



e-ISSN: 2319-8753 | p-ISSN: 2347-6710

IJIRSET

International Journal of Innovative Research in
SCIENCE | ENGINEERING | TECHNOLOGY

INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

Volume 12, Issue 4, April 2023

ISSN INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 8.423

9940 572 462

6381 907 438

ijirset@gmail.com

www.ijirset.com

Delayed Gratification, Well Being, Quality of Relationship among Adolescents. A Correlational Study

¹Swati Manglani, ²Dr. Chhaya Gupta

¹Student, Amity Institute of Behavioural and Allied Sciences, Amity University Lucknow Campus, Amity University
Uttar Pradesh, India

²Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University Lucknow Campus, Amity
University Uttar Pradesh, India

ABSTRACT: Delayed gratification is the capacity to postpone an urge for an immediate reward in favour of a more desirable reward at a later moment. Research has demonstrated that highly successful people have the capacity to postpone receiving rewards. This study aimed to explore the relationship between delayed gratification, well-being, and quality of relationship. The findings showed a positive correlation between delayed gratification and well-being, consistent with previous research, indicating that individuals who can delay gratification tend to have better outcomes in various areas of life. However, the relationship between delayed gratification and relationship quality was not significant, except for a weak positive correlation with consensus. The measures of relationship quality were interrelated, with consensus being a predictor of both satisfaction and cohesion. The weak correlation between well-being and relationship quality suggests that other factors may play a more significant role in predicting relationship outcomes. These results highlight the need for further research using experimental designs to better understand the complex relationships between delayed gratification, well-being, and relationship quality.

KEYWORDS: Delayed Gratification, Well Being, Quality of Relationship.

I. INTRODUCTION

In daily life, well being is referred to as perceiving life positively and feeling good. How we feel (our emotions and level of life satisfaction) and how we behave are two factors that together make up our mental well being (relationship with others, personal control, purpose in life and interdependence).

Everyone, young and old is affected by it, and anyone might have good and bad mental health. Most contemporary research claims well being is multi-dimensional in character and associated with how well we feel we are doing as individuals, communities and societies, there is no single agreed definition. Well being is variously linked to positive and negative effect, satisfaction with life, quality of life, happiness, personal growth and flourishing, capability, self acceptance, positive relationship and autonomy. (dodge, daly, huyton and sanders, 2012).

Colorado State University pueblo understands how crucial your health is. Eight interdependent components make up wellness: financial, emotional, physical, occupational, social, spiritual, and intellectual. One's health, wellbeing, and quality of life will suffer if one of these dimensions is neglected over time. A holistic harmony to one's own well-being is provided by a well-rounded balance of various wellness characteristics.

Well-being is a positive state experienced by individuals and societies. It is a resource for daily life and, like health, is influenced by social, economic, and environmental factors. The ability of individuals and communities to make a meaningful contribution to society is a key component of wellbeing. Monitoring the equal allocation of resources, general well-being, and sustainability are all aided by a well-being-centred approach. The resilience, capacity for action, and readiness of a society to overcome obstacles can all be used to measure its well-being.

An individual's sense of wellbeing is essential to their general health since it helps them overcome obstacles and realise their goals in life. Wellbeing can be impacted by past events, attitudes, and outlook, as well as by physical or mental damage resulting from particular circumstances. Compared to children who are generally developing, children with learning and developmental impairments may experience a lot more stress, which can have an adverse effect on both their health and wellbeing.

Quality of relationship:-

Relationships are the foundation of personality and contribute to the person's well-being. It becomes interesting to investigate relationship quality, the fundamental driving force behind relationships, in light of the potential significance that partnerships may have on an individual. Quality of relationships is an individual's positive or negative feeling about their relationship.

