

# **A Comparative Study on Interpersonal Relationship among Male and Female Adults**

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## **ABSTRACT**

Every meaningful interpersonal alternate includes a measure of real connection. That sense of understanding fuels our capacity to be resilient and to feel engaged with our opposite numbers. After all, whilst we talk approximately within the interpersonal realm, communication matters a lot. It's the only manner that relationships start and exist among humans, as collections of moments that occur via communication (verbal and nonverbal) no matter the venture at hand or the character of the relationship. The main aim of the present study is to assess the significant differences among male and female on interpersonal relationship. For this purpose, a sample of 100 youth belonging to age group of 25-30 years was taken from Delhi NCR region. Data was analysed by using t-test. Following questionnaire was used for collecting the data i.e., ISEL (Interpersonal Support Evaluation List) developed Cohen and Hoberman (1983)). There would be a significant difference among male and female adults on rejection sensitivity.

**Keywords: Interpersonal Relationship, Adults**

## **INTRODUCTION**

### **Interpersonal Relationship**

Human beings are social with the aid of nature. The connections we construct with others are important to social, emotional, and physical health. Knowing a way to preserve interpersonal relationships permit you to build a help device that provides power as you address life's demanding situations.

An interpersonal courting is a social connection or association between two or more humans. Different styles of interpersonal relationships can include your connections with your accomplice, cherished ones, close pals, pals, co-people, and lots of others who make up the social connections on your existence. Relationships generally fall into certainly one of several specific categories (although those can sometimes overlap):

Family relationships  
Friendships  
Acquaintances  
Romantic relationships  
Sexual relationships  
Work relationships

Situational relationships (every so often known as "situation ships"). These exclusive kinds of relationships can range substantially in terms of closeness, and there also are unique subtypes of relationships within each of these basic sorts.

Corsano, Majorano and Champretavy (2006) did a study to investigate the influence of loneliness and relationships with parents and friends on the psychological well-being or adolescent malaise. A total sample of 330 Italian adolescents, males and females, aged between 11 and 19 were taken for the purpose of study. Results showed that a positive relationship with friends and parents promotes psychological well-being in adolescents and reduces malaise. In addition, the study showed that the adolescents were able to distinguish between different states of loneliness; on one hand they could recognize the pain of isolation and social refusal, and on the other, they could recognize the pleasant dimension of loneliness, according to the age and sex.

Rigby and Slee(1993) studied dimensions of interpersonal relation among Australian children and implications for psychological well-being. A total sample of 285 school children were taken for the purpose of the study. Results showed low levels of self-esteem were found among children who reported being more victimized than others, and

high self-esteem among children practicing more prosocial behaviour. The tendency to bully others was correlated negatively with happiness and liking school, but no relationship was found between this variable and self-esteem. Lee, Wu, Chao, Chang, Hwang and Wu (2021) conducted to explore the associations among interpersonal relationships, resilience and depressive symptoms, and to examine if resilience is a mediator between interpersonal relationships and depressive symptoms in adolescents. A total of 463 participants were studied for this purpose. Results from structural equation modelling indicate that resilience and interpersonal relationships were negatively associated with students' depressive symptoms, and resilience partially mediated the associations between interpersonal relationships and depressive symptoms after controlling for demographics.

Segrin and Taylor (2007) investigated to study positive interpersonal relationships mediate the association between social skills and psychological well-being. A community-based sample of 703 adults, aged 18–87 was taken for the purpose of study. Results indicated that social skills were consistently and positively associated with all indicators of psychological well-being. Social skills were also strongly associated with positive relations with others. Positive relations with others proved to mediate the association between social skills and all measures of psychological well-being.

### **Purpose of the study**

The main aim of the present study is to discover the significant difference between male and female adults on interpersonal relationships.

### **Objective of the Study**

To study the significant difference among male and female adults on interpersonal relationships.

### **Hypotheses of the Study**

There would be significant difference among male and female adults on interpersonal relationship.

## **METHODOLOGY**

### **Design:**

A two-group design was used for present study and data was analysed by using t- test.

**Sample:** a sample of 100 adult participants belonging to Delhi NCR region having age group of 25-30 years was selected on the basis of availability.

## **TOOLS USED**

**Interpersonal Support Evaluation List (ISEL)** was developed by Cohen and Hoberman (1983). It includes total of 40 items which tells us about the interpersonal relationship level of an individual. It is a 4-point Likert scale. This test has a good reliability coefficient i.e., the Cronbach alpha coefficient (internal consistency) of this test is 0.75.

### **Procedure**

All of the participants were individually contacted for data collection, and a rapport was built with them by making them feel at ease prior to the start of the test. After establishing rapport, the participants were given the questionnaire, which included an explanation of the items and scoring. The questionnaire was collected after completion, and the participants were thanked for their assistance.

### **Statistical Analysis**

SPSS-21 version was used for statistical analysis. The t-test was employed to found out the difference among male and female adults on interpersonal relationship.

## **RESULTS**

**Table 1: Showing the Mean, SD and t- value of male and female adults on interpersonal relationship.**

Variables	group	N	Mean	S. D	t	df
Interpersonal Relationship	Male	50	40.96	7.57	2.63*	48
	female	50	28.65	7.24		48

\* Value is significant at .05 level

## **DISCUSSION**

From the table no.1 t value was found to be 2.63 which is significant at the level of 0.01 which clearly states that significant difference exists among male and female adults on interpersonal relationship. The main aim of the study was to compare interpersonal relationship among male and female adults living in Delhi NCR region.

Findings from the above table revealed that interpersonal relationship in male adults significantly differs with female adults indicating that males have highinterpersonal relationship in comparison to females. The male adults show highinterpersonal as compared to female adults stating that they are more emotionally stable and balanced as compared to females.

## **LIMITATIONS**

- It was a very small study; the sample taken was very small.
- Some other variables would have been taken as urban or rural background of the sample for study to make the comparison.

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