



EMOTIONAL EXPRESSIVENESS AND SELF ESTEEM: A CORRELATION STUDY ON INDIAN MEN

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ABSTRACT

The correlational study aimed at investigating the relationship between emotional expressiveness and self-esteem among Indian urban men. Emotional expressiveness and self-esteem are vital components of psychological well-being, yet their dynamics within the specific demographic of urban working men in India are relatively unexplored. Through the utilization of established psychometric instruments, namely the Berkeley Expressivity Questionnaire (BEQ) and Rosenberg's Self-Esteem Scale, this study seeks to measure emotional expressiveness and self-esteem levels within the chosen demographic. The study's outcomes aimed to enhance our understanding of the emotional and psychological experiences of Indian urban men, offering insights that may inform targeted mental health interventions, support programs, and holistic well-being strategies tailored to this specific demographic. There were 114 participants (Indian males between the ages 30 to 60 years) for the study and data was collected through google forms. The

data was normally distributed, and Spearman's correlation was used. The result found out that there is a significant correlation between Emotional Expressiveness and Self Esteem in adult Indian males.

Keywords: Emotional Expressiveness, Self Esteem, Indian males

INTRODUCTION

Individuals psychological and emotional wellness are crucial factors that have a big impact on how well-rounded their lives are. Our experiences, interactions, and reactions to different life situations are significantly shaped by our emotions. Additionally, self-esteem, which is defined as how we view and assess our value, has a significant impact on our self-assurance, capacity for making decisions, and general mental health. Researchers, therapists, and scientists are interested in the connection between emotional expressiveness and self-esteem because it may offer crucial insights into the complexity of the human psyche. Urban males in India's rapidly evolving metropolitan environment encounter unique difficulties and psychological complications. They must strike a balance between the demands of their professional jobs their relationships with others and social expectations as they move through a dynamic and demanding sociocultural milieu. This research aims to shed light on a neglected component of Indian urban working men's psychological well-being by investigating the complicated relationship between emotional expression and self-esteem. Indian culture is incredibly diverse and varied, with enduring customs and expectations that have a big impact on how people express their emotions and view themselves. Men's emotional expression and self-perception in India may be impacted by the rapid changes in lifestyle and societal expectations brought about by urbanization. This study intends to illuminate the intricate interplay between cultural and environmental influences and investigate their impact on emotional

expression, self-esteem, and the general psychological health of Indian males living in urban environments.

The research aimed to investigate the relationship between emotional expression and self-esteem within this demographic group by conducting a correlational study using well-established psychometric tools such as the Berkeley Expressivity Questionnaire (BEQ) and Rosenberg's Self-Esteem Scale. The results of this study have significant ramifications for community support initiatives, employment policies, and mental health interventions. The study also seeks to advance knowledge on the emotional and psychological experiences of urban working males in India and to add to the larger conversation about mental health, self-awareness, and general well-being. In the end, the study aims to offer practical knowledge that can help people, mental health experts, and policymakers build situations that are encouraging and more favourable to emotional development and raise self-esteem among urban working men in India.

SELF ESTEEM

Self-esteem refers to an individual's overall positive or negative evaluation of themselves. It includes perceptions of one's competency and worth as a person, as well as sentiments of self-worth and self-acceptance. Self-esteem has an impact on how people establish and maintain relationships. Stronger self-worth makes people better at establishing healthy boundaries, communicating clearly, and upholding mutual respect. It's crucial to comprehend the link between mental health and self-esteem. Low self-esteem frequently fuels a loop of unfavourable thoughts and feelings that lead to mental health issues like anxiety, sadness, and substance abuse.

Self-awareness, self-compassion, and a willingness to confront self-critical viewpoints are necessary for establishing and upholding a healthy degree of self-esteem. The combination of therapeutic approaches, self-care techniques, and encouraging social networks helps people develop and maintain healthy self-esteem.