In order to be in a meaningful relationship, it must exhibit seven key characteristics:-

1. **Communication:-** Communication is the expression of and reception of another person's thoughts, ideas, and feelings. Because it's the only way for people to connect, relationships depend on it. It's essential to the following attributes but frequently disappears first when a relationship starts to go south. Expressing yourself honestly and openly, as well as paying close attention to the other person and trying to understand what they are saying, are the keys to effective communication (both verbally and non-verbally).
2. **Respect:-** To respect someone is to hold their thoughts and existence in high regard and in a favourable light. Because trust and dependency cannot flourish in a partnership without respect for both parties involved. Treat others like THEY want to be treated in order to demonstrate respect.
3. **Honesty:-** You are sincere about what you do if your words match your actions. Since honesty is one of the foundations of trust, it is essential to meaningful relationships; without it, the relationship is likely to fail. Honesty requires you to set clear expectations for both yourself and the other person, admits any errors, and express how you really feel.
4. **Dependability:-** Integrity, which is a component of dependability, refers to the capacity to carry out your commitments as stated in your statements. Dependability is a critical sign of support for the other person and is the second pillar of trust. By being trustworthy, keeping your word and being physically and psychologically there for the other person.
5. **Empathy:-** Vicarious experience of another person's ideas, feelings, and emotions is referred to as empathy. Empathy, which goes beyond pity, is the highest expression of support for the other person since it involves actually putting yourself in their situation and going through what they are. Seek first to understand, then to be understood, as Steven Covey puts it. Before attempting to resolve it, react to it, or dismiss it, concentrate on fully comprehending what the other person is experiencing and feeling.
6. **Interdependence:-** Interdependence is the development of a solid relationship between two independent individuals. Because both parties have a stable basis, interdependence is stronger than a co-dependent relationship. The result is "the total being greater than the sum of the parts," which has a strong impact. By looking for ways that every situation may benefit both independent parties; this is how interdependence develops.
7. **Purpose:-** Every strong relationship has a goal; a reason why the two individuals are interacting, hanging out, or getting involved with each other. It may be for advice with a profession, for socialising, for love, or for any number of other reasons. Without a purpose, a relationship isn't worth the time or effort since it doesn't offer something of value to at least one of the members; the purpose serves to set expectations and guidelines for the connection. Determining a purpose is assessing the reason you are in a relationship and identifying the same goal for the connection with the other party.

How Quality of Relationship play a role in well being:-

Throughout your life, the number and strength of your relationships affect your mental and physical wellbeing. The benefit of good quality of relationship and good health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships. Moreover, having strong, healthy connections can boost your immune system, aid in illness recovery, and possibly even prolong your life. The good news is that although many of these advantages can increase your happiness and contentment, they also have a spillover effect that makes those around you want to hang out with you. Such a positive feedback loop of social, emotional, and physical wellness is produced through social connectivity.

Relationships may be the most crucial skill to develop when it comes to wellbeing. Just consider what keeps you going when things are difficult. Consider what will be most important as you reflect on your life. For most of us, the answer is straightforward. Work, money, or status are not the issue. It's the love and ties we have with our loved ones, friends, and coworkers. In fact, researchers in positive psychology now argue that well-being and relationships work together to create a kind of upward spiral. The seeds of wellbeing are sown through healthy connections. They improve your

immune system, lengthen your life, and increase your stress tolerance. But, the inverse is also true: Relationships are strengthened when we are happy. Better friends, coworkers, lovers, and life partners are those who are feeling well, joyful, and fulfilled in their lives.

Delayed gratification:-

Delayed gratification, self-control, and self-regulation are terms that are often and inconsistently employed interchangeably. The typical definition of delayed gratification is the capacity to postpone an urge for an immediate reward in favour of a more desirable reward at a later moment. Research has demonstrated that highly successful people have the capacity to postpone receiving rewards. Further research reveals that the idea of self-control is within the umbrella term "self-regulation" (Baumeister, Vohs, & Tice, 2007). There is a continuum of distinct constructions underneath self-control, including impulse control and ego resilience (Funder & Block, 1989). In the continuum, gratification delay occupies the gap between these two notions.

