INTERNATIONAL JOURNAL OF LAW

MANAGEMENT & HUMANITIES

[ISSN 2581-5369]

Follow this and additional works at: https://www.ijlmh.com/

Under the aegis of VidhiAagaz – Inking Your Brain (https://www.vidhiaagaz.com/)

In case of **any suggestions or complaints**, kindly contact **Gyan@vidhiaagaz.com.**

To submit your Manuscript for Publication in the **International Journal of Law Management & Humanities**, kindly email your Manuscript to **submission@ijlmh.com.**

Impact of Interpersonal Support & Intolerance of Uncertainty on Meaning in Life in Young Adults

NITYA RATN[1] AND DR. ANJALI SAHAI[2]

ABSTRACT

Uncertainty is a common aspect of all of our lives. The pandemic has highlighted uncertainty all around along with everyone losing somebody or the other. Here came up the aspect of interpersonal support. We all have a changed sense of perspective towards life in the past two and a half years. The present study aims to study the Impact of Interpersonal Support and Intolerance of Uncertainty on Meaning in life of young adults. A sample of 150 young adults (18-25) year olds was taken from the urban population of Delhi-NCR. Correlational Design was opted to conducted the study using three tools: Interpersonal Support Evaluation list (ISEL-12) by Carleton et.al (2007), Intolerance of Uncertainty Scale (IUS-12) by Cohen (1980) & Meaning in Life Questionnaire (MLQ-10) by Michael F. Stegger (2006). Pearson's correlation coefficient was used to analyze the results. Scatter plots and descriptive statistics were also stated to further analyze the results. It was found that there was a significant positive correlation between Interpersonal support and meaning in life, a significant negative correlation between Intolerance of Uncertainty and interpersonal support, an insignificant negative correlation between Intolerance of Uncertainty and meaning in life. Further future suggestion for the study were discussed.

Keywords: Intolerance of Uncertainty, Interpersonal Support, Meaning in Life, Young Adults, Delhi-NCR, Correlation, Scatter Plots.

I. INTRODUCTION

(A) Interpersonal Support

Interpersonal support forms an important aspect of all of our lives. We are who we are because of the people around us-friends, family, loved ones.Through this paper, we wish to understand how the presence or absence of interpersonal support affects us and the different arenas of our lives. All of us have lost someone or the other during the pandemic and hence, our perceived interpersonal support has changed to the greatest extent. Some have lost our parents, others have

---

[1] Author is a student at AIPS, Amity University, Noida, India.
[2] Author is an Assistant Professor at AIPS, Amity University, Noida, India

lost their friends, partners, children- a complete devastation of us pertaining to the fact that we all have lost people we used to look up to, rely upon.Thus, if we try to define the same, then, Interpersonal support refers to ways, activities or strategies provided by peers, teachers, family and the community members to an individual so as to cope with issues or carry on with their day to day endeavors smoothly.Hence, interpersonal support is all about providing support or being there for our loved ones without expecting any personal gain out of it, it talks about relationships outside our individual-selves.

(B) Uncertainty Intolerance

Uncertainty is a term which has become a constant in our lives since the pandemic struck us. The past two years defined lives, every moment of it to be uncertain, wherein nothing was seen to be constant and was thought of being as temporary. Intolerance of uncertainty became a common aspect wherein all of us dreaded the next moment. We became intolerant towards this state of not knowing or being unsure about everything, thereby adding to our negative outlook towards everything.

By definition, Intolerance of uncertainty (IU) is "a dispositional characteristic that results from a set of negative beliefs about uncertainty and its implications and involves the tendency to react negatively on an emotional, cognitive, and behavioral level to uncertain situations and events" (Buhr & Dugas, 2009, p. 216)

IU is a construct often, associated with health anxiety as people wish to be sure about their health at all times, which cannot be attained. People with high extent of IU find it difficult to cope with unknown situations as they find them extremely distressing.

II. MEANING IN LIFE

Meaning in life refers to one's effort to find their purpose in life, that is, what is the significance of their mere existence I the world.

It refers to how as human beings we assign meaning to our lives and strive to find meaning in our lives. It is an essential component of our being as it is this very phenomenon that motivates us to achieve things in live, grow, heal, be open to new experiences and try out new things, work hard and succeed at what we love to do the most.Being able to find meaning in life makes us feel fulfilled and satisfied. It is essential to understand that a meaningful life is something which is built with a lot of hard work, discipline, diligence, consistent efforts and a faith in

oneself. A meaningful life results into contentment. If we don't feel this way about our lives, we are often accompanied with a sense of emptiness, loneliness, demotivated and a meaningful life is created by choice.

