

SELF-DISCLOSURE AND RESILIENCE AMONG ADOLESCENTS

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Abstract: The adolescent period is a time of discovery of self and one's relationship to the world around him or her. Therefore, it gives importance to assess how the self disclosure affects the adolescent's life. The major objective of the study was to explore the influence of self disclosure on adolescent's resilience capacity. The study also explores gender difference in self disclosure and resilience. The variables under the study were self disclosure, resilience, emotional regulation, impulse control, causal analysis, self-efficacy, Realistic optimism, empathy, and reaching out. The participants of the present study include 400 adolescents within the age range of 12 to 20 years. The investigator used the simple random sampling method for the selection of sample. For collecting the data the set of tools were given in order of personal information schedule, Self-disclosure scale (Sabeena & Jisha, 2012), and resilience scale (Sripriya & Ajilal, 2009). The statistical methods used in the study were correlation analysis and t-test. The result revealed that most of the study variables are positively inter-correlated with each other and adolescent girls disclose more than adolescent boys but males have high stress coping ability than females.

Keywords: Self disclosure, Resilience, Emotional regulation, Impulse control, Causal analysis, self-efficacy, Realistic optimism, Empathy, and Reaching out.

I. INTRODUCTION

Adolescence is one of the most fascinating and complex transition stages in life span. It represents the period of time during which a person experiences a variety of biological changes and encounters a number of emotional issues. Adolescence period is also a time of discovery of self and one's relationship to the world around him or her. Therefore it can be a time of both disorientation and discovery. They struggle with issue of the independence and identity crisis. Stress is the serious problem with many teenagers. They often do passive and negative attempts to deal with problems. Young people become stressed for many reasons. That includes trouble with parents, identity problems, trouble with classmates, increased argument with parents etc. Thus understanding of nature and management of their problem is important.

Adolescents are growing in a various social environment including family, school, peer, neighborhoods and community. On the contrary to adult, they often cannot make any alterations to disadvantageous environment. Several factors are modifying the negative effect of adverse life situation. Relationship that provides care and support, love, trust and encouragement both within and outside the family helps to overcome adverse life situation. The present study focuses on the adolescent's self-disclosure. It is the process of revealing personal information's during communication with others. Progress in self-disclosure depends on personal skills, interpersonal intimacy. Appropriate self-disclosure is important in communicating effectively and maintains healthy close relationships. This may include, but is not limited to, thoughts, feelings, aspirations, goals, failures, successes, fears, dreams as well as one's likes, dislikes, and favorites (Baumeister & Vobs, 2007).

Self-disclosure is an act of revealing personal and intimate information about oneself to others (Kazdin, 2002). The term self disclosure was introduced by psychologist Jourard in his (1964) book the transparent self. Self disclosure refers to the process by which individual reveal personal thoughts, feelings and experience to other people (Jourard, 1971). It is the sharing of inner feeling, thoughts, experience or information with others. In the view of Wheelers and Grotz (1976), self disclosure consists of multiple dimensions, including; intention, amount, positive/negative matters, depth, honesty and accuracy. By sharing information, an individual become more intimate with other people and interpersonal relationship is thus strengthened. The present study focuses on the adolescents' self disclosure and to find out the relationship between self disclosures with resilience.

Resilience is defined as the human ability or capacity to bounce back and overcome, survive or successfully adapt to a variety of adverse condition, or major or multiple stresses. It is the ability of an individual tendency to cope with stress and adversity (Vanbreda, 2001). Different factors are contributed in the resilience. Emotional control, impulse control, causal analysis, self efficacy, relative optimism, empathy and reaching out are the important seven factors that associated with the resilience (Pearson, 2006).

The present study focuses on whether the self disclosure reduces the emotional distress, and help to attain the social supports. The emotional distress and lack of social support sometimes create the stress. The study emphasis not only to find whether the self disclosure help individual to bounce back from adverse condition or multiple life stresses or increase resilience but also explore gender difference in self disclosure.

The rationale of the study was to examine the influence of self disclosure on adolescence. Adolescence is a preparatory phase for the adult life. A healthy adolescence is very essential for a healthy adulthood. The investigation helps to predict whether self disclosure is beneficial for adolescence to improve their resilience capacity and to improve their well being. Adolescence considered the transitional stage from childhood to adulthood. This transitional period can bring up issues of independence and self-identity, conflicts and other stresses. So the Adolescence can be a time of both disorientation and discovery. They struggle with issue of the independence and identity crisis, conflicts etc. Stress create due to this transition of life is the serious problem with many teenagers. Adolescents often do passive and negative attempts to deal with problems. The present study tries to understand the importance of self disclosure in coping with the stresses of adolescence by finding the relationship between self disclosure and resilience of adolescence.

