

# EMOTIONAL EXPRESSIVITY, SOCIAL SUPPORT AND LIFE SATISFACTION AMONG DEPRESSED AND NON-DEPRESSED ADULTS

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## **Abstract**

**Aims.** *The present study was conducted to investigate the relationship between emotional expressivity, social support and life satisfaction among depressed and non-depressed adults.*

**Methods.** *The current study used correlational research design. Two-hundred participants were recruited through non-probability purposive sampling technique. Emotional Expressivity Scale (Kring, 1994), Multidimensional Scale of Perceived Social Support (Zimet, 1988), World Health Organization-Quality of Life Scale (Vahedi, 2010) and Symptom Checklist-Revised (Rehman & Sitwat, 1990) were used as an assessment measures. Results.* *Correlational analysis showed highly significant positive association between emotional expressivity, social support and life satisfaction. Findings also showed significant predicting role of emotional expressivity and social support on life satisfaction of depressed and non-depressed adults. Moreover, results found significant difference between life satisfaction and depressed and non-depressed adults. Conclusions.* *Results indicated that depressed and non-depressed individuals who expressed high emotional expressivity and have high social support led towards high life satisfaction.*

**Keywords:** *Emotional Expressivity, Social Support, Life Satisfaction, Depressed and Non-Depressed Adults.*

## **1.1 Introduction**

Life satisfaction is a general valuation of moods and arrogances about someone's life at a specific opinion in time reaching from bad to optimistic. It is one of three main pointers of happiness: life satisfaction, constructive influence, and bad affect (Diener, 1984). There are much less researches conducted on depressed and non-depressed adults in Pakistan with these variables and that is why there is need to work on this domain to fulfill this gap. However, the current study is an endeavor to fulfilling this gap. The objective of the current research was to observe the relationship between Emotional Expressivity, Social Support and Life Satisfaction among Depressed and Non-Depressed Adults.

### **1.1 Emotional Expressivity**

Emotional expressivity is the notion in which a person keenly expresses emotive experience by oral or nonverbal actions (Kring, Smith & Neale, 1994). Expressions of emotions are verbal and nonverbal actions that be able to be perceived during the relational communication. These emotional expressivities happen with or without our self-awareness. Several of us have their conscious control of their emotional expressions. During last several years, investigators have presented diverse ways of emotional expression (Ekman, 2003).

Moreover, through emotional expressivity, people mention the actions (such as, facial, verbal, positional) alterations related with the practice of feeling, for instance laughing, smiling, grimacing, carrying out of a room, or desperate. These kind of explanation highlights noticeable behavior responses, and reflects somebody to be expressively animated to the degree that an individual reveals emotive instinct interactively (Watson & Tellegen, 1985).

### **1.2 Social Support**

Social support is an interchange of assets between at minimum two persons seeming by the benefactor or the receiver to be intentional to improve the happiness of the receiver (Zimet et al., 1988). Social support is definite as the presence of some individuals around or easy access to the

people on whom one can depend on, who facilitate the depressed individuals (Bodla, Saima & Ammar, 2012).

Social support is one of the significant purposes of social relationship. Social support is constantly anticipated by the correspondent to be supportive. Therefore, differentiating it from deliberate negative relations (such as annoyed blame, harassing, discouragement). Social support is usually characterized into four kinds of behaviors such as emotional, instrumental, informational and appraisal (Glenz, Rimer & Viswanth, 2009).

### **1.3 Life Satisfaction**

Life satisfaction is understood as the method an individual observes his or her life is and how their future life is to be going on. Actually, it is also a measure of happiness which is related to our gratification and with other aims of life. Furthermore, life satisfaction is experiences which have affected a person's life in a positive method. Study literature demonstrate that Life satisfaction is intensely associated to our feelings as emotional expressivity is a significant feature of personal associations. Also, manifestation of someone's feelings has more significance in somebody's life satisfaction (Greenberg, 1987).

Furthermore, life satisfaction is the intellectual, overall general consideration of life (Shin & Johnson, 1978), and one of the best secure signs of pleasure, happiness, and optimistic working amongst new individuals (Suldo et al., 2006). Actually, experimental study has confirmed that it to be definitely associated with a comprehensive field of optimistic individual, emotional, behavior, societal, relational, and intrapersonal consequences (Proctor et al., 2009).

### **Significance of the Study**

The purpose of the current research was to study the association between emotional expressivity, social support and life satisfaction among depressed and non-depressed adults. The present study led to support mental health professionals and social workers to understand how much emotional expressivity and social support show a significant influence on the life satisfaction of depressed and non-depressed adults. The current study creates an awareness that how mental health professionals manage individuals with emotional and stressful problems. The main purpose of the present research is to provide insight and create awareness that how policy makers, social worker and mental health professionals increase emotional expressivity and increase life satisfaction among depressed and non-depressed adults through enhancing social support.

## **2. Method**

### **2.1 Research Design**

Correlational research design was used in present study.

### **2.2 Sample and Sampling Strategy**

Purposive sampling technique was utilized to recruit sample of 200 depressed and non-depressed adults.

### **2.3 Procedure**

Firstly, researcher get institutional ethical clearance letter from University. Permission was taken from the authors of scales. Researcher prepare the booklet consisting on the informed consent hold demographic sheet and scales, provided to the participants and collect data then pilot study and main study was conducted.

### **2.4 Measures**

#### **2.4.1 Emotional Expressivity Scale (EES; Kring, 1994)**

The Emotional Expressivity Scale was developed Kring (1994). This scale was translated by Nasir, Zehra and Kausar (2015). This scale has 17 items. The scale comprised three subscales: Negative Expressivity, Positive Expressivity, and Impulse Strength. This scale was measured on 5 point Likert scale (1= very inaccurate, 5= very accurate).The chronbach alpha reliability of this tool is .90. The reliability of emotional expressivity scale in present study was found ( $\alpha=.83$ ).

