

Altruism, Social Maturity and Life Satisfaction Among Teenagers

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ABSTRACT

The study examines the relationship between altruism, social maturity and life satisfaction among teenagers that fall in the age range of 13-15 years old. Convenience sampling was used and Pearson Correlation was taken out. The result shows that there is a positive relationship between altruism and social maturity, social maturity and life satisfaction and altruism and life satisfaction as well. This means that teenagers who exhibit higher levels of altruism are also likely to demonstrate greater social maturity and report higher levels of life satisfaction.

Keyword: Altruism, Social maturity, Life Satisfaction, Teenagers, Correlation

Chapter 1 Introduction

1. Altruism:

Altruism, defined as the selfless concern for the well-being of others, is linked to social maturity and significantly correlates with life satisfaction. Those who engage in altruistic behaviors typically display higher levels of empathy, perspective-taking, and an understanding of social interconnectedness, enhancing their own life fulfillment.

Altruism varies in definition among different authors:

- Auguste Comte views it as a self-sacrificial act even in the face of danger.
- Emile Durkheim describes it as actions that benefit others at a personal cost.
- Daniel Batson regards it as a motivational state aimed at benefiting another.
- Albert Schweitzer sees it as an ethic of empathy and considerate behavior.

Historically, the concept dates back to ancient philosophical and religious traditions, with major contributions from Confucius, Aristotle, and Buddha, among others. The term was coined by Comte in the 19th century.

Altruism manifests in various settings:

- In emergencies and disasters.
- Daily interactions, like holding doors or assisting colleagues.
- Charitable donations and volunteer work.
- Acts of kindness within personal relationships and even in the animal kingdom.

Now we have 4 types of Altruism:

- Kin altruism: Benefits genetically related individuals.
- Reciprocal altruism: Benefits are expected to be returned in the future.

- Cultural group altruism: Benefits the larger social group.
- Pure altruism: Solely for the benefit of others without self-benefit.

2. Social Maturity:

Social maturity involves adeptly navigating social situations, which includes connecting with others, empathizing with their feelings, and acting responsibly during interactions. Those who are socially mature excel at making friends, resolving conflicts, and engaging positively with various people.

The notion of social maturity has evolved through history, reflecting societal norms and values. Ancient philosophical and moral teachings, particularly in Greece, Rome, and China, emphasized maturity in social interactions with a focus on virtues such as wisdom and justice. During the Middle Ages in Europe, social maturity was often linked with Christian ethics, promoting moral development and self-control. The Renaissance renewed interest in humanism and individual progress, which continued into the Enlightenment, when philosophers like Rousseau and Kant highlighted moral freedom and reason as components of social maturity.

Social maturity can be identified through various traits such as effective emotional regulation, empathy, strong communication skills, adept conflict resolution, adaptability, respect for others, and social awareness.

Social maturity develops through stages from infancy to adulthood:

- Infancy (ages 3-8): Children are dependent on parents and may struggle with social interactions.
- Adolescence (ages 9-18): Young individuals navigate identity issues and deepen social relationships.
- Adulthood (18+ years): Adults achieve greater independence and social responsibility, navigating complex social relationships with a better understanding of themselves and society.

3. Life satisfaction:

Life satisfaction reflects how content people feel with various aspects of their lives, such as relationships, work, and health.

This concept has been explored across history, with early philosophies from Aristotle and Epicurus discussing the virtues of a good life, through to modern psychological theories like Abraham Maslow's Hierarchy of Needs, which associates self-actualization with high life satisfaction.

The Enlightenment period, featuring philosophers like Rousseau and Locke, emphasized personal happiness and well-being, laying the groundwork for later psychological exploration. By the mid-20th century, researchers like Carl Rogers and Maslow emphasized the role of personal growth and self-actualization in achieving life satisfaction, contributing to theories like self-determination, which highlights the importance of autonomy, competence, and connectedness.