Initial theories on delayed gratification focused on the construct as a personality trait and predictor of future success. The construct's ability to adapt has been questioned by other research. Researchers have looked at whether delaying pleasure in addition to fulfilment is always advantageous. According to Mischel et al. (2010), delaying gratification gets better with age. When a toddler becomes upset after waiting five minutes for a biscuit, parents will be able to see that this has happened. Our bodily bodies understand how pleasure aids in our survival. To survive and pass on our genetic material, we need food, sleep, water, and sex. We would naturally have the tendency to see these things as enjoyable, intuitively.

According to the notion of self-control and self-regulation (Baumeister et al., 2007), the following are the five domains of gratification delay:

1. Food
2. Physical pleasures
3. Social interactions
4. Money
5. Achievement

Relationship quality and an individual's wellbeing can both benefit from delayed gratification, which is the capacity to resist the temptation of an immediate reward and choose a bigger payoff in the future. The following are some ways that delayed gratification can have an impact in various areas:

Quality of relationship:- By promoting dependability and trust, delayed gratification can raise relationship quality. Delaying gratification demonstrates one's ability to put the needs of others before their own and one's ability to be trusted to keep their word. With deeper relationships and a more secure and encouraging atmosphere, this can assist.

The well-being of an individual can also be positively impacted by delayed gratification. According to studies, those who are better at delaying gratification have stronger self-control and are less prone to act impulsively in ways that might have unfavourable outcomes. Better physical health as well as increased mental stability and life satisfaction can result from this.

Ultimately, the capacity to postpone satisfaction may have significant effects on both the nature of interpersonal interactions and an individual's wellbeing. By developing this skill, people can have more fulfilling and enduring relationships as well as have higher overall satisfaction and contentment in their life.

II. RESEARCH METHODOLOGY

2.1 Purpose:

The purpose of assessing the relationship between delayed gratification, well being and quality of relationship is to acknowledge the role gratification can help to increase or decrease the quality of one's relationship and their own well being. This Study can be used as means of future research or information for mental health professionals to deal with relationship issues and gain a different perception about the extraneous factors that have a correlation between the quality of relationship and well being and delayed gratification.

2.2 Objectives

- To assess the relationship between delayed gratification and well being
- To assess the relationship between delayed gratification and Quality of Relationship

2.3 Hypotheses

H1- There will be a significant relationship between Delayed gratification and Quality of Relationship among adolescents.

H2- There will be a significant relationship between Delayed Gratification and well being among Adolescents.

H0- There will be no significant relationship between delayed gratification, well being and Quality of relationship.

2.4 Variable

Delayed Gratification, Quality of relationship, well Being.

2.5 Population and Sample

Sampling: The sample for this study consisted of people who are 20 to 30 years of age and who are in a romantic relationship or are married. The selection of participants was done based on the combination of stratified and convenience sampling to ensure a diverse and representative sample of 20 to 30-year-old individuals who are married or in a relationship.

- **Sampling Technique:** Selection of participants was done based on the combination of stratified and convenience sampling.
- **Sample Size:** A total of 100 people were assessed in this study.
- **Population Age:** People who are between the age of 20 to 30 years of age.

2.6 Tools Used

Delayed Gratification Inventory

The "delayed gratification inventory" is a measurement tool developed by Walter Mischel, Yuichi Shoda, and Philip K. Peake in their research on self-control and delayed gratification. They first introduced the concept of delayed gratification in their famous "marshmallow experiment" in the late 1960s and early 1970s. The delayed gratification inventory is a questionnaire designed to measure an individual's ability to delay gratification and resist temptation in order to achieve long-term goals. It has been used in numerous studies in psychology and related fields. The DGI demonstrated strong internal consistency and test-retest reliability for the 35-item composite. In terms of validity, the DGI has shown evidence of construct validity, convergent validity, and discriminate validity.

