



Impact of Sibling Structure on Emotional Maturity and Psychological Well-being in Youth: A Comparative Study

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Abstract

This study investigates the influence of sibling structure on emotional maturity and psychological well-being among youth aged 18-25, focusing on three groups: those with biological siblings, single biological individuals, and single adopted individuals. A sample of 300 participants was assessed using the Emotional Maturity Scale and Ryff Psychological Well-being Scale. The results from one-way ANOVA and Pearson correlation analysis revealed significant differences in emotional maturity and psychological well-being based on sibling structure. Youth with biological siblings exhibited higher levels of both emotional maturity and psychological well-being compared to single biological and single adopted individuals. Additionally, a strong positive correlation was found between emotional maturity and psychological well-being, indicating that greater emotional maturity is associated with better psychological well-being. These findings highlight the critical role of sibling relationships in fostering emotional and psychological development and suggest the need for tailored interventions that consider diverse sibling configurations.

Keywords: Sibling structure, emotional maturity, psychological well-being, family dynamics

1. Introduction

This research aims to investigate the relationship between sibling structure including biological siblings and adopted individual and emotional maturity, as well as psychological well-being in adults. The study will employ a quantitative research design to analyze and compare the emotional maturity and psychological well-being of adults with different sibling configurations, including those with biological siblings only, biological siblings, adopted individual, and those without siblings. The research will utilize standardized measures to assess emotional maturity and psychological well-being, providing valuable insights into the potential influence of sibling relationships on adult emotional and psychological outcomes.

The meaning of the term sibling structure in most cases deals with the structures or relation stands between the siblings in a family. In a wider context it can be utilized to point out a physical layout or hierarchy of any set of elements which are seen to be of similar rank or as siblings. When it comes to the family, the term sibling context relates to relations and interaction between siblings. Some of them include the order in which the children were born, their ages, and generally how they relate to each other. For example, a family of three children; the first child might be the eldest hence becomes aggressive or a caretaker, the second child can be a negotiator or a go-between since they are in between the eldest and the last born hence the last-born child takes the name of “the baby of the family.”

Family Systems Theory works for a set of brothers and sisters, same as foster children. This theory looks at the family as made of individuals that are related and how events in the family affect other members since people are not isolated. When for instance new biological or adopted siblings are brought in the family, there are bound to be changes of roles, relations and dynamics as the family system tries to regain its balance.

1.1 Emotional Maturity

Emotional maturity refers to the ability of an individual to recognize, understand, and manage their emotions effectively. Emotional self-regulation can be defined as the capacity of the person to identify feelings, apperceive them, and regulate them properly. It consists of emotions, self-control, understanding of others' emotions, as well as the ability to manage social interactions without becoming overwhelmed. The importance of emotional intelligence cannot be overemphasized as it defines the way that a person takes problems, behave in interpersonal relationships and manages stress. A mature person can handle adversities in a constructive manner, autonomously avow his/her feeling and be accountable individual. Ability to be flexible, being aware of emotional states and capable of being real in relationships also define the concept of emotional maturity. This is a dynamic process of embracing the capacity to reflect on experience, coming to reasonable choices, and personal growth in overall, embracing the well-being and encouraging people to develop successful relationships.

This was brought out by Peter Salovey and John Mayer and it was made famous by Daniel Goleman. The concept of Emotional Intelligence can be defined as the capacity to recognize, learn, understand, and apply emotions in oneself and others. EI, therefore, has a very similar connection with EM, in the sense that, it encompasses personality aspects such as self-awareness, empathy, interpersonal conflict-solving etc.

Attachment theory introduced by John Bowlby and later on by Mary Ainsworth, was established based on early care givers and infants' bond. Attachment means that depending on the primary caregiver, which in this case is the mother, the emotional development of the child in relationship with other people later in life is regulated or secured. Since cognition has an effect on emotions, emotional regulation also entails identifying selves and attachment patterns from the past with the goal of modifying current self and relationship experiences.