Modern research in psychology, economics, and sociology uses surveys to measure life satisfaction, focusing on how factors like income, social relationships, and personal values influence one's overall happiness. Factors impacting life satisfaction include:

- **Individual characteristics:** Personality traits, resilience, and optimism can significantly boost life satisfaction.
- **Social relationships:** Strong, supportive relationships are crucial for high life satisfaction, while isolation can diminish it.
- **Environmental factors:** Economic stability and safe living conditions are associated with higher satisfaction.

- **Cultural and social norms:** Societies that value social equality and provide robust public services tend to report higher life satisfaction among their citizens.

Chapter 2 Review Of Literature

Review of Literature

Ru T, Ma Y, Zhong L, Chen Q, Ma Y, Zhou G.(2022). Effects of Ambient Illuminance on Explicit and Implicit Altruism: The Mediation Roles of Perceived Anonymity and Satisfaction with Light. *Int J Environ Res Public Health*. This study aimed to investigate the impact of ambient illuminance on both explicit and implicit altruism, and to examine the potential mediating factors such as subjective mood, state self-control, perceived anonymity, and satisfaction with light. Seventy-eight undergraduates participated in a study with two illuminance conditions (dim: 100 lx vs. bright: 1000 lx), assessed using the dictator game for explicit altruism and the implicit association test (IAT) for implicit altruism. Results showed that participants exhibited more altruistic behavior in the dictator game and reported higher state self-control and satisfaction with light under bright conditions. However, illuminance did not significantly affect performance on the IAT or subjective mood. The study suggests that bright ambient light can enhance explicit altruism, possibly mediated by perceived anonymity and satisfaction with light. These findings highlight the role of ambient light in regulating psychological well-being and promoting prosocial behavior, depending on the task at hand.

Lu, C., Liang, L., Chen, W., & Bian, Y. (2021). A Way to Improve Adolescents' Life Satisfaction: School Altruistic Group Games. *Frontiers in Psychology*. This study explores the impact of school altruistic group games on adolescents' life satisfaction. The research aims to enhance our understanding of how these games can positively influence adolescents' well-being. The findings suggest that participating in such games can significantly improve adolescents' life satisfaction, highlighting the potential of altruistic activities in school settings. The implications of these findings for educational practices and interventions aimed at enhancing adolescents' well-being are discussed.

Roy, N., Kumar, P., & Bhattacharya, D. (2021). Emotional Maturity and Subjective Well-Being Among School Going Adolescents. *International Journal of Indian Psychology*. The study investigated the impact of emotional maturity and subjective well-being on school-going adolescents. Utilizing socio-demographic and clinical data sheets, alongside the Emotional Maturity Scale and Satisfaction with Life Scale, researchers sought to assess these dimensions. The findings revealed a significant negative correlation between emotional maturity and subjective well-being. Specifically, subjective well-being exhibited notable negative correlations with emotional stability, social adjustment, and overall score. Additionally, subjective well-being correlated negatively with emotional progression and independence. Interestingly, there were no discernible differences in the total scores of the Satisfaction with Life Scale between Class X and XII students. Similarly, there were no disparities observed in overall emotional maturity or its various domains between the two classes.

Dattilo TM, Olshefski RS, Nahata L, Hansen-Moore JA, Gerhardt CA, Lehmann V. (2021) Growing up after childhood cancer: maturity and life satisfaction in young adulthood. *Support Care Cancer*. This study is the first to quantitatively examine perceptions of maturity and how these perceptions contribute to satisfaction with life among young adult survivors of childhood cancer. Most survivors (62%; n = 56) felt they grew up faster than their peers, and over half (56%; n = 50) felt more mature. Perceived maturity was high on all three domains, but brain tumor survivors reported significantly lower maturity than other survivors (d = 0.76-1.11). All maturity domains were positively associated with life satisfaction (r = .49-

.56). Hierarchical linear regressions indicated that 44% of the variance in life satisfaction was explained by perceptions of growing up slower ($\beta = -1.08$, $p = .004$) and marginally by greater perceived personal maturity ($\beta = 0.45$, $p = .061$).

Maheshwari, A., Vaghani, J., & Mistry, N. (2020). Analyzing levels of altruism in generation Z. *International Journal of Indian Psychology*.