Well Being Index:-

The WHO-5 Well-Being Index was developed by a group of researchers at the World Health Organization (WHO) in 1998. The primary authors of the index were Drs. W. R. P. Kuyken, G. Orley, and M. S. Herrman. The WHO-5 is a self-administered questionnaire that measures subjective well-being and can be used as a screening tool for depression. It consists of five items, which are rated on a six-point Likert scale. The questionnaire assesses the individual's subjective feelings of well-being over the past two weeks. The scale has been validated in multiple studies and has been translated into many different languages, making it a useful tool for international research. The WHO-5 Well-Being Index has been shown to have good validity and reliability in multiple studies across different populations and cultures. Construct validity has been established through factor analyses, which have consistently found that the five items of the WHO-5 measure a single underlying construct of well-being. Additionally, the WHO-5 has been found to have strong criterion-related validity, as it correlates well with other measures of mental health and well-being, such as the Beck Depression Inventory and the SF-36 Health Survey. The WHO-5 Well-Being Index has been shown to have good validity and reliability in multiple studies across different populations and cultures. Construct validity has been established through factor analyses, which have consistently found that the five items of the WHO-5 measure a single underlying construct of well-being. Additionally, the WHO-5 has been found to have strong criterion-related validity.

Revised Dyadic Adjustment scale:-

The Revised Dyadic Adjustment Scale (RDAS) is a self report questionnaire that assesses seven dimensions of couple relationships within three overarching categories including Consensus in decision making, values and affection, Satisfaction in the relationship with respect to stability and conflict regulation, and Cohesion as seen through activities and discussion. "[With] time constraints on therapists in clinical practice, the RDAS allows for a reliable and economical measurement of marital and relationship quality" (Crane, Middleton, & Bean, 2000, p. 54). The RDAS includes only 14 items, each of which asks the respondents to rate certain aspects of her/his relationship on a 5 or 6



point scale. Scores on the RDAS range from 0 to 69 with higher scores indicating greater relationship satisfaction and lower scores indicating greater relationship distress. The cut-off score for the RDAS is 48 such that scores of 48 and above indicate non-distress and scores of 47 and below indicate marital/relationship distress. The RDAS has been found to have a Cronbach’s alpha (reliability) of .90. Construct validity for the RDAS is supported by its high correlation with a similar measure, the Locke-Wallace Marital Adjustment Test (MAT). The correlation between the RDAS and the MAT was .68 ($p < .01$).

2.7 Research Design

Correlational research design

2.8 Inclusion Criteria

The participants of this research study were selected if they fulfilled all the following criteria-

- People who are between 20 to 30 years of age.
- People who are married or are in a romantic relationship.
- People who can read and understand English.

2.9 Exclusion Criteria

The participants in this research study were not selected if they fulfilled any of the following criteria-

- People who are above 30 years of age.
- People who are below 20 years of age.

2.10 Procedure

The questionnaire was administered upon the people who are between the age group of 20 to 30 years of age and are also in a romantic relationship or married. Initially a pilot study was conducted. The positive results from pilot study paved the way for actual study which involved 100 participants. The questionnaires were given to the participant individually after checking if they fall into the inclusion criteria. Proper consent of the participants was taken.

2.11 Statistical Tools Used For Data Analysis

The data was analyzed using the SPSS software. The statistical analysis applied here were-

- **Correlation**

III.RESULTS AND DISCUSSION

3.1.1 Results

<u>Correlations</u>						
		<u>Delayed Gratification</u>	<u>Well being</u>	<u>Consenss (Quality of Relationshi p)</u>	<u>Satisfactin (Quality of Relationshi p)</u>	<u>Cohesion (Quality of Relationshi p)</u>
<u>Delayed Gratification</u>	<u>Pearson Correlatio n</u>	<u>1</u>	<u>.250*</u>	<u>0.154</u>	<u>0.095</u>	<u>0.054</u>
	<u>Sig. (2-tailed)</u>		<u>0.011</u>	<u>0.125</u>	<u>0.346</u>	<u>0.594</u>
	<u>N</u>	<u>102</u>	<u>102</u>	<u>101</u>	<u>101</u>	<u>101</u>