EMOTIONAL EXPRESSIVENESS

Emotional expressiveness refers to an individual's propensity and ability to outwardly display their emotions, feelings, and thoughts to others. It involves the ability to accurately articulate and demonstrate one's feelings and is rooted in the understanding that emotions play a vital role in human interactions and relationships, and the ability to express them appropriately contributes to effective communication and connection with others. Emotional expressivity encompasses the conscious and subconscious ways in which individuals choose to reveal their emotions. It is influenced by cultural norms, personal upbringing, social context, and individual personality traits. Cultivating emotional expressiveness has several benefits like it helps promote healthy relationships and connections because sharing emotions allows others to understand and empathize with our experiences or help alleviate inner turmoil by allowing individuals to release pent-up feelings and reduce stress and emotional tension.

The emotional well-being and psychological health of individuals have an immense and pervasive influence, determining the very structure and substance of their lives, and inextricably woven into this complex tapestry are the dynamics of emotions, acting as architects that shape experiences. and skilfully navigate through interactions, painting the outlines of personal stories. At the same time, a tall edifice of self-esteem stands as a sentinel, bolstering self-confidence, shaping the landscape of decision-making, and laying the foundation for resilient mental balance. Against the

backdrop of India's rapidly changing urban landscape, a landscape full of challenges and complexities, this research emerges as a clarion call to explore and explore the depths of the complex and often mysterious relationship between the outward expression of emotions and the foundation of the self- reverence, with a particularly keen eye for a dynamic cohort of urban working men. This demographic traversal of the sociocultural tapestry labyrinth, fraught with its own unique challenges, proves fertile ground for dissection and exploration of this connection. Armed with established psychometric tools that serve as compasses in the uncharted waters of the human psyche, this study sets out to uncover, dissect, and decode the complex threads that connect emotional expression and self-esteem in this specific cohort, thereby reflecting implications. for sensitive reconfiguration of mental health interventions, recalibration of workplace policies and more empathetic and responsive social scaffolding.

REVIEW OF LITERATURE

In the study Crocker et al. (2010) paper titled “Self-Esteem's Influence on Emotional Expression,” the authors examined how self-esteem shapes emotional expression during social interactions. Their findings highlighted that individuals with high self-esteem tend to communicate their emotions authentically, while those with low self-esteem may suppress feelings to avoid negative evaluation. This study highlights the key role of self-esteem in influencing open or reserved emotional expression.

In the study titled, “Gender Differences in Emotional Expressiveness and Self-Esteem” (Zell & Krizan, 2014) the authors investigated gender differences in emotional expressivity and self-esteem. Research has shown that women tend to express emotions more openly than men, and emotional expressiveness has been positively associated with self-esteem in both sexes.

In another study, Raval and Kumar (2017) delved into cross-cultural differences in emotional expression and self-esteem between Indian and American college students. Their research revealed that cultural norms significantly influence emotional expression styles, with Indian students showing more reserved tendencies. This resonates with Kumar et al. (2012) who emphasized the influence of collectivist cultural values on emotional restraint and expression. These studies highlight the importance of cultural nuances in shaping emotional behaviour and self-esteem in India.

While Singh and Gupta (2014) focused on emotional intelligence and self-esteem among Indian adolescents. Their study showed a positive correlation between emotional intelligence and self-esteem, suggesting that increased emotional awareness contributes to positive self-perception. Additionally, Verma and Chaudhary (2018) delved into gender dynamics, self-esteem, and emotion regulation among Indian adolescents. Their research revealed a complex interplay and highlighted that higher self-esteem was associated with improved emotional regulation, with gender acting as a moderating factor. The study highlighted the interrelationship between self-esteem, emotional control, and gender-specific emotional expression. In a study conducted on Social Support and Well-being among Older Adults, Kavitha, and Paul (2019) examined social support, emotional expressivity, and psychological well-being among older adults in India. Their study shed light on the positive association between emotional expressiveness, social support, and psychological well-being. This insight shows the enduring relevance of emotional expression and self-esteem throughout life.