#### **2.4.2 Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, 1988)**

The Multidimensional Scale of Perceived Social Support (MSPSS) was developed by Zimet (1988). This scale was translated by Jabeen (2013). This scale comprised three subscales: (a) Family, (b) Friends and (c) Significant Other. This instrument has 12 items. This scale used 7-point likert scale (1= very strongly disagree, 7= very strongly agree). The chronbach alpha of this tool is .91. The reliability of Multidimensional Scale of Perceived Social Support Scale found in the present study was ( $\alpha=.93$ ).

#### 2.4.3 World Health Organization-Quality of Life Scale (WHOQOL; Vahedi, 2010)

World Health Organization-Quality of Life Scale was developed (Vahedi, 2010). This scale has 26 items. This scale comprised of four subscales (a) Physical domain, (b) Psychological domain, (c) Social relationship domain, (d) Environmental domain. This scale was measured on 5-point Likert scale (1= very dissatisfied, 5= very satisfied). The chronbach alpha reliability is .96. The reliability of World Health Organization-Quality of Life Scale found in the present study was ( $\alpha=.93$ ).

#### 2.4.4 Symptom Checklist-Revised (SC-R; Rehman & Sitwat, 1990)

Symptom checklist is an indigenous tool to assess the psychopathologies in Pakistan population. In present study, only one subscale of depression of symptoms checklist-R was used. Symptoms checklist revised was originally divide by Rehman and Sitwat (1990) which composed of six subscales i.e. Depression, Somatoform disorder, Anxiety, OCD, Schizophrenia and LFT. Scale 1 of symptoms checklist-R (Depression) characterized by depressive symptomology (Sarson & Sarson, 1996). The scale of depression is validated against BDI-I (Urdu version) which was validated and adapted by Bashir and Sitwat (1990). Reliability of scale I is 0.73. It could give an aid in assessment and identification of depression. In the present study, Symptom checklist was used to screen out as well as the level of severity of depression in recruited patients. The reliability of this scale is 0.62. The reliability of this scale found in the present study was ( $\alpha=.83$ ).

### 3. Results

#### Table 1

Pearson Product Moment Correlation Analysis between Study Variables among Depressed and Non-Depressed Adults (n=200)

	Variables	1	2	3
1.	Emotional Expressivity	-	.41*	.36**
2.	Social Support	-	-	.64**
3.	Life Satisfaction	-	-	-

\*\*  $P < 0.01$ , \* $P < 0.05$

Results revealed that emotional expressivity and social support have highly significant ( $p < .05$ ) positive association with life satisfaction.

#### Table 2

Hierarchal Regression Analysis Used to Predicting Life Satisfaction (n=200)

Predictors	$\Delta R^2$	Life Satisfaction
		Depressed and Non-Depressed
		$\beta$
Step 1	.01	
Emotional Expressivity		.10*
Step 2	.06*	
Social Support		.26*
Total R <sup>2</sup>	16%	

Note: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ .

a. Dependent Variable: Academic Achievement

b. Predictors in the Models: Parenting Style Scale, Self-Efficacy, Emotional Regulation.

Results revealed that emotional expressivity and social support were significant predictors of life satisfaction ( $p < .05$ ).

**Table 3**

Independent Sample t-test between Adults and Life Satisfaction (n=200)

Adults	t	df	P	Confidence Interval	
				LL	UL
Life Satisfaction	14.3	.196	24.4	32.2	3.7

Note: t= Statistical Difference, df= Degree of Freedom, p= Significance Value, LL= Lower Limit, UL= Upper Limit.

An equal variances t test reveals a statistically reliable difference between the mean of adults for depressed adult's life satisfaction ( $M=62.7$ ,  $s=15.2$ ) and non-depressed adults' life satisfaction ( $M=91.1$ ,  $s=12.3$ ),  $t(14.3) = 3.24$ ,  $p = .00$ ,  $\alpha = .05$ .

#### 4. Discussion

Results of the current study indicated significant positive relationship between emotional expressivity, social support and life satisfaction among depressed and non-depressed adults. Another research was conducted to explore the relationship of emotional expressivity and life satisfaction. Further, the study also examines gender difference regarding emotional expressivity and life satisfaction among university students. Findings show that a strong positive correlation was found between emotional expressivity and life satisfaction (Kamal, Rehman, Ahemad & Nawaz, 2013).

The result of the present study revealed that emotional expressivity and social support were significant predictor of life satisfaction. Another study was conducted to examine the association between emotional expressivity and life satisfaction among adults. Results from hierarchical linear modeling analysis showed that life satisfaction is best predicted by positive and negative affect and also be predicted by the degree of mixed emotions (Ausmees, Realo & Allik, 2012).

The findings of the present study showed significant difference between life satisfaction and depressed and non-depressed adults. Furthermore, another research was conducted to study the gender differences in life satisfaction globally and across demographic groups. Results revealed gender differences in life satisfaction were found to be significant yet small. Women reported higher levels of life satisfaction than men across all income, education, and employment groups. The direction of gender differences in life satisfaction was inconsistent across age and regional groups. Men scored higher than women only over the age of about 63 (Joshanloo & Jovanović, 2019).

#### 4.1 Limitations and Recommendations

The sample size of present research was 200. And the sample of present study was short for better understanding. A larger sample size would allow researchers to have more data to analyze which would provide a better understanding of the topic. It will also enhance the validity and reliability of research. When a study is conducted with a small sample size there is more margin of error which decreases the validity.

#### 4.2 Conclusions

It is evident from the current research and previous researches that both depressed and non-depressed adults who have high emotional expressivity and social support led towards life satisfaction.

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