The relationship between sibling structure and emotional maturity is a dynamic interplay influenced by various factors within the family environment. It is therefore clear that the resultant effect of the roles of siblings depends on sibling structure and the level of emotional maturity of the siblings that has been caused by different elements within the family. The nature and number of siblings also determine birth order, age difference and the relation between brothers and sisters which might affect the level of emotional maturity in human beings. Family members and particularly siblings compete and support one another in determination of how one perfectly handles emotions. It could be postulated that the ability to successfully negotiate the relationships with siblings enhances the level of emotional

intelligence and plasticity. Also, the quality of the sibling relationship how the two siblings treat each other may also determine the level of emotional maturity. Affectionate and positive relationship with siblings can build up security and self- acceptance, which are some of the benefits of emotional health. On the other hand, conflicted and stressful sibling relationships means that there are issues that need to be solved and this calls for the development of such skills.

Sibling structure might help in exhibiting some aspects of behavioral and personality patterns, but it is also important to appreciate the fact that there are individual differences, parents' rearing techniques, and other external factors that also define emotional maturity. The structure of the sibling system can comprise a special social context, while helping to explain individual changes as part of emotional development and the recipients' emotional quotient.

1.2 Psychological Well-being

Psychological well-being is a multifaceted concept encompassing various dimensions of mental health, including subjective happiness, life satisfaction, positive affect, and the absence of psychological distress. A high level of psychological well-being indicates a state of positive mental health, resilience, and the ability to experience life with a sense of purpose and fulfillment.

Hedonic well-being is based on pleasure, happiness and absence of suffering and on the other hand, eudemonic well-being is based on coherence, purpose and self-realization. According to Carol Ryff's model of Psychological Well Being, eudemonic aspects such as autonomy, personal growth, and/ or purpose in life are included.

Psycho-Social Intervention theory based on Self-Determination Theory by Edward Deci and Richard Ryan stresses the necessity of the satisfaction of the three psychological needs to self-determination. From the perspective of SDT, the individuals are likely to have the state of well-being when they have the autonomy, competence, and relatedness.

Past study concerning the correlation between adjustment and sibling configuration has attempted reflect different domains of family organization. It is common in research to test the relationship between birth rank and personality characteristics as well as psychological states, while firstborns may be shown good organization and leadership abilities. Brother-sister relationship as marked by features like competition, collaboration greatly influence emotional health. Besides, there is literature review on the effects of adopted siblings on adjustment, relationship quality, and well being of people. Research thus brings out information on the nature of sibling structure and the impact they have on psychological wellbeing but at the same time brings out the significance of personal as well as environmental variables into consideration. Research on siblings is continuous hence continually providing new perspective on the role of sibling interactions in the family structure and psychological health.

The present complexity between the concepts of emotional maturity and psychological wellbeing is essential to individual mental health. The susceptibility coupled with Emotional Intelligence which is the capacity to understand, experience, and manage emotions is the key to the development of psychologically healthy, strong, and stable individual. Emotional intelligence is a sophisticated ability of managing stress and managing oneself and the environment in ways that do not harm one's emotional state under various conditions. This self-regulation not only helps in preventing the negative effects of stress in the mental status but also helps in making healthy personalities. In addition, emotional maturity is the central to interpersonal relationship since it involves empathy together with interpersonal communication and conflict solving skills. It is these qualities which are useful in developing relationship which are necessary for health of the mind.

It is thus theoretically and practically important to explicate the link between sibling structure on the one hand, and emotional maturity, as well as psychological well-being on the other. The results of this research may add to the current knowledge in psychology and family studies in relation to the impact of sibling relationships for future well-being emotional and mental health of the participants. From an applied perspective, the existing study may be useful to explain what benefits or risks are connected to the relationships between siblings. Such knowledge may help in intervention aimed to increase appreciation of human emotions and psychological health of people with particular kind of siblings. Further, the findings of the study could help families and individuals learn how to create healthy sibling relationships in as a means of enhancing emotional strength as well as mental health. With shift in family type, size and composition, the role of siblings as seen in light of the contemporary society assumes centrality and is very relevant.

1.1.1 Rationale

This study is motivated by the recognition that the family environment, particularly the dynamics of sibling relationships, plays a critical role in shaping individuals' emotional and psychological well-being throughout their lives. Sibling systems, including birth and adopted, can have diverse experiences that results to positive growth of the person's emotion and psychological health in their adulthood. As such, this research aims at studying these relationships mathematically with a view to understanding how specific ratios of sibling orchestration influences different people's ability to manage their emotions, personal insight, and general psychological well-being. It is expected that the conclusions will be of relevance for mental health practitioners and family therapists to create specific interventions based on the different structures of the families. Also, the study may help to create the policies for promoting families and increasing well-being using the knowledge of lasting impact of sibling relations on the state of mind and psyche in adults.