Hence, finding meaning in one''s day to day lives is an essential component of well- being.

(A) Background of the research

The study is an attempt to analyze an individual's tendency to realize and find meaning in one's life when a lot of uncertainty is present around them (which they certainly find to be unpleasant, leading to development of uncertainty intolerance) and social support may or may not be present owing to the fact that all of us have lost someone significant in our lives.

The given study is an attempt to find how uncertainty and interpersonal support affect an individual and in what ways do they impact him/her in finding meaning in their lives.

(B) Rationale of the study

- The pandemic has made all of us to realize about people who our real support systems. Also, uncertainty has been encountered as being something which is not acceptable and frustrating. The past two years gave all of us ample time to realize about our strengths, weaknesses, learn about the importance of our loved ones.

- The current study is an effort to understand events under the same light.

- The rationale is to understand how we find meaning in our lives when we are surrounded by uncertainty and presence or lack of interpersonal support in our lives

(C) Research gap

- No such study has been conducted in young adults

- No evidence of research in this area in Indians

- Uncertainty intolerance is a less explored area and so its impact on finding meaning in life.

(D) Review of literature

- KARAARSLAN, İ., & Yüksel, C. A. N. (2023) did an Evaluation of Self-Sufficiency, Perceived Social Support, and Meaning in Life in Individuals Diagnosed with Serious Mental Illnesses.The study aimed to evaluate the levels of self-sufficiency, social support, and meaning in life in individuals diagnosed with serious mental illnesses and

to analyze the relationship between these variables. A total of 168 participants with serious mental illnesses were taken . Data were collected using various scales and statistical analysis was performed. The results showed that the participants had moderate levels of self-sufficiency, social support, and meaning in life. The study found a significant positive relationship between the sub-dimensions of the Multidimensional Perceived Social Support and Meaning in Life Scales. Social support was found to be a partial mediator between self-sufficiency and feelings of meaning in life.

- Hu, Q., Liu, Q., & Wang, Z. (2022) did a study to explore the association among interpersonal alienation, meaning in life, and smartphone addiction in the context of Covid-19. The study followed 579 university students over three measurements taken in June, September, and December 2020. It was found that as the health emergency was controlled, the students reported greater interpersonal alienation as meaning in life was also reported as higher, with a reduced risk towards smartphone addiction. Hence, if interpersonal alienation decreased, then, an improvement in meaning in life could take place which also reduced smartphone addiction risk.

- Golovchanova N, Owiredua C, Boersma K, Andershed H, Hellfeldt. (2021) did a study to understand how frailty dimensions (daily activities, health issues, and psychosocial functioning) and social support are related to the presence of meaning in late life, a gender based study. Data was collected from a survey of senior apartment residents in a Swedish municipality in 2019, with 618 participants aged 64 to 106 years, mostly female. It was found that health problems, psychosocial functioning, and social support were significantly associated with the presence of meaning in life. While no prominent gender differences were recorded , health problems had a more negative impact on older men's sense of meaning than older women's.

- Elizabeth, A. Y., & Chang, E. C. (2021) did a study on the relational meaning in life as a predictor of interpersonal well-being: A prospective analysis. They investigated the role of personal meaning and relational meaning in predicting interpersonal well- being outcomes, such as positive relationships with friends and family. A prospective design was used with a sample of adults from the community. The findings indicated that personal meaning in life played a significant role in explaining a substantial portion of the variations in all aspects of interpersonal well-being., and relational meaning in life

predicted unique variance in some outcomes above and beyond personal meaning. These findings suggested that considering both personal and relational meaning is important for understanding and promoting interpersonal well-being

- Hernandez, D. C., Daundasekara, S. S., Zvolensky, M. J., Reitzel, L. R., Maria, D. S., Alexander, A. C., & Businelle, M. S. (2020) did a study on Urban stress indirectly influences psychological symptoms through its association with distress tolerance and perceived social support among adults experiencing homelessness. In this study, they examined both as potential indirect associations linking urban stress to depression and PTSD. They recruited 567 homeless adults from six shelters in Oklahoma City who completed surveys on urban life stress, distress tolerance, social support, depression, and PTSD symptoms. Results showed that distress tolerance and social support had significant indirect effects on the relationship between urban stress and depression and PTSD. Additionally, social support was indirectly associated with distress tolerance, which in turn affected the relationship between urban stress and depression and PTSD. These findings suggest that interventions aimed at increasing social support may indirectly reduce depressive and PTSD symptoms in adults experiencing homelessness by improving their distress tolerance skills in the context of urban stress