This study aimed to assess the level of altruism among Generation Z, focusing on gender differences. The sample consisted of 50 girls and 50 boys from Gujarat, India. Data collection utilized the Altruism Scale (2004) by Dr. S.N. Rai and Dr. Sanwat Singh. Statistical analysis revealed a significant discrepancy in altruism levels between genders, with females demonstrating higher levels of altruism compared to males. Yelpaze, I., & Yakar, L. (2020). The relationship between altruism and life satisfaction: Mediator role of cognitive flexibility. *Cukurova University Faculty of Education Journal*. This research investigated the role of cognitive flexibility in the relationship between altruism and life satisfaction among young adults. The study found that engaging in altruistic behaviors positively impacted cognitive flexibility, the ability to adapt to new situations and think creatively. This increased cognitive flexibility, in turn, contributed to higher levels of life satisfaction.

Fatima, T., & Singh, V. (2018). Social maturity of adolescents in relation to their education system: Co-education and single sex education system. *International Journal of Home Science*. Social Maturity is the major aspect of one's personality. The skill which enables an adolescent in an appropriate manner among the society is known as social maturity. As a child grows to an adolescent, he begins to show a more mature behavior which is full of awareness, responsibility and participation. Present research study is based on the comparison of social maturity of adolescents belonging to co-education system and single sex education system. The study has been performed in Lucknow city.

Samuel P., Pandey S. (2018). Life Satisfaction and Altruism among Religious Leaders. *International Journal of Indian Psychology*, Volume 6, Issue 1. The study suggests that life satisfaction can be a driving force that motivates people to grow and improve their well-being. People who are happy and content with their lives are more likely to take an interest in fulfilling their social roles and responsibilities. The study also finds that altruism, or helpfulness towards others, is a characteristic that benefits society. Religious leaders, who are expected to be helpful and have high life satisfaction, are seen as good examples of this altruistic behavior. The research examines the connection between altruism and life satisfaction specifically among religious leaders. The researchers found a positive correlation, suggesting that religious leaders who experience greater life satisfaction are also more likely to be altruistic.

Tousignant B, Eugène F, Sirois K, Jackson PL. (2017) Difference in neural response to social exclusion observation and subsequent altruism between adolescents and adults. *Neuropsychologia*. In the study, fMRI was used to investigate the neural processes involved in social exclusion observation and subsequent prosocial behavior in 20 adolescents (aged 12-17 years) and 20 adults (aged 22-30 years). Participants played a ball-tossing game believing they were interacting with real individuals. The study found that when observing someone being excluded compared to observing equal inclusion, adults showed significantly higher activation of the IFG (pars triangularis) compared to adolescents. Additionally, when given the chance to help the excluded player during the game, adolescents displayed significantly less prosocial behavior than adults. This was linked to lower activity in brain regions associated with perspective-taking and empathy. These findings suggest that adolescents may have a reduced ability to empathize with victims of social exclusion, leading to less motivation to help. The study discusses factors that could contribute to this modulation of empathy during adolescence.

Xi, J., Lee, M., LeSuer, W et al. (2016). Altruism and Existential well-being. *Applied Research Quality Life*, 12, 67-88. This study aims to explore whether a strong sense of a common bond leads to a strong purpose in life and, if so, whether this relationship is direct or mediated by altruistic values and behaviors. Using data from a national survey of 1207 US adults, the study investigates the relationships between the sense of a common bond, altruism, and existential well-being. Altruism is categorized into four levels based on its extensity: directed towards family, friends, the local community, or the entire world. Structural equation modeling results show that altruism at different levels of extensity explains more than half of the variation in existential well-being. Altruistic actions and values that extend beyond immediate circles offer greater benefits for existential well-being than those focusing solely on close relationships. The study also finds that the sense of a common bond underlies altruism at all levels of extensity. However, this bond significantly contributes to existential well-being only when realized through altruistic attitudes and actions, particularly those directed towards the broader world community.