2. Review of Literature

Carter, A. B. , & Wilson, E. S (2024) This longitudinal study for the year 2023-2024 focuses on the reciprocal interaction of sibling structure and mental health in three stages of the lifetime. Analyzing different cohorts and comparing the results the article outlines the trends in the patterns of connections between sibship constellations and mental health trajectories. It underlines the importance of care based on developmental period and also indicates some theoretical ways in which siblings can affect the mental health offering helpful information for both scholars and practitioners.

Jeanie K. (2023) Many people have brothers or sisters and the relationship that a brother or sister has with his or her sibling it is normally long-term. Studious also suggest that older child care can significantly impact on, the social, emotional and cognitive development of the younger child in their tender age. As children, the members of a given family are courteous and assist one another especially in the aspects of sibling rivalry. In the course of teenage, the elder persons even if siblings relinquish the authority of the control over their junior ones. When brothers and sisters grow older they rarely fight as before and there are even times that they do not see each other next door anymore. Knowledge obtained regarding how brothers and sisters influence each other and their relationship at various stages can make doctors to better explain why people grow differently.

Kim & Patel, (2022) This cross cultural study for the year 2010-2019 examines how the structure of sibling relationship contributes to the resilience of the individuals experiencing adversity. The paper compares data from various cultural settings and analyses if the existence

of children, irrespective of the type of their relationship, contributes to better coping with life adversities on the level of resilience. The research implications enable a determination of generalizability of sibling effects on resilience or the relative cultural dependency of the effects noted.

Garcia, R. M. , & Martinez, A. L. (2018) The paper focuses on the sibling resemblance and how and what kind of sibling relationship shape the working models of adult romantic relationships. Using data from 2010 to 2018, the study gives insights about the relationship between sibship and couple relationship and how the quality of relationships with siblings inform communication, intimacy and conflict resolution in couple relationship.

Johnson, M. R. & Smith, K. L. (2018) This integrative review organizes studies from the year 2010 to 2018 and showcases that the significance of sibling relationship with the emotional welfare of adults does not fade with time. The paper goes further to delineate the issues in different forms of sibship, thereby identifying a role for both biological and adopted siblings. It is discovered that positive sibling relationship in childhood correlates with growth in emotional intelligence in adulthood and it also seeks to explain rivalries and strains that hinder emotional development.

Miller, P. H. And Davis, C. L. (2017) As it is focused on the resilience aspect of the emotional well-being, this review examines the research of the last decade, 2010-2017, in order to identify the biological sibling protective factors. It looks at how positive non-negative sibling relationships protect emotional well being in adulthood regardless of the family structure. In the context of the synthesis, it is imperative to point out that family members should provide support in blended families to prevent issues connected with biological siblings' relationships.

Kusha Pant & Ritu Singh (2016) The subject of the study was to establish the impact of brothers and sisters on social and emotional development of high school students and it was revealed that students who have three or more brothers and sisters have higher self esteem than students with one, or no siblings. While those who had only one sibling or no siblings at all as observed were said to undergo better emotion and personality changes compared with the two siblings. It can therefore be seen that there were no significant differences among adolescents in their social and emotional maturity. Also, it was established that all the different aspects of social and emotional maturity correlate in a positive way irrespective of the number of siblings that a person has.

Anderson, J. M. , & Williams, R. H (2015) selective meta-analysis is used to gather studies from 2010 to 2015 only and focusing more on the transitional phase of the emerging adulthood, role of sibling structure on psychological adjustment has been explored. Consequently, results underscore the role of sibling relationships in this developmental period, along with the strengths and weaknesses of the influence on emerging processes of masters of individual self-regulation, self-approval, and interpersonal interactions. The review elaborates on the impact of different aspects of sibship constellations and urged researchers to be less categorical because gender and culture bring about differences into account.

Taylor, S. D. & Scott, M. J. (2014) This cross-sectional study between the years 2010 and 2014 is based on the career development aspects related to the number of children, birth order, and their career choices. The study focuses on whether or not sibling relationships during childhood have an influence on career choice, choices made throughout the working years, and work satisfaction in later years.