II. REVIEW OF RELATED LITERATURE

The research on self disclosure was influenced by the human potential movement of the 1960's and 1950's. Early theorists such as Jourard argued that it is important to reveal aspects of oneself to a few significant others. One of the first researchers to recognize and emphasize the importance of intimacy in friendship was Sullivan & Sullivan (1953) believed that mutual empathy, love, and felt security combine to form closeness, which often serves as an impetus for self-disclosure. Indeed, developmental researchers have revealed that characteristics of intimate friendship such as self-disclosure, closeness, and mutual assistance take on a position of increased significance during adolescence. Snider (2001) conduct a study with the purpose of investigating Self Disclosure's Role in Adolescent Friendship. Analyses were based on self-report and observational measures of 148 adolescents (mean age= 13.37; 54.7% female) and their same-sex close friends (mean age= 13.48). Results revealed that females reported engaging in higher levels of self-disclosure with friends. Furthermore, findings revealed that self-disclosure might be particularly important to the friendships of adolescents in psychological distress. Research conducted by Dandia and Allen (1992) claim that women have higher level of self disclosure in their various relationship than do men. The study conducted by Reinman (2011) reported that girls were more willing to disclose themselves to a close friend in comparison to the boys

Early work of self disclosure researchers are more about the intimacy and personal relationship development. But some of the previous research explain the how the intimacy and healthy personal relationship leads resiliency. According to Savin-Williams and Berndt (1990), close friendship is essential during adolescence so that emotional and social needs may be met and problems may be solved. The study of "When self-disclosure goes awry: Negative consequences of revealing personal failures for lower self-esteem individuals" Cameron, Holmes & Vorauer, (2008) reveals that despite the potential benefits of self-disclosure, individuals higher in self-esteem (HSEs) benefited from disclosing the personal failure in comparison to (LSEs) who disclosed individuals with lower self-esteem. According to the research of a social psychologist, Pennebaker, self-disclosure may be good not only for the soul but also for the mind and the body. Self-disclosure is associated with enhanced relationship quality as well as physical and psychological health (Pennebaker, 1989). Hemenover (2003) study examined the impact of disclosing traumas on resilient self-perceptions and psychological distress. The result suggests that in addition to reducing psychological distress, disclosing traumas change self-perception, resulting in a more resilient self-concept. Greenberg & Wortman (1996) study of Emotional expression and physical health reveals that disclosing traumatic event would similarly enhance health and adjustment

III. METHOD

3.1 Participants

The universe selected for the study is north districts of Kerala. The participants consist of 400 adolescents within the age range of 10 to 19 years. The age range is selected based on the WHO classification. The world health organization (WHO) defines "adolescents" as individuals between 10 to 19 years, "youth" between 15 to 24 years, and "young people" between 10 and 24 years (WHO, 2015). The sample was selected using simple random sampling method. In this study aspects such as gender and age are taken into consideration for the selection of sample. Among the total 400 participant, there were 156 males and 244 females.

3.2 Measures used

In order to collect the necessary information from the participant regarding the variable under study, the following tools were used.

3.2.1 Personal information schedule

The investigator prepared a schedule for collecting the personal details of the participants. The personal information schedule helped the investigator to collect information regarding relevant variable such as age, gender, education, religion, domicile etc.

3.2.2 Self-disclosure inventory

Self-disclosure inventory (Sabeena & Jisha, 2012) was designed to measure self disclosure of adolescent population. In this scale the seven sub factors were adopted from the study of Jourard (1958). The seven sub factor such as attitude and opinion, taste and interest, studies or work, body, economic problem, dreams and fantasies, and emotions and personal problem were considered in the scale to measure over all self disclosure. The split half reliability was found to be 0.66 and reliability coefficient after correction was found to be 0.79. The value indicates that the test is highly reliable measures of self-disclosure. The items of the scale were thought to be asking the qualities of self-disclosure including seven dimensions of the self-disclosure. Hence, face validity was built into the scale. Coefficient of content validity was found to be 0.60, there for the validity of the tool was medium.

3.2.3 Resilience scale

The resilience scale (Sripriya & Ajilal, 2009) was designed to measure the resilience of individuals. This scale consisted of seven subscales each having 12 items, with total items of 84 items. The subsets of the scales are (a) emotional regulation, (b) impulse control, (c) causal analysis, (d) self-efficacy, (e) realistic optimism, (f) empathy, and (g) reaching out.

The split-half reliability coefficient calculated after correction using the spearman brown formula was obtained on each subsets of the scale are (a) emotional regulation 0.92 (b) impulse control 0.72 (c) causal analysis 0.69 (d) self-efficacy 0.70 (e) realistic optimism 0.66 (f) empathy 0.73 (g) reaching out 0.82 and overall resilience scale 0.92. The validity of the scale was found out by correlating the present scale with an external criterion is stress tolerance scale. The obtained correlation coefficient on each subsets of the scale are (a) emotional regulation 0.72 (b) impulse control 0.78 (c) causal analysis 0.98 (d) self-efficacy 0.76 (e) realistic optimism 0.87 (f) empathy 0.81 (g) reaching out 0.86 and over all resilience scale 0.91.