- Brown (2017) did a study to explore the concept of Intolerance of uncertainty w.r.t. eating disorders. This study examines the relationship between intolerance of uncertainty and eating disorders. The researchers conducted a meta-analysis and systematic review of studies using the Intolerance of Uncertainty Scale (IUS). They found that such women have considerably greater IUS scores compared with healthy controls, along with certain prominent differences. They proposed that intolerance of uncertainty could serve as both a predisposing and sustaining factor for eating disorders, and therefore, it could be a valuable focus for treatment interventions

- Carleton, N. (2014) did study on the Intolerance of uncertainty construct in the context of anxiety disorders. Although initially thought to be exclusively associated with generalized anxiety disorder, recent research has shown that intolerance of uncertainty (IU) is a broad transdiagnostic factor that contributes to the emergence and persistence of various clinically significant anxiety conditions. As a result, researchers, clinicians, and theorists would greatly benefit from explicitly integrating IU into their models,

research methodologies, case formulations, and treatment strategies.

(E) Aim

To investigate the impact of interpersonal support and uncertainty intolerance on meaning in life in young adults.

(F) Objectives

- To assess the relationship between interpersonal support and meaning in life

- To assess the relationship between interpersonal support and intolerance of uncertainty

- To assess the relationship between intolerance of uncertainty and meaning in life

(G) Hypotheses

- H1. There will be no significant relationship between interpersonal support and meaning in life

- H2. There will be no significant relationship between interpersonal support and intolerance of uncertainty

- H3. There will be no significant relationship between intolerance of uncertainty and meaning in life

(H) Sample and its selection

- A sample of 150 young adults from the age group of 18-25 years shall be taken to conduct the study

- In the present study the technique that was used to obtain a sample of students was purposive sampling. According to Ritchie, Lewis, and Elam, (2003) defines this sampling approach as a strategy where ―Members of a sample are chosen with a purpose to represent a location or type in relation to the criterion (p. 77). Only those participants were included who met the inclusion and exclusion criteria of the sample.

Inclusion & exclusion criteria:

a. Individuals Aged (18-25 Years)

b. Educational Qualification- Ug Or Pg

c. Working Professionals (Engineers, C.A., Doctors)

d. Studying / Working In India- Are Indians

e.   Can Understand English Language.

III. DESCRIPTION OF TOOLS EMPLOYED

NAME OF TOOL	AUTHOR & YEAR	PSYCHOMETRIC PROPERTIES
MEANING IN LIFE QUESTIONNAIRE (MLQ-10)	MICHAEL F. STEGER (2006)	• 10 item questionnaire • Reliability coefficient=0.88 • Validity: structural, discriminate, convergent validity • 2 DIMENSIONS: a. PRESENCE OF MEANING b. SEARCH FOR MEANING • 7 point Likert scale
INTOLERANCE OF UNCERTAINTY SCALE (IUS-12)	CARLETON , NORTON & ASMUNDSON (2007)	• 12 item questionnaire • Reliability- good 5-week test-retest reliability • Validity- convergent & divergent validity • 5-point Likert scale
INTERPERSONAL SUPPORT EVALUATION SCALE (ISEL-12)	COHEN (1980s)	• 12 item questionnaire • Reliability coefficient=(0.88-0.90) • Convergent and structural validity present • 3 dimensions: a. Appraisal support b. Belonging support c. Tangible support • 4 point Likert scale

- **Meaning in life questionnaire (MLQ-10)**

The MLQ-10 is a 10 item questionnaire introduced by Michael F. Steger & colleagues in 2006. A 7-item Likert scale wherein subjects are asked to rate on a scale of 1=absolutely untrue to 7=absolutely true

- **Intolerance of uncertainty scale (IUS-12)**

Intolerance of Uncertainty Scale-12 (IUS-12) is a 12 item scale assessing an individual's tendency to understand and deal with ambiguity- which is disturbing and unpleasant. A revised version of IUS-27, it is closely related to it. A 5 point Likert scale wherein subjects are told to rate to what extent every statement is true for them, with 1 equaling "not at all characteristic of me" and 5 equaling "completely characteristic of me."