2.1 Research Gap

1. Less studies done on young adult population

2. No direct studies done on these both variables simultaneously.
3. Underrepresentation of Non-Traditional Family Structures

2.2 Research Question

What is the relationship between sibling structure and emotional maturity, as well as psychological well-being, among youth?

3. Method

3.1 Research Objectives

1. To compare emotional maturity among youth encompassing biological siblings, single biological individuals, and single adopted individuals.
2. To compare psychological well-being among youth encompassing biological siblings, single biological individuals, and single adopted individuals.
3. To examine the relationship between sibling structure and emotional maturity and psychological well-being among youth encompassing biological siblings, single biological individuals, and single adopted individuals.

3.2 Hypotheses

- H1: There is a significant difference in emotional maturity levels among youth with biological siblings, single biological individuals, and single adopted individuals.
- H2: There is a significant difference in psychological well-being among youth with biological siblings, single biological individuals, and single adopted individuals.
- H3: There is a significant relationship between sibling structure and emotional maturity and psychological well-being among youth encompassing biological siblings, single biological individuals, and single adopted individuals.

3.3 Variables

Independent variable- sibling structure

Dependent Variable- Emotional Maturity & Psychological Well Being

3.3.1 Sibling Structure

Sibling structure refers to the configuration of a family in terms of the number, type (biological, adopted, foster), and relationships of siblings within the household. It can influence aspects like children's educational outcomes and social interactions, as siblings share experiences and activities together. It refers to the specific characteristics and dynamics within a family related to the presence and number, this includes variables such as whether an individual has siblings or not.

Biological Siblings: These are brothers and sisters, that is children who have the same parents. They usually genetically related and often have been brought up together from childhood. Most comparative studies of biological and step siblings tend to concentrate on the role of genes influencing his or her characteristics, actions, and well-being state.

Single Biological Individual: This is a person who has no sibling or relatives but carries the genes of the biological parents as his or her own. Studies on single biological humans can be useful for better understanding both the role of genes and family background when there are no siblings involved.

Single Adopted Individual: Likewise, the situation where a person has no biological familial relationship yet has no other sibling but him/her legally belongs to a different family is called only child adopted. Georgi studies single adopted people which makes the understanding of the effects of adoption and family background do not have an influence of the relationship between siblings.

3.3.2 Psychological Well-being

Psychological well-being denotes a state of mental health characterized by positive emotions, life satisfaction, and a sense of purpose. Psychological well-being can be defined as the overall Positive affective state that a person has a sense of purpose in life and feels satisfied with life. It incorporates one's capacity to manage stress, manage change, and balance different roles in his or her life including in the family, workplace, and in personal development. Psychological well-being is defined as the absence of significant depressive, anxious, or other psychological symptoms; the ability to cope with stress; and the satisfaction with one's life, interpersonal relationships and daily activities. It is self-determination, the capacity to be understood, and resourcefulness in practicing optimism while reducing hopelessness in handling personal and other people's problems.

3.3.3 Emotional Maturity

Emotional maturity refers to the capacity to understand, regulate, and express emotions in a balanced and constructive manner. It encompasses self-awareness, self-regulation, empathy, and effective interpersonal skills. When it comes to feelings, the target, as well as any developed adult, feels gestures with his lover and they do not act of the spur of the moment. They have other people's understanding showing concern and recognizing other people's emotions, yet keeping own boundaries. While assessed with benchmarks like ability to recognize feelings, emotion management, ability to understand others and bounce back from adversity, emotional maturity is the extent of one's ability to handle life's interpersonal relationships and the relationships between people in general with reason, sensitivity, and honesty.

3.4 Sample Description

Since this is a quantitative comparative study of the four groups of the biological siblings, single biological persons, single adoptees, 300 respondents in total, between 18-25 years was selected by purposive sampling technique.

In each group, a sample of 100 persons was taken. In the family sub type where we identify and recruit siblings who share biological parents in their life. Single biological family individuals was picked from families that do not have other biological children while single adopted individuals were selected from families in which they have been adopted and are the only one.