Hao, J., Yang, Y., & Wang, Z. (2016). Face-to-Face Sharing with Strangers and Altruistic Punishment of Acquaintances for Strangers: Young Adolescents Exhibit Greater Altruism than Adults. *Frontiers in Psychology*, 7. This study examines the altruistic behavior of young adolescents compared to adults in face-to-face interactions. The researchers conducted experiments involving sharing resources with strangers and altruistic punishment of acquaintances for strangers. Results indicate that young adolescents exhibit greater altruism than adults in these contexts. The findings suggest developmental differences in altruistic behavior and highlight the importance of studying altruism across different age groups.

Ummet, D., Eksi, H., & Otrar, M. (2015). Altruism among university students: A study of transactional analysis ego states and life satisfaction. *The Anthropologist*. The aim of this study is to determine whether or not university students' Transactional Analysis (TA) Ego States and life satisfaction predict their altruistic behaviors. Accordingly, Altruistic Behavior Scale, TA Ego States Scale and The Satisfaction with Life Scale were used in data collection. The sample of the study consisted of 299 female and 237 male students studying at the different faculties of Marmara University. Results indicated that only the Nurturing Parent Ego States, one of the TA Ego States, significantly predicted the altruistic behavior of students, whereas the other ego states had no effect on prediction. Also, life satisfaction of students predicted their altruistic behaviors. When Nurturing Parent Ego States and life satisfaction came together, they strongly predicted altruistic behavior. Finally, this study discusses the collected data within the related literature, and some suggestions are put forth.

Post, S. G. (2014). Altruism, happiness, and health: It's good to be good. *An Exploration of the Health Benefits of Factors That Help Us to Thrive*, 66-76. The study explores the relationship between altruism, happiness, and health. Drawing on research from various fields, including psychology, sociology, and medicine, the author argues that engaging in altruistic behaviors can lead to increased levels of happiness and improved health outcomes. Factors such as social support, positive emotions, and a sense of purpose are highlighted as contributors to the health benefits of altruism. The article also discusses the implications of these findings for individual well-being and public health initiatives, emphasizing the importance of promoting altruistic behaviors for overall health and happiness.

Eccles, J. S., Midgley, C., Wigfield, A., Buchanan, C. M., Reuman, D., Flanagan, C., & Mac Iver, D. (2013). Development during adolescence: The impact of stage-environment fit on young adolescents' experiences in schools and in families. *Adolescents and Their Families*. Although most individuals pass through adolescence without excessively high levels of "storm and stress," many do experience difficulties. This raises the question: why do some adolescents face challenges during this developmental

period? This article examines this issue and proposes the hypothesis that some negative psychological changes linked to adolescent development stem from a mismatch between the needs of adolescents and the opportunities provided by their social environments. The article offers examples of how this mismatch occurs in both school and home settings, highlighting its association with negative age-related changes in early adolescents' motivation and self-perceptions. Additionally, the article discusses strategies for creating more developmentally appropriate social environments to support adolescents during this crucial stage of life.

Gochhayat, M. (2013). A Comparative Study On Quality Of Life And Self Concept On Tribal And Non Tribal Adolescence. *Social Science International*. The present study aimed at finding out the role of ethnicity and gender on self concept and quality of life of tribal and non tribal adolescents. A 2/2 factorial design was adopted. This study utilizes quantitative technique. The study consisted of 2 levels of gender (male & female) and 2 levels of ethnicity (tribal and nontribal) and was adopted a 2/2 factorial design. The sample for this study was collected from the students of kalinga institute of social science and university high school. Results of this study indicated that nontribal have a better quality of life than the tribal's, quality of life have four domains physical health, psychological health, social relationships, and environment. There is better exposure to education, technology and better concern care and expectation of the parents and teachers. The nontribal culture is more enlightened and understands the value of education and human growth. Parents want their children to achieve academic success and employment. The nontribal culture is full of challenges and for this nontribal children raise their level of aspiration and work hard to achieve their goals on the contrary tribal culture is relatively simple they live in utter poverty, poor educational systems and parents are not educated and therefore they do not understand the value of education for their children for preference for male child and social encouragement as well as reward for the achievements of the male children. Thus hypothesis one which proposed that there will be a difference in quality of life and self concept across ethnicity has been proved and accepted.