RATIONALE

In India's collectivist culture, men are often praised for controlling their emotions, unlike in individualistic societies where expressive emotions are related to self-esteem. This affects Indian men in urban jobs due to cultural norms, high pressure work and societal expectations. Traditional masculinity associates

emotional restraint with power, which is antithetical to personal well-being. The research on emotional expression and self-esteem in Indian working men aims to uncover unique sociocultural influences and help mental health professionals create targeted interventions. The study challenges norms of masculinity, encourages emotional expression and improves the mental health narrative. It bridges research gaps, drives tailored mental health programmes, workplace initiatives and awareness campaigns, and reshapes societal attitudes towards emotional well-being.

METHODOLOGY

RESEARCH QUESTION

Is there a correlation between emotional expressiveness and self-esteem among Indian urban working men?

OBJECTIVE

To explore the correlation between emotional expressiveness and self-esteem among Indian urban working men.

AIM

The aim of the current research is to study the correlation between emotional expressiveness and self-esteem among urban males in India.

HYPOTHESIS

There will be a significant correlation between emotional expressiveness and self-esteem among adult Indian males.

SAMPLE

A sample of 114 males between the age group of 25 to 60 years was collected randomly. The sample was collected by “simple random sampling” by google forms where the sample were randomly collected from the population. Random sampling is a method used in statistics and research to select a subset of individuals or items from a larger population in a way that each member of the population has an equal and independent chance of being chosen. This sampling technique aims to ensure that the selected sample is representative of the entire population, which allows for making valid inferences and generalizations about the population based on the characteristics observed in the sample.

MEASUREMENTS

The following scales will be used to collect the data:

- **Rosenberg Self-Esteem Scale:** It is a self-report questionnaire created by psychologist Morris Rosenberg in 1965. It has ten statements, five of which are positively and five negatively worded. Using a four-point Likert scale, often ranging from "Strongly Agree" to "Strongly Disagree," respondents are asked to indicate how much they agree or disagree with each item. Lower scores on the measure imply lower levels of self-esteem, while higher scores on the scale indicate higher levels. The scale has a significant Cronbach coefficient ($M = 0.81$) and has high internal coherence. With correlations of .85 and .88, test-retest reliability over a 2-week period exhibits excellent stability. The scale has an extraordinary level of internal consistency, as evidenced by its Guttman scale coefficient of reproducibility of .92.
- **Emotional Expressiveness:** The Berkeley Expressivity Questionnaire (BEQ) is a psychometric instrument used to assess a person's propensity for open and expressive emotional expression. It

evaluates how effectively a person expresses their emotional states to others via both verbal and nonverbal cues. The BEQ's reported Cronbach's alpha values typically range from 0.80 and above, indicating acceptable reliability. The two subdimensions include: Positive Expressivity (assesses how openly someone conveys positive emotions to others, such as happiness and excitement); Negative Expressivity (gauges how readily a person communicates unpleasant feelings to others, such as grief or anger).

INCLUSION CRITERIA

- 30-60 years
- Indian Male
- Urban population
- Graduate
- Must understand English

EXCLUSION CRITERIA:

- Females
- Non - Indians
- Rural population
- Non- English speakers

PROCEDURE

A sample of 114 males, aged 30 to 60 years old was randomly selected for the present study. The Rosenberg self-esteem test and Berkeley Expressivity Questionnaire was given to the participants by google forms. After collecting the data, normality was identified as the data is not normally distributed and the spearmen method was used. Finally, the data was analysed by using Statistical Package for the Social Sciences (SPSS).

RESEARCH DESIGN & STATISTICAL ANALYSIS

For analysing the data Descriptive statistic was used which included Normalcy of the data, skewness, and the central tendencies (Mean, Median and Mode). Normalcy was analysed by using Kolmogorov-Smirnov. To find correlation non-parametric spearman's correlation test was used. The whole analysis was done by using Statistical Package for the social sciences (SPSS) 20th version.

RESULT

Table 4.1 Shows the mean and standard deviation value for Emotional Expressiveness and Self Esteem

	EE	SE
Mean	41.61	32.13
Standard Deviation	15.367	5.089

Table 4.1 is the mean and standard deviation (SD) score of Indian males on emotional expressiveness and self-esteem. The mean score is 41.61 for Emotional intelligence and 32.13 for Self Esteem and the standard deviation is 15.367 for Emotional Intelligence and 5.089 for Self Esteem.