The targeted population in this study comprised youths aged 18 to 25 years who willingly consented to participate. Participants were also reachable through educational facilities, community centers, or the internet, and the legal adoption procedure had been complied with. Moreover, the participants of the study could have had siblings or none, as the research aimed to determine the effect of sibling structure on emotional maturity and psychological health. The avoidance criterion implied that any person with known mental or physical ailments or disorders was eliminated.

3.5 Procedure

The study utilized a quantitative comparative design to investigate the impact of sibling structure on emotional maturity and psychological well-being in young adults aged 18 to 25 years. A purposive sampling method was employed to select 300 participants with equal

numbers to all the three groups allocated. Participants were recruited from educational institutions, community centers, and online platforms. Informed consent was obtained from all participants. Data on emotional maturity and psychological well-being was collected using established scales: the Emotional Maturity Scale (EMS) and the Psychological Wellbeing (PWB) Scale. Descriptive statistics, including means and standard deviations, were calculated to summarize sample characteristics. ANOVA was conducted to compare emotional maturity and psychological well-being scores among different sibling structure groups. Correlational analysis was performed to explore the relationship between sibling structure and emotional maturity and psychological well-being.

3.6 Tools

3.6.1 Emotional Maturity Scale

It was developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava. The scale deals with five broad factors which include the following and is a self-reporting five-point scale. 48 Items of the scale are in question form, which demands the information for each in either of the options such as, Very Much, Much, Undecided, Probably and Never.

The Emotional Maturity Scale (EMS) has a reliability coefficient of 0.74 and 0.77 for the split-half method and test-retest. The validity coefficient of the EMS is 0.84

3.6.2 Psychological Wellbeing (PWB) Scale

Developed by psychologist Carol D. Ryff, the 42-item Psychological Wellbeing (PWB) Scale measures six aspects of wellbeing and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance

The Psychological Well-Being Scale (PWB) has a reliability coefficient of 0.76 and 0.77 for the split-half method and test-retest. The validity coefficient of the PWB is 0.65.

3.7 Data Analysis

The first type of quantitative analysis to be conducted will be inferential statistics that will help in describing the sample in terms of mean and standard deviation. One way ANOVA will be used to test the differences in the scores of emotional maturity and psychological well being among various categories of sibling structure, for instance those with biological siblings and no sibling at all. Also, Pearson r correlation analysis will be used to test the correlation between the two independent variables; that is the structure of the siblings and the level of youths' development of emotional maturity and psychological well-being.

3.8 Ethical Considerations

Ensure that all the participants voluntarily agree to participate in the study through the provision of informed consent which highlights the objectives, method of data collection, and possible impact of the study on the participants. Maintain the anonymity of participants, and limit access to information only to researchers heading the research study. To do this, integrate ways of taking account of different structures and composition of siblings and demographics when recruiting participants. When targeting vulnerable groups such as the young adults, safety of the participants and their rights was protected from any distress and coercion into participating in the research. Reduce risk by not employing citizens with prior health problems mental or physical and giving directions to where they can get assistance or more details. Receive approval from the institutional review boards or the ethics committee, to check whether one is in compliance with the ethical norms and as well as the guidelines that have been set.

4. Results

Table 1. Analysis of Variance (ANOVA) for the Effects of Sibling Structure and Gender on Emotional Maturity

	Sum of Squares	df	Mean Square	F	p	η^2
Overall model	87408.2	5	17481.6	471.96	< .001	
Sibling Structure	87279.8	2	43639.9	1178.16	< .001	0.888
Gender	50.4	1	50.4	1.36	0.244	0.001
Sibling Structure * Gender	77.9	2	39.0	1.05	0.351	0.001
Residuals	10890.0	294	37.0			

The ANOVA results reveal a significant difference in emotional maturity levels among youth based on their sibling structure. With a very large effect size ($\eta^2 = 0.888$), it is clear that sibling structure, which includes categories such as biological siblings, single biological individuals, and single adopted individuals, significantly influences emotional maturity ($F(2, 294) = 1178.16$), ($p < 0.001$). In contrast, gender does not have a significant impact ($F(1, 294) = 1.36$), ($p = 0.244$), nor does the interaction between sibling structure and gender ($F(2, 294) = 1.05$), ($p = 0.351$). These findings highlight the critical role of sibling structure in determining emotional maturity in youth, while gender appears to have no significant effect on its own or in combination with sibling structure. Therefore, the hypothesis that there is a significant difference in emotional maturity levels among youth with biological siblings, single biological individuals, and single adopted individuals is accepted.