Kahana, E., Bhatta, T., Lovegreen, L. D., Kahana, B., & Midlarsky, E. (2013). Altruism, Helping, and Volunteering. *Journal of Aging and Health*, 25(1). This study examines the role of altruism, helping behavior, and volunteering in the lives of older adults. Using data from a national survey of Americans aged 65 and older, the authors investigate the prevalence of altruistic acts and their relationship to well-being and health outcomes. Results indicate that older adults who engage in more altruistic behaviors report greater life satisfaction, better mental health, and fewer depressive symptoms. Additionally, volunteering is associated with lower mortality rates and higher levels of physical activity. The findings suggest that altruism and volunteering play a significant role in promoting health and well-being among older adults.

Ahamed, M. N., & Ghosh, M. (2012). "A study of the relationship between moral values, social maturity and life satisfaction among male and female college students". *Body Language*. The study examined the correlation between moral values, social maturity, and life satisfaction among male and female college students. The family, serving as the primary training ground for attitudes and values, plays a pivotal role in shaping an individual's moral compass. Early lessons learned within familial contexts contribute significantly to the formation of one's ethical framework, influencing perceptions of right and wrong, as well as virtues. This research adopts a comparative approach to investigate moral values, social maturity, and life satisfaction across genders among college students. Ethics and morality are fundamental guiding principles in every individual's life, shaping their decisions and actions. The findings indicate that life satisfaction is intricately linked to both moral values and social maturity among students. Given that

today's youth represent the future generation, their value systems and levels of social maturity are reflective of their behavior. Therefore, this study aims to elucidate the interplay between these three variables and their environmental influences, providing insights into adolescent behavior and background factors influencing their attitudes and actions.

Leontopoulou, S. (2010). An exploratory study of altruism in Greek children: Relations with empathy, resilience and classroom climate. *Psychology*. The aims of this exploratory study were two-fold: a. to identify any relations between children's altruism and a set of demographic and other personal and social characteristics of Greek children, such as empathy, resilience and classroom climate; and b. to examine the psychometric properties of a newly-developed measure of altruistic behavior in children, namely the Altruistic Behavior Questionnaire (ABQ). 232 male and female students of the 5th and 6th class of Primary School in Northern Greece participated in this study. The ABQ was found to have adequate internal consistency and concurrent and construct validity. Using a hierarchical regression analysis, altruism in children was found to be reliably predicted by participants' gender and academic performance, by empathy and also by resilience; nevertheless, the more socially determined variable of classroom climate only marginally predicted altruism. The importance of including training in the development and manifestation of altruism in emotional education programmes and resilience interventions at school is highlighted.

Jeon, J., & Buss, D. (2007). Altruism towards Cousins. *Proceedings: Biological Sciences*, 274(1614) The research by Jeon and Buss (2007) investigates altruistic behavior towards cousins. The study is published in the *Proceedings: Biological Sciences* and is available online. The authors explore the concept of altruism within the context of familial relationships, specifically focusing on cousins. This research contributes to understanding the evolutionary origins and social dynamics of altruism within kin networks.

Bauer, J. J., & McAdams, D. P. (2004). Growth Goals, Maturity, and Well-Being. *Developmental Psychology*, 40(1). In two separate studies involving 125 college students and 51 adults, researchers compared two types of growth goals (exploratory and intrinsic) with two aspects of personality development (social-cognitive maturity and social-emotional well-being). They found that individuals who focused on conceptual exploration in their descriptions of major life goals tended to exhibit higher levels of maturity, as measured by ego development (Loevinger, 1976). Conversely, those who emphasized intrinsic interests were more likely to have higher levels of well-being (Sheldon & Kasser, 1995). Participants who had coherent hierarchies of growth goals, spanning major life goals to everyday goals, also tended to have higher levels of personality development. Additionally, the presence of growth goals explained some of the relationship between age and personality development. The concept of growth goals is discussed in terms of intentional self-development and specific developmental trajectories.