Table 4.2 *Shows the result of Normality on Emotional Expressiveness and Self Esteem in adult Indian males*

	Statistics	Df	Sig.
EE	.142	114	.000
SE	.101	114	.006

For finding out the distribution of the data, normalcy was tested. Table 4.2 says that the distribution of the data is not normally distributed for EE and SE. The statistics is 0.946 for EE and 0.952 for SE, df is 114 for both and significance is .000 for EE and .006 for SE by using Kolmogorov-Smirnov test.

Table 4.3 Shows the result of correlation between Emotional Expressiveness and Self Esteem by using spearman's correlation method

	EE	SE
Sig.	.000	.000

To find the correlation between Emotional Expressiveness and Self Esteem Spearman's correlation method was used as the data was not normally distributed. The significance value is .000 for Emotional Expressiveness and Self Esteem and is statistically significant indicating a correlation between Emotional Expressiveness and Self Esteem.

DISCUSSION OF RESULTS

There is a significant correlation between Self Esteem and Emotional Expressiveness in urban Indian adult males. The study's findings offer insightful observations into the intricate interplay between emotional expressiveness, self-esteem, and cultural norms in the context of Indian urban men. Self Esteem does not only play importance in educational, career or social settings but also have deep implications on the personal sphere so the results of this research could be implied on various aspects of life like physical health, mental health, relationships, assertiveness, resilience, decision making, conflict resolution etc.

The implications of the study extend to the domain of mental health interventions tailored for this specific demographic. Acknowledging the intricate socio-cultural factors that influence emotional expression,

mental health practitioners can formulate strategies to promote emotional well-being among Indian urban working men. Similarly, organizations could contribute by fostering a supportive environment conducive to open emotional dialogue, potentially resulting in heightened job satisfaction, and enhanced psychological health. There is a possibility of future research on understanding the interplay of culture and its impact on self-esteem as well as emotional expressiveness.

In summary, the research reveals an important relationship between self-esteem and emotional expression in urban Indian male adults, revealing the complex interplay of emotions, self-esteem, and cultural norms. These findings have implications beyond academics for physical and mental health to conflict resolution. Mental health professionals can tailor interventions to these demographics, and organizations can promote open emotional dialogue and improve job satisfaction and psychological well-being. This research also helps explore the impact of culture on self-esteem and emotional expression, challenges traditional norms of masculinity, and promotes healthy emotional openness. Cross-cultural studies emphasize these concepts by emphasizing the need to study cultural differences more deeply.

CONCLUSION

The study found there is a significant correlation between Emotional Expressiveness and Self Esteem. In conclusion, our research highlights a significant correlation between self-esteem and emotional expression in urban Indian male adults. This correlation highlights the complex interplay between emotional behaviour, self-worth, and cultural norms, with implications that extend far beyond academia. The findings are supported by Crocker et al. (2010) and Raval and Kumar (2017).

Strength

- Limited research on the topic in the Indian context.
- The study addresses an important topic.
- The study is quantitative in nature providing measurement precision.

Limitation

- Sample size was small.
- Chances of cultural Variations as there are different religions, culture and languages and there was no equal distribution of this.
- Self-Report Measures may introduce biases and social desirability.

Implications

- Mental health intervention and support programmes to increase self-esteem by using emotional expressiveness as a means.
- It can help design strategies to promote emotional well-being and self-esteem among urban men in the workplace.
- In workplaces, diversity training based on cultural factors and emotional expression could promote understanding among employees.
- It can help improve interpersonal relationships by understanding how self-esteem is influenced by emotional expressivity.

Future Recommendation

- A study can be conducted on understanding the type of correlation as positive or negatively correlation can help identify deeper implications.
- A study could be conducted on comparing the cultural impact of correlation between self-esteem and emotional expressiveness.
- A longitudinal study can be conducted to understand the long term impacts of culture on correlation between self-esteem and emotional expressiveness.

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