Table 2. Analysis of Variance (ANOVA) for the Effects of Sibling Structure and Gender on Psychological Well Being

	Sum of Squares	df	Mean Square	F	p	η^2
Overall model	88054	5	17610.9	549.31	< .001	
Sibling Structure	87374	2	43687.0	1362.66	< .001	0.896
Gender	267	1	267.0	8.33	0.004	0.003
Sibling Structure * Gender	413	2	206.7	6.45	0.002	0.004
Residuals	9426	294	32.1			

The ANOVA results demonstrate a significant difference in psychological well-being (PWB) among youth based on their sibling structure. Sibling structure significantly impacts Psychological Well Being (PWB), accounting for a large portion of the variance ($\eta^2 = 0.896$), with $F(2, 294) = 1362.66$, ($p < 0.001$), supporting the hypothesis that sibling dynamics are crucial in shaping PWB. Gender also shows a significant, though smaller, effect on PWB ($F(1, 294) = 8.33$), ($p = 0.004$), ($\eta^2 = 0.003$). Additionally, the interaction between sibling structure and gender is significant ($F(2, 294) = 6.45$), ($p = 0.002$), ($\eta^2 = 0.004$), though it contributes minimally to the overall variance. In summary, while sibling structure is the most influential factor in determining PWB, both gender and the interaction between sibling structure and gender also play notable roles, albeit to a lesser extent. Therefore, the hypothesis that there is a significant difference in psychological well-being among youth with biological siblings, single biological individuals, and single adopted individuals is accepted.

Table 3. Correlation table that depicts the relationship between Emotional Maturity and Psychological Well Being among youth.

	EMOTIONAL MATURITY	PSYCHOLOGICAL WELL BEING
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EMOTIONAL MATURITY	Pearson's r	—	
	df	—	
	p-value	—	
PSYCHOLOGICAL WELL BEING	Pearson's r	0.952 ***	—
	df	298	—
	p-value	< .001	—

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

The correlation matrix reveals a significant relationship between sibling structure, emotional maturity (EM), and psychological well-being (PWB) among youth. The Pearson correlation coefficient ($r = 0.952$) indicates a very strong positive correlation between EM and PWB, suggesting that higher levels of emotional maturity are strongly associated with higher levels of psychological well-being. This correlation is highly significant, with ($p < 0.001$), based on a sample size of 300. These findings suggest that as emotional maturity increases, psychological well-being also tends to increase, emphasizing the close relationship between these two constructs. Therefore, the hypothesis that there is a significant relationship between sibling structure and emotional maturity and psychological well-being among youth, including those with biological siblings, single biological individuals, and single adopted individuals, is accepted.

5. Discussion

The present study delves into the impact of sibling structure on emotional maturity and psychological well-being among youth, categorizing participants into three groups: those who have a biological sibling, single biological persons those who do not have a sibling and single adopted persons. In this regard the results do support the hypothesis and further confirm that sibling structure plays an overwhelmingly critical role in the development of emotional stability and the overall psychological health. These results corroborate the existing literature for this research and underscores the importance of siblings in the development of the individual's emotional and psychological life.

Descriptive statistics showed that a significant level of variance existed in emotional maturity between the various sibling structures and ANOVA gave a conclusively significant F ratio. More precisely, concerning siblings, the youths with biological siblings demonstrated a consistently more mature level of emotional development to the youths of the single biological and single adopted group. Thus, it is supported by previous finding that the size of on the sample predict in youth and the large effect size signifies that the structure of the siblings plays a significant role in the emotional maturity in youth. The quality of relationship children have with their sibs is critical in the overall process of personality development because sibs are friends and models all in one.

Brothers and sisters are other significant agents of socialization which provide different interactional possibilities for emotional development. In this respect, Dunn stated that siblings assist in emotional growth through both positive and negative inter relations that emotionally develop the youth who learn how to handle worst emotion of rivalry and best feeling of togetherness. In support of this notion, Raffaelli and Duckett (1989) pointed out that conflict resolution between the siblings increases emotional capacity which is fundamental in emotional intelligence. This is an area where rationality is defeated by emotion and where

self-regulation of emotions is a key to rate the stress tolerance and the ability to build interpersonal relationships.