3.3 Statistical techniques used

Statistical analyses were conducted using SPSS. Pearson product moment correlation and t-test was used for the analysis (Pallant, 2007). Pearson product moment correlation was used for obtaining and interpreting the relationship between the variables. T-test is used to test the significant difference between the mean performances of two groups.

IV. RESULT AND DISCUSSION

The investigation focuses on to find out the relationship between self disclosure and resilience among adolescence. The study consider variable such self disclosure, resilience and its seven components such as emotional regulation, impulse control, causal analysis, self-efficacy, realistic optimism, empathy and reaching out. So, to find out the inter correlations between these variables are one of the most important objectives of this study. For this purpose the statistical technique called Pearson product moment correlation was used.

4.1 Self-disclosure in relation to resilience among adolescents

Table: 1 Pearson-product moment correlation coefficient of self-disclosure and resilience

Variables	Resilienc e	Emotional regulation	Impulse control	Causal analysis	Self- efficacy	Realistic optimism	Empathy	Reaching out
Self disclosure	0.54**	0.14**	0.19**	0.52**	0.39**	0.47**	0.42**	0.47**

** $P > 0.01$

From the table it is clear that correlation coefficient obtained in the correlation analysis result were significant at 0.01 level. The table 1 indicates that self disclosure was positively correlated with all the other variables of this study. The correlation coefficient obtained in each variable as follows: resilience, 0.54; emotional regulation, 0.14; impulse control, 0.19; causal analysis, 0.52; self-efficacy, 0.39; realistic optimism, 0.47; empathy, 0.42; reaching out, 0.47.

Self-disclosure is the process of revealing personal information during communication with others. The adolescents are important group that usually face many problems due to the lack of self disclosure. According to the correlation result it could be assumed that adolescents resilience capacity, how much they survive stress or adverse life situation and how much they feel happy are related to their self disclosure.

The many previous studies show some similarity to the present study result. Hemenover (2003) study of the good, the bad, and the healthy: An impact of emotional disclosure of trauma on resilient self-concept and psychological distress reveals the relationship between self disclosure, Self concept and resilience. In a study entitled "A burden in your heart": Lessons of disclosure from female preadolescent and adolescent survivors of sexual abuse by Staller & Gardell (2005) shows the importance of self disclosure in psychologically distressed individual. The present study support this finding in some extends.

Health benefits derived from personal trauma disclosure are well established. Greenberg, Wortman, & Stone (1996) study examined whether disclosing emotions generated by imaginative immersion in a novel traumatic event would similarly enhance health and adjustment. The study finding shows some relationship between emotional regulation, resilience and self disclosure. Koonce, Seybert & James Smith (2011) analysed the Causal reasoning in financial reporting and voluntary disclosure reveals the relationship between causal reasoning and disclosure. Therefore the self disclosure and individual ability to understand and think about the problems and causes of problems was directly associated with his or her capacity to bonus back from stress and adversities of lives.

From all this study findings and present study results, it can be concluded that the self disclosure was positively related with adolescent resilience, emotional regulation, impulse control, causal analysis, self-efficacy, realistic optimism, empathy, and reaching out. This means that the highly self disclosing individual may have a high resilience capacity. Similarly low level of self disclosure or lack of self disclosure leads to low resiliency in their life.

4.2 Analysis comparing gender difference in study variables

The gender may influence one's self disclosure and resilience capacity. Among the 400 participants 159 are males and 244 are females. Comparisons of this gender groups were done by using separate t-test. The results obtained from the t-test are given in table 2.

Table 2: Comparison between males and females on self-disclosure & sub variables of resilience: result of t-test

SI No.	Variable	Gender				t value
		Male (N=159)		Female(N=244)		
		Mean	SD	Mean	SD	
1	Self-disclosure	99.68	20.93	104.79	17.35	2.64* *
2	Resilience	287.41	41.81	279.12	34.10	2.16*
3	Emotional regulation	30.94	9.30	28.44	8.22	2.81* *
4	Impulse control	34.39	10.08	32.82	8.18	1.70 ^{ns}
5	Causal analysis	45.52	7.58	44.24	7.09	1.71 ^{ns}
6	Self-efficacy	42.42	7.97	40.29	8.19	2.56*
7	Realistic optimism	43.80	8.26	41.97	7.93	2.21*
8	Empathy	47.67	7.86	49.30	6.91	2.17*
9	Reaching out	42.63	7.76	42.03	6.86	0.81 ^{ns}

** Significant at 0.01 level, * significant at 0.05 level & ns, not significant.

The result shows that, t-value obtained for self-disclosure and emotional regulations are found to have a significant difference at 0.01 levels. resilience, self efficacy, realistic optimism and empathy are found to have a significant difference at 0.05 levels. The score of impulse control, causal analysis, and reaching out don't play a significant difference with gender.

