-------------------|---------------|-----------------|-----------|------|----|
| False | Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say | True | or |
| | Somewhat True | Mostly True | Absolutely True | | | |
8. I am seeking a purpose or mission for my life.
- | | | | | | | |
|-------|-------------------|---------------|-----------------|-----------|------|----|
| False | Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say | True | or |
| | Somewhat True | Mostly True | Absolutely True | | | |
9. My life has no clear purpose.
- | | | | | | | |
|-------|-------------------|---------------|-----------------|-----------|------|----|
| False | Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say | True | or |
| | Somewhat True | Mostly True | Absolutely True | | | |
10. I am searching for meaning in my life.
- | | | | | | | |
|-------|-------------------|---------------|-----------------|-----------|------|----|
| False | Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say | True | or |
| | Somewhat True | Mostly True | Absolutely True | | | |

HEDONIC HAPPINESS (LS)

Instruction:-

Below are five statements that you may agree or disagree with. . Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

- ____ In most ways my life is close to my ideal.
- ____ The conditions of my life are excellent.
- ____ I am satisfied with my life.
- ____ So far I have gotten the important things I want in life.
- ____ If I could live my life over, I would change almost nothing.

HEDONIC HAPPINESS (SPANE)

Instruction:-

Please think about what you have been doing and experiencing during the past four weeks.

Then report how much you experienced each of the following feelings, using the scale below. For each item, select a number from 1 to 5, and indicate that number on your response sheet.

Positive

1. Very Rarely or Never 2. Rarely 3. Sometimes 4. Often 5. Very Often or Always

Negative

1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Good				
1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Bad				
1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Pleasant				
1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Unpleasant				
1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Happy				
1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Sad				
1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
Afraid				

1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
-----------------------------------	-----------	--------------	----------	------------------

Joyful

1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
-----------------------------------	-----------	--------------	----------	------------------

Angry

1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
-----------------------------------	-----------	--------------	----------	------------------

Contented

1. Very Rarely or Never Always	2. Rarely	3. Sometimes	4. Often	5. Very Often or
-----------------------------------	-----------	--------------	----------	------------------

QUESTIONNAIRE FOR EUDAIMONIC WELL-BEING

Instruction:-

Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

1. I find I get intensely involved in many of the things I do each day.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

2. I believe I have discovered who I really am

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

3. I think it would be ideal if things came easily to me in my life. (R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

4. My life is centred around a set of core beliefs that give meaning to my life.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

5. It is more important that I really enjoy what I do than that other people are impressed by it.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

6. I believe I know what my best potentials are and I try to develop them whenever possible.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

7. Other people usually know better what would be good for me to do than I know myself. (R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-------------------	----------	---------	-------	----------------

8. I feel best when I'm doing something worth investing a great deal of effort in.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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9. I can say that I have found my purpose in life.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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10. If I did not find what I was doing rewarding for me, I do not think I could continue doing it.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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11. As yet, I've not figured out what to do with my life.
(R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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12. I can't understand why some people want to work so hard on the things that they do. (R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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13. I believe it is important to know how what I'm doing fits with purposes worth pursuing.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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14. I usually know what I should do because some actions just feel right to me.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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15. When I engage in activities that involve my best potentials, I have this sense of really being alive.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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16. I am confused about what my talents really are. (R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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17. I find a lot of the things I do are personally expressive for me.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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18. It is important to me that I feel fulfilled by the activities that I engage in

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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19. If something is really difficult, it probably isn't worth doing.
(R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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20. I find it hard to get really invested in the things that I do. (R)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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21. I believe I know what I was meant to do in life.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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