<u>Well being</u>	<u>Pearson Correlation</u>	<u>.250*</u>	<u>1</u>	<u>-0.046</u>	<u>0.023</u>	<u>-0.160</u>
	<u>Sig. (2-tailed)</u>	<u>0.011</u>		<u>0.651</u>	<u>0.822</u>	<u>0.111</u>
	<u>N</u>	<u>102</u>	<u>102</u>	<u>101</u>	<u>101</u>	<u>101</u>
<u>Consensus (Quality of Relationship)</u>	<u>Pearson Correlation</u>	<u>0.154</u>	<u>-0.046</u>	<u>1</u>	<u>.237*</u>	<u>.274**</u>
	<u>Sig. (2-tailed)</u>	<u>0.125</u>	<u>0.651</u>		<u>0.016</u>	<u>0.005</u>
	<u>N</u>	<u>101</u>	<u>101</u>	<u>102</u>	<u>102</u>	<u>102</u>
<u>Satisfaction (Quality of Relationship)</u>	<u>Pearson Correlation</u>	<u>0.095</u>	<u>0.023</u>	<u>.237*</u>	<u>1</u>	<u>.238*</u>
	<u>Sig. (2-tailed)</u>	<u>0.346</u>	<u>0.822</u>	<u>0.016</u>		<u>0.016</u>
	<u>N</u>	<u>101</u>	<u>101</u>	<u>102</u>	<u>102</u>	<u>102</u>
<u>Cohesion (Quality of Relationship)</u>	<u>Pearson Correlation</u>	<u>0.054</u>	<u>-0.160</u>	<u>.274**</u>	<u>.238*</u>	<u>1</u>
	<u>Sig. (2-tailed)</u>	<u>0.594</u>	<u>0.111</u>	<u>0.005</u>	<u>0.016</u>	
	<u>N</u>	<u>101</u>	<u>101</u>	<u>102</u>	<u>102</u>	<u>102</u>

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

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

3.2 Discussion

The results of this correlation analysis suggest that there is a positive relationship between delayed gratification and well-being, which is consistent with previous research. Individuals who have the ability to delay gratification tend to have better outcomes in various areas of life, such as academic achievement, health, and relationships.

The findings related to relationship quality are more complex. It is interesting to note that delayed gratification is not significantly correlated with any of the measures of relationship quality, except for a weak positive correlation with consensus. This may suggest that the ability to delay gratification is not as important for relationship quality as it is for individual well-being.

On the other hand, the measures of relationship quality are interrelated, with consensus being a predictor of both satisfaction and cohesion. This suggests that having a shared understanding or agreement about the relationship is important for both individuals feeling satisfied and the relationship functioning smoothly.

It is also worth noting that the correlations between well-being and the measures of relationship quality were generally weak and not significant. This may suggest that well-being and relationship quality are not strongly related or that other factors, such as personality traits or situational factors, may play a more significant role in predicting relationship outcomes.

Overall, these results provide some insights into the complex relationships between delayed gratification, well-being, and relationship quality. However, as this is a correlational study, it is important to note that the direction of causality cannot be inferred. Further research using experimental designs is needed to better understand these relationships.

3.3 Conclusion

The above table shows the correlation coefficients between delayed gratification, well-being, and various measures of relationship quality (consensus, satisfaction, and cohesion) in a sample of participants.

The results indicate that delayed gratification is positively and significantly correlated with well-being ($r = 0.250$, $p = 0.011$), suggesting that individuals who are better at delaying gratification tend to have higher levels of well-being.

In terms of relationship quality, delayed gratification is positively but not significantly correlated with consensus ($r = 0.154$, $p = 0.125$), satisfaction ($r = 0.095$, $p = 0.346$), and cohesion ($r = 0.054$, $p = 0.594$).