Rationale

Studying how adolescent altruism, social maturity, and life satisfaction are related is crucial for several reasons. First, it gives us insight into how adolescents grow and thrive. Altruism, which consists primarily of helping others without expecting anything in return, not only feels good, but also seems to make life satisfying for teenagers. Understanding how kindness and help affects teens' happiness can teach us a lot about what helps them feel good about themselves and their lives.

Then there's social maturity, which is about how well teens handle social situations. This skill is very important during adolescence when they are discovering who they are and how to get along with others.

If we can understand how social maturity relates to how happy teens are with their lives, we can help them develop these skills even more.

Additionally, studying these things can help teachers, parents, and others who work with teens. Knowing how altruism and social maturity are linked to life satisfaction can help them create programs and ways to support teens as they grow. By encouraging kindness and helping teens learn how to handle social situations well, we can help them feel happier and more connected to others, which is good for everyone. Although there are many researches with the variables in this study, there are very few studies that include all the three: altruism, social maturity and life satisfaction.

Chapter 3 Methodology

Aim

To study the effect of altruism on social maturity and life satisfaction among teenagers.

Variables

There are three variables in the study i.e. Altruism, Social Maturity and Life Satisfaction. Here Altruism is an independent variable and Social Maturity and Life Satisfaction are dependent variables.

Objective

The objective of the study is to find the relationship between altruism and social maturity and between altruism and life satisfaction and between social maturity and life satisfaction.

Hypothesis

The following are the hypothesis of the study:

- There will be a significant relationship between altruism and social maturity.
- There will be a significant relationship between altruism and life satisfaction.
- There will be a significant relationship between social maturity and life satisfaction.

Sampling and selection

The population for the study is teenagers and the sample population was taken from teenagers aging from 13 to 15 years old. The responses were taken regardless of their sex, caste, religious beliefs or socioeconomic status. The sample was collected through convenience sampling.

Description of tools employed

The tools used in the study are as follows:

- Altruism Scale (ALTS) by Dr. S.N. Rai and Dr. Sanwat Singh (1975) [Reliability coefficient is 0.84 and validity coefficient is 0.63 ($p < 0.01$), as stated in the manual]
- Social Maturity Scale (SMS) by Dr. Nalini Rao (1980) [Reliability is 0.98 and validity is measured by inter rater method]
- Satisfaction With Life Scale (SWLS) by Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985) [The scale has high internal consistency (Cronbach's alpha) and convergent validity was established through high correlations with other well-being measures]

Procedure

The questionnaire was filled by a sample who falls in the age group of 13-15 years old through pen and paper method. Consent was taken from the sample subjects and it was disclosed that the following questions were to be filled and the result will be recorded for our study that would be published in a journal, however, what exactly the questions were measuring was not disclosed.

After the subject agreed to participate they were instructed to read the instructions carefully. The instructions were also read aloud. The sample were asked to raise a query if there was anything they didn't

understand. They were reminded that there is no time limit and there are no right or wrong answers. It was advised to go with the first answer they thought of. After the questionnaire was filled they were thanked once again to be a part of the study and if asked the topic of study was disclosed.

Statistical Analysis

The study investigates the relationship between altruism, social maturity and life satisfaction among teenagers using correlation research design. Correlation refers to a statistical measure that describes the extent to which two or more variables change together. In other words, it indicates the strength and direction of a relationship between variables. A correlation can be positive, indicating that as one variable increases, the other also tends to increase. It can also be negative, indicating that as one variable increases, the other tends to decrease. A correlation of 0 indicates no relationship between the variables. Correlation does not imply causation, meaning that even if two variables are correlated, it does not necessarily mean that one variable causes the other to change.

Chapter 4 Result

Table1. Shows the correlation between Altruism, Social Maturity and Life Satisfaction

	ALTRUISM	SOCIAL MATURITY	LIFE SATISFACTION
ALTRUISM (pearson correlation)	1	1.000**	.196*
SOCIAL MATURITY(pearson correlation)	1.000**	1	.196*
LIFE SATISFACTION(pearson correlation)	.196*	.196*	1

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

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

The result shows that altruism, social maturity and life satisfaction among teenagers have a positive correlation amongst each other. A positive correlation exists when one variable decreases as the other variable decreases, or one variable increases while the other increases. Hence, we can see that all these variables have a direct relationship between each other.