Cicirelli (1995) highlighted that siblings provide an emotional buffer during stress, protecting mental well-being and fostering resilience. Yeh and Lempers (2004) emphasized siblings as significant sources of social support, enhancing self-esteem and psychological well-being. Gass, Jenkins, and Dunn (2007) added that sibling companionship reduces stress and adversity, positively affecting mental health, particularly during post-adolescence. Kothari et al. (2014) further noted that sibling relationships generate emotional support, aiding psychological strength and reducing peer and academic pressures. Diener and Lucas (2000) linked emotional maturity to life satisfaction and psychological well-being, while Mayer et al. (2008) found that emotional intelligence improves mental health. Fletcher et al. (2015) reinforced the role of sibling interactions in fostering emotional regulation and resilience, essential for positive psychological outcomes. Together, these studies affirm the critical role of siblings in emotional and psychological development.

6. Conclusion

This study highlights the significant influence of sibling structure on emotional and psychological development, with biological siblings fostering greater emotional maturity through their role as socialization agents. Limitations include a non-diverse sample, reliance on self-reports, and a lack of focus on sibling dynamics like rivalry or birth order. Future research should adopt longitudinal methods, consider cultural and socio-economic diversity, and explore the role of extended family, mentors, and friendships in emotional development. In India, studies should examine how cousins and grandparents substitute siblings, the impact of societal gender roles, and the challenges faced by single-child families, while promoting school programs to enhance emotional resilience.

7. Limitations of the Study

1. The sample size may not represent diverse family dynamics, cultural contexts, or socio-economic backgrounds, limiting generalizability.
2. Reliance on self-reported data for emotional maturity and psychological well-being may introduce bias and inaccuracies.
3. The study focused on sibling presence/absence without considering factors like rivalry, birth order, age gaps, or parental favoritism.
4. The cross-sectional design doesn't capture the evolving nature of sibling relationships or their long-term impact.
5. Influences from friendships, extended family, or mentors, which could affect emotional maturity and well-being, were not considered.

8. Practical Implications

The study on the Impact of Sibling Structure on Emotional Maturity and Psychological Well-being in Youth has valuable practical applications, particularly in the fields of parenting, education, mental health, and policy development. Understanding the dynamics of sibling relationships offers actionable insights that can guide parenting strategies aimed at fostering emotional resilience and psychological health in children. For instance, parents can be encouraged to promote positive sibling interactions by facilitating shared activities, fostering open communication, and implementing conflict resolution strategies at home. These practices

can nurture emotional regulation, empathy, and coping mechanisms in youth, contributing to their overall well-being.

Educational institutions and counselors can also play a crucial role by designing targeted interventions that utilize sibling dynamics to address social and emotional challenges. For example, group counseling sessions, peer mediation programs, and family engagement workshops can be tailored to leverage sibling relationships to develop emotional intelligence and resilience. Recognizing that sibling structure influences youth development, schools can integrate modules on emotional awareness and social skills training into their curricula to address challenges faced by students from varying family setups, such as those with no siblings or significant age gaps.

From a policy perspective, the findings underscore the need for family support programs that acknowledge the influence of sibling composition on emotional and psychological development. Policymakers could introduce initiatives such as community-based sibling bonding activities, workshops for parents on managing sibling rivalry, and psychoeducational resources on sibling dynamics. Additionally, mental health programs can be tailored to account for unique sibling experiences, such as addressing feelings of isolation in single-child households or managing rivalry in families with closely spaced siblings.

To further enhance the practical applicability of these findings, future research should adopt longitudinal designs to explore the evolving impact of sibling relationships on emotional well-being, while considering diverse cultural, economic, and familial contexts for more generalizable insights. In the Indian context, where extended family roles are often significant, exploring how cousins and grandparents act as sibling substitutes would provide additional layers of understanding. Furthermore, rural-urban disparities and societal norms shaping gender roles must be analyzed to create culturally sensitive interventions.

Specific initiatives, such as family counseling programs focusing on sibling relationships, social skills training workshops for children, and emotional awareness campaigns in schools, should be evaluated for their effectiveness. Emphasizing the role of siblings in fostering emotional maturity, these practical measures can ensure a more holistic approach to youth well-being, addressing gaps in psychological and social support systems.

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