- **Interpersonal support evaluation list(ISEL-12)**

Measured on a 4 point Likert scale ranging from 1=definitely false to 4=definitely true, the ISEL-12 is an updated and shortened version of ISEL-40. Introduced by Cohen et.al (1985), it is a 12-item measure of perceptions of perceived social support.

IV. PROCEDURE

For the purpose of this research, sample of 150 young adults were selected. These constituted

people from different arenas- like college students pursuing graduation and post-graduation or working professionals lying in the age group of (18-25) years. All of them were briefed about the research study- its aims, objectives and informed consent was collected to ensure voluntary participation of all the participants in the study. Data collection was done completely in an offline mode. All instructions about these three tools were given . Conveying no time limit and no right and wrong answers was told. Post the data collection, scoring and interpretation of the responses was done with the help of SPSS as per the scoring procedures of the respective tools. To ensure ethical conduct of the study, the participants in the informed consent form were enlightened with the fact that all data being collected shall be kept confidential and will be used only for research purposes.

V. RESULT & DISCUSSION

Table No.1 Showing The Descriptive Statistics

Gender		N	Minimum	Maximum	Mean	Std. Deviation
MALE	Gender	70	1	1	1.00	.000
	ISEL	70	21	48	35.87	6.756
	IUS	70	14	57	35.99	9.750
	MLQ	70	30	66	45.39	8.775
	Valid N (listwise)	70				
FEMALE	Gender	79	2	2	2.00	.000
	ISEL	79	22	48	37.01	6.412
	IUS	79	22	60	36.52	7.995
	MLQ	79	21	70	47.82	9.275
Valid N (listwise)		79				
OTHER	Gender	1	3	3	3.00	.
	ISEL	1	29	29	29.00	.

IUS	1	20	20	20.00	.
MLQ	1	37	37	37.00	.
Valid N (listwise)	1				

Table No.2 Showing Correlations Among The Three Variables

IUS		IUS	MLQ	ISEL
IUS	Pearson Correlation	1	-.063	-.307[**]
	Sig. (2-tailed)		.533	.002
	N	101	101	101
MLQ	Pearson Correlation	-.063	1	.222[*]
	Sig. (2-tailed)	.533		.026
	N	101	101	101
ISEL	Pearson Correlation	-.307[**]	.222[*]	1
	Sig. (2-tailed)	.002	.026	
	N	101	101	101

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

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

So, we have found the relationship between interpersonal support, intolerance of uncertainty and meaning in life through correlation and regression. Also, scatter plots further showcase the relationship between the dependent variable and the predictor variable.

As per table no 2, which showcases the correlation coefficients of the three variables, we can see that the relationship between Intolerance of uncertainty and Interpersonal support is significant and is negatively correlated. The correlation coefficient has been found out to be -

0.307 and the p-value is 0.002(much smaller than 0.01). Hence, this correlation is significant at 0.01 level.

Similarly, there is a significant positive relationship between Interpersonal support and Meaning in life. The correlation coefficient has been found out to be 0.222 with a p-value of

0.026 (which is much smaller than 0.05, but greater than 0.01). Hence, the correlation is significant at 0.05 level.

Again, having a look at the table we can see that meaning in life and uncertainty intolerance have a negative correlation, with a correlation coefficient of -0.063 with a p-value of 0.533(which is much greater than 0.05 and 0.01). Hence, the correlation between Intolerance of uncertainty and Meaning in life is insignificant at 0.01 and 0.05 levels of significance.

Moreover, we can see that, correlation between uncertainty intolerance and interpersonal support is negative and significant. The correlation coefficient is -0.307 with a p-value of

0.002 (which is much smaller than 0.01). Hence the correlation is significant at 0.01 level.

Hence, the results have been analyzed using SPSS and discussed above

VI. SUMMARY AND CONCLUSION

The concept of Interpersonal Support, Intolerance of Uncertainty and Meaning in life was introduced. The aim of the study was to assess the impact of Interpersonal Support & Intolerance of Uncertainty on Meaning in life in Young adults. This is an attempt to study these three variables via correlation and regression. Interpersonal support refers to ways, activities or strategies provided by peers, teachers, family and the community members to an individual so as to cope with issues or carry on with their day to day endeavours smoothly. Then, the existing literature in this area was explored. The methodology part of the study was then, presented.This entire study was based on an offline survey with a sample of 150 young adults of Urban households in Delhi-NCR with different perspectives towards meaning in life, intolerance of uncertainty and interpersonal support . The tools used were the A purposive sampling technique was used to choose the data and for analyzing the results, Correlational analysis was used as the statistical technique.