The obtained t-value was 2.64 for self-disclosure and 2.81 for emotional regulation. The obtained t-value is significant at 0.01 levels. From the present study result it is clear that there was a high gender difference presented in adolescent self disclosure and emotional regulation. The result showed that there was statistically significant difference between mean emotional regulation of male 30.94 and females 28.44. So, males were higher in emotional regulation than females. The mean self disclosure score of males were 99.68 and that of female were 104.79. From the result it is clear that there was a high gender difference presented in adolescent self disclosure and the mean score of the female was higher than males. It indicates that adolescent girl disclose more than adolescent boys.

Many previous researches explore the individual difference of self disclosure. Reinman (2011) reveals that girls were more willing to disclose themselves to a close friend in comparison to the boys. Study by Dandia and Allen (1992) find out that on average women self-disclosure is more than men with their romantic partners of the opposite sex and with their same sex friends. The vast majority of studies examining these differences have revealed that females disclose significantly more than their male counterparts.

The t-value obtained for variable resilience, self efficacy, realistic optimism and empathy are 2.16, 2.56, 2.2, and 2.17 respectively. The obtained t-value is significant at 0.05 levels.

In resilience the mean and standard deviation of male group were 281.41 and 41.81 respectively. The mean and standard deviation of the females were 279.12 and 34.10 respectively. By comparing mean score of each group it is clear that males have high stress coping ability than females. Hence, males have more capacity to maintain competent functioning in the face of major life stressors. Similarly the mean and standard deviation of male group on self efficacy were 42.42 and 7.97 respectively. The mean and standard deviation of the females self efficacy were 40.29 and 8.19 respectively. Self efficacy is how we evaluate ourselves. It is the ability to know our strength as well as our needs. The mean score of both groups indicates that, self-efficacy is high in males than females.

The obtained t-value for empathy was 2.17; this was also significant at the level 0.05. The mean and standard deviation of male group were 47.67 and 7.86 respectively. The mean and standard deviation of the females were 49.30 and 6.91 respectively. From the mean score it is clear that female have high empathy than male. Empathy is the ability to understand the feelings and needs of another person. Hence, Females has more ability to reach others behavioral cues to understand their psychological and emotional states and thus build better relationships

The score of impulse control, causal analysis, and reaching out don't play a significant difference with gender. The obtained t value for impulse control, causal analysis, and reaching out are 1.71, 1.70 and 0.80 respectively. The result shows there was no significant difference between males and females in there impulse control, causal analysis and reaching out.

The means and standard deviation of male group impulse control were 34.39 and 10.08 respectively. The mean and standard deviation of the female impulse control were 32.82 and 8.18 respectively. By comparing mean score it is clear that both male group and female group show any significant differences. It is generally assumed that females display greater ability to inhibit undesirable behaviours and control unwanted impulse than men. In contrast, it was found that adolescent male and female group does not show any differences in their impulse control.

Similarly, there was no significant difference present between the males and females causal analysis score. The means and standard deviation of male group were 45.52 and 7.58 respectively. The mean and standard deviation of the females were 44.24 and 7.09 respectively. The obtained t-value ($t=1.71$) was not significant either 0.01 or 0.05 significant levels. In reaching out the means and standard deviation of male group were 42.63 and 7.76 respectively. The mean and standard deviation of the females were 42.03 and 6.86 respectively. The mean score indicates that there was a significant difference between the males and female in their ability to reach out. From the result we can also concluded that the individuals the ability to reach out to seek new heights and to takes risks by knowing the chance of failure and success, and the ability to understand and think about the problems and causes of problems are not related to their gender.

Taken together, it is clear that adolescent girls disclose more than adolescent boys. Resilience, emotional regulation, self-efficacy, realistic optimism are high in males than females. But female have high empathy than male. The result also shows that there were no significant differences present between male and female gender group on impulse control, causal analysis and reaching out.

V. CONCLUSION

Self-disclosure is the process of revealing personal information during communication with others. From the analysis it is clear that the adolescent self disclosure was positively correlated with all other variable under study. The increases in self disclosure therefore increase the individual's emotional regulation, impulse control, causal analysis, self-efficacy, realistic optimism, empathy reaching out and resilience. The study also explores the gender differences in adolescent self disclosure and resilience capacity. The result shows that adolescent girl disclose more than adolescent boys but males have high stress coping ability than females.

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