Well-being is not significantly correlated with any of the measures of relationship quality (consensus: $r = -0.046$, $p = 0.651$; satisfaction: $r = 0.023$, $p = 0.822$; cohesion: $r = -0.160$, $p = 0.111$).

Consensus is positively and significantly correlated with satisfaction ($r = 0.237$, $p = 0.016$) and cohesion ($r = 0.274$, $p = 0.005$), suggesting that individuals who have higher levels of consensus in their relationships also tend to report higher levels of satisfaction and cohesion.

Satisfaction is positively and significantly correlated with cohesion ($r = 0.238$, $p = 0.016$), indicating that individuals who report higher levels of satisfaction also tend to report higher levels of cohesion in their relationships.

Overall, these findings suggest that delayed gratification and well-being are positively associated, but that the relationship between delayed gratification and relationship quality is less clear. The measures of relationship quality are interrelated, with consensus being a predictor of both satisfaction and cohesion.

REFERENCES

1. Hofmann, W., Schmeichel, B. J., & Baddeley, A. D. (2012). Executive functions and self-regulation. *Trends in cognitive sciences*, 16(3), 174-180.
2. Mischel, W., Shoda, Y., & Rodriguez, M. L. (1989). Delay of gratification in children. *Science*, 244(4907), 933-938.
3. Moffitt, T. E., Arseneault, L., Belsky, D., Dickson, N., Hancox, R. J., Harrington, H., ... & Sears, M. R. (2011). A gradient of childhood self-control predicts health, wealth, and public safety. *Proceedings of the National Academy of Sciences*, 108(7), 2693-2698.
4. Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. *Journal of personality*, 72(2), 271-324.
5. Wulfert, E., Block, J. A., Santa Ana, E., Rodriguez, M. L., & Colman, M. (2002). Delay of gratification: impulsive choices and problem behaviours in early and late adolescence. *Journal of personality*, 70(4), 533-552.
6. Impett, E. A., Gable, S. L., & Peplau, L. A. (2005). Giving up and giving in: The costs and benefits of daily sacrifice in intimate relationships. *Journal of Personality and Social Psychology*, 89(3), 327-344.
7. Kirby, K. N., Petry, N. M., & Bickel, W. K. (1999). Heroin addicts have higher discount rates for delayed rewards than non-drug-using controls. *Journal of Experimental Psychology: General*, 128(1), 78-87.
8. Shulman, E. P., Harden, K. P., Chein, J. M., & Steinberg, L. (2014). The development of impulse control and sensation-seeking in adolescence: independent or interdependent processes. *Journal of Research on Adolescence*, 24(2), 181-193.
9. Casey, B. J., Somerville, L. H., Gotlib, I. H., Ayduk, O., Franklin, N. T., Askren, M. K., ... & Shoda, Y. (2011). Behavioral and neural correlates of delay of gratification 40 years later. *Proceedings of the National Academy of Sciences*, 108(36), 14998-15003.
10. Jacobsen, T., Huss, M., Fendrich, M., Kruesi, M. J. P., Ziegenhain, U. (2010). Children's ability to Delay Gratification, Longitudinal Relations to mother- Child Attachment. *The journal of genetic psychology*, (158(4), 411-426.



|| Volume 12, Issue 4, April 2023 ||

| DOI:10.15680/IJIRSET.2023.1204369 |

11. Schlam, T. R., Wilson, N. L., Shoda, Y., Mischel, W. (2013). Preschoolers' delay of gratification predicts their body mass index (BMI) 30 years later. *The Journal of Pediatrics*, (162(1), 90-93.
12. Mohsin, F.Z., Ayub, N. (2014). The relationship between Procrastination, Delay of Gratification and job satisfaction among high school teachers. *The Japanese Psychological Association*, (56(3), 224- 234.



SJIF Scientific Journal Impact Factor

Impact Factor: 8.423



INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

 9940 572 462  6381 907 438  ijirset@gmail.com



www.ijirset.com

Scan to save the contact details