Further, the results were discussed at length in the chapter. It may be understood from here that Interpersonal support makes a significant impact towards finding meaning in life which uncertainty has nothing to do with it.

VII. FINDINGS OF THE STUDY

Table 1 shows the descriptive statistics, Table 2 shows correlation coefficients for the three

variables for interpersonal support and intolerance of uncertainty w.r.t. meaning in life in young adults. A significant relationship has been found between interpersonal support and meaning in life through correlation. Also, the relationship between intolerance of uncertainty and meaning in life has been found to be insignificant. Moreover, the relationship between interpersonal support and intolerance of uncertainty has been found to be significant through correlation.Although, the given sample has shown significant results in accordance to what the existing literature suggests, we may substantiate them by considering those having presence of support, have lower intolerance of uncertainty and high meaning in life. In other words , presence of loved ones makes them cope better with uncertainty and be more productive towards finding their lives to be holding some value and meaning. The impact we may have being a part of a collectivistic culture, which is the established social construct in India, can be very well seen and validated through our results of the given study.

(A) Limitations

- Smaller sample size

- Authenticity of responses as participants usually fill surveys randomly. This could have impacted the results

- Time lapse, the experience of the past two years has been devastating, but, people have also moved on in life, meaning that they have started focusing on positive constructs of their being when the pandemic especially highlighted the toll on mental health of all of us. Maybe , they now have better coping strategies to deal with uncertainty.

(B) Implications

- To select the sample in more varied and holistic way as biased results could have occurred due to a particular geographical area, a larger sample size could give probable better results in the area.

- A gender-based outlook towards the area of study as an encouragement of male participants could lead to a more intensive research, or a culture based study or a wider age group.

- An inclusion of both urban and rural population may be done to get different results. Another way out could be clubbing the given area of study with related variables

like emotional intelligence etc.

(C) Recommendations

- Taking a larger sample can lead to generating a results which is generalized over a greater number of individuals

- Conducting the study over an extensive time period can help to get better details about the cases with more valid and reliable results.

*****

VIII. REFERENCES

- KARAARSLAN, İ., & Yüksel, C. A. N. (2023). Evaluation of Self-Sufficiency, Perceived Social Support, and Meaning in Life in Individuals Diagnosed with Serious Mental Illnesses. *Kocaeli Üniversitesi Sağlık Bilimleri Dergisi*, *9*(1), 100-106.

- Hu, Q., Liu, Q., & Wang, Z. (2022). Meaning in life as a mediator between interpersonal alienation and smartphone addiction in the context of Covid-19: A three-wave longitudinal study. *Computers in human behavior*, *127*, 107058

- Golovchanova N, Owiredua C, Boersma K, Andershed H, Hellfeldt K. Presence of Meaning in Life in Older Men and Women: The Role of Dimensions of Frailty and Social Support. Front Psychol. 2021 Sep 3;12:730724. doi: 10.3389/fpsyg.2021.730724. PMID: 34539530; PMCID: PMC8448055.

- Elizabeth, A. Y., & Chang, E. C. (2021). Relational meaning in life as a predictor of interpersonal well-being: A prospective analysis. *Personality and individual differences*, *168*, 110377.

- Hernandez, D. C., Daundasekara, S. S., Zvolensky, M. J., Reitzel, L. R., Maria, D. S., Alexander, A. C., ... & Businelle, M. S. (2020). Urban stress indirectly influences psychological symptoms through its association with distress tolerance and perceived social support among adults experiencing homelessness. *International journal of environmental research and public health*, *17*(15), 5301.

- Brown M, Robinson L, Campione GC, Wuensch K, Hildebrandt T, Micali N. Intolerance of Uncertainty in Eating Disorders: A Systematic Review and Meta-Analysis. Eur Eat Disord Rev. 2017 Sep;25(5):329-343. doi: 10.1002/erv.2523. Epub 2017 May 23. PMID: 28544668

- Carleton, R.N. (2014). The intolerance of uncertainty construct in the context of anxiety disorders: theoretical and practical perspectives (12) 8, 937-947. https://doi.org/10.1586/ern.12.82

*****