Chapter 5 Discussion

Discussion

The analysis suggests that there is a strong positive correlation between altruism and social maturity in teenagers. This means that teenagers who exhibit more altruistic behavior also tend to demonstrate higher levels of social maturity, and vice versa. This finding implies that altruism and social maturity may be related constructs, with one influencing the other.

Similarly, the analysis also suggests a significant positive correlation between altruism and life satisfaction. This indicates that teenagers who are more altruistic also tend to report higher levels of life satisfaction. This finding suggests a direct relationship between altruism and life satisfaction, implying that being altruistic may contribute to higher levels of life satisfaction in teenagers.

A positive correlation between altruism, social maturity, and life satisfaction among teenagers suggests that these three traits are interconnected and mutually reinforcing. Teenagers who exhibit higher levels of altruism are also likely to demonstrate greater social maturity and report higher levels of life satisfaction. This indicates that engaging in altruistic behaviors, such as helping others and showing empathy, may contribute to the development of social skills and emotional well-being, leading to greater overall life satisfaction. Conversely, teenagers with lower levels of altruism may experience challenges in social interactions and may have lower levels of life satisfaction. This correlation highlights the importance of promoting altruistic behavior and social maturity in teenagers to enhance their well-being and quality of life.

Samuel P., Pandey S. (2018) and Lu C., et. al. (2021) did their studies on altruism and life satisfaction among other variables and found that there is a positive relationship between both of them.

Limitations

- The sample size was only 119 individuals (male and female) from age 13-15 years old from relatively good socioeconomic status and were studying in a school.
- The social maturity scale used in this study has three dimensions out of which only one was included . The three dimensions are: personal adequacy, interpersonal adequacy and social adequacy. Out of these only social adequacy was taken into account which held 30 questions.
- The period of the dissertation brought a time constraint to collect the sample.

Implication

For an individual low on altruism, social maturity, and life satisfaction, interventions should focus on promoting prosocial behaviors and enhancing social skills. This can be achieved through programs that teach empathy, kindness, and cooperation, encouraging individuals to engage in altruistic acts. Additionally, social skills training can help improve communication, conflict resolution, and relationship-building skills. Cognitive-behavioral techniques may also be beneficial to challenge negative thought patterns and promote a more positive outlook. Providing opportunities for social engagement and meaningful connections can further enhance social maturity and life satisfaction. The goal is to foster a sense of belonging, purpose, and connectedness, which are crucial for overall well-being.

Future Aspects

Future research on altruism, social maturity and life satisfaction could explore the longitudinal effects of these traits from adolescence into adulthood. Longitudinal studies could help determine whether high levels of altruism and social maturity in adolescence predict higher life satisfaction in adulthood. Additionally, examining the role of various factors such as cultural influences, family dynamics, and personal experiences in shaping these traits over time could provide valuable insights. Also, the type of altruism displayed by teenagers could also be a potential route for the future. Furthermore, intervention studies could be conducted to evaluate the effectiveness of programs aimed at enhancing altruism and social maturity in improving life satisfaction and overall well-being across different age groups.

Chapter 6 Summary And Conclusion

The study emphasizes the direct relationship between altruism and social maturity and life satisfaction. This suggests that individuals who exhibit altruistic behavior, such as helping others without expecting anything in return, are also likely to demonstrate higher levels of social maturity. This could manifest in various ways, such as being empathetic, understanding social norms, and effectively navigating social interactions. Similarly, a direct relationship between altruism and life satisfaction suggests that individuals who engage in altruistic acts may experience greater satisfaction with their lives. This could be due to the sense of fulfillment and purpose that comes from helping others, as well as the positive social connections that altruism can foster.

Overall, these findings suggest that altruism is not only beneficial for others but also for the individual themselves, contributing to their social development and overall sense of well-being.

Chapter 7 References and Appendices

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