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Sibling Relationship, Emotional Expressivity and Adjustm among Sibling of Autistic Individuals

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Abstract

The study aimed to observe the relationship of emotional expressivity and sibling relationship to predict adjustment in sibling of autistic children. Quantitative data was collected from the targeted population in form of self-report questionnaires. Emotional Expressivity Scale (EES) developed by Kring et al. (1994) was used to assess emotional expressivity, Sibling Relationship Questionnaire developed by Furman & Buhmester (1985) was used to access sibling rela inventory of Behavior developed by Schaefer & Edgerton (1979) was used to access adjustment, Sample Data was collected through a convenient sampling technique from a range of 14-20 from various hospitals and rehabilitation centers of Lahore. Correlational product-moment findings revealed positive correlation exists between emotional expressivity and some domains of adjustment (Empath, Involvement, and Kindness) and between sibling relationship (warmth and closeness) domains of adjustment (Empath, Acceptance and Involvement). Moreover, prediction analysis revealed the emotional expressivity predict subdomain 'em and sibling relationship also predicts two domains (empathy and kindness) in the study.

Keywords: Emotional expressivity • Sibling relationship • Adjustment • Siblings • Autism

Introduction

According to the family system framework that is developed by Murray Bowen in 1970 behavior of the person is shaped by his or her social groups, especially and more importantly by their families [1]. This approach looks at not just the person but sees him in the group and his or her interactions in that group. The basic idea is that the family as a unit organize themselves to cope with the new faced challenges as well as routines and also with the adjustment demands of the family members [2]. Moreover, it suggests that each member of the family is interrelated and the family as a whole is characterized by the relationship and interactions of its members. When a change comes the family as a whole experiences it and pass through a progressive change and it affects all the members of the family. As this change takes place every member of the

The result of reliability analysis depicted that Cronbach alpha of included scale Sibling Relationship Questionnaire, Emotional Expressivity Scale and Adapted Sibling Inventory of Behavior Scale were 7.1, 7.0, and 7.2 respectively which indicates these scales were reliable measure for this population to measure the variable of interest. The result of the Pearson Product Moments correlation shows a significantly weak correlation between Emotional Expressivity and Empathy(r=1.5, N=147, p=0.6). There is a positive weak correlation between Emotional Expressivity and Involvement (r=3.1, N=147, p=0.05) and a moderate positive correlation between Emotional Expressivity and Kindness at (r=4.5, N=147, p=0.05) [20-23].

The result of Pearson Product Moments correlation shows a significant positive correlation between warmth and empathy (r=2.3, N=147, p=0.05), warmth and involvement (r=1.5, N=147, p=0.02), warmth and kindness (r=2.1, N=147, p=0.05) and warmth and acceptance (r=1.0, N=147, p=0.05). Furthermore, the results show a significant strong positive correlation between power and involvement between power and involvement (r=7.1, N=147, p=0.03) and significant weak positive correlation between power and kindness (r=2.1, N=147, p=0.05), and there is a significant positive weak correlation between conflict and anger (r=3.0, N=147, p=0.5) (Table 3) [23-26].

Emotional expressivity step 1 explain 20.0% of the variance and was significant with empathy (F (1,145)=4.0, p=0.47, R2=02. Warmth in step 2 explain 83% of the variance and was significant with empathy (F (1,145)=14.2, p=0.05, R2=0.9

Warmth in step 5 explain 83% of the variance and was significant with kindness (F (1,145)=14.2, p=0.05, R2=0.9. Emotional expressivity in step 5 explain 83% of the variance and was significant with kindness (F (1,145)=14.2, p=0.05, R2=0.9.

Discussion

Previous literature has suggested that living with an autistic child brings many challenges for their siblings. In addition to the new roles and responsibilities, they face new emotional problems like the feeling of loss of parental attention and affection, embarrassment, and guilt Studies have indicated that siblings of children with Autism have more internalizing and externalizing problems [27-30]. They tend to restrict themselves in terms of emotional expressivity and not share their feeling about their disabled brother in the sibling-parental interaction (Table 4).

The first hypothesis of the current study was there will be a relationship between emotional expressivity and adjustment in siblings of autistic individuals. A correlation analysis was carried out to find if any relationship existed between the two variables. Emotional expressivity and ability of how well an individual communicates his or her feeling and emotions of others. It is how an individual outwardly expresses or displays his or her emotions. It changes his mode of response in significant ways according to the situation (r=1.5, p=0.05), adjustment is a psychological process of coping and adapting to challenges, problems, and requirements of daily life (Table 5) [32]. The results show that there was a significant correlation of emotional expressivity with various sub-domains of adjustment. As the full scale of adjustment was computed, the relation of emotional expressivity with the sub-domains of adjustment was investigated and the results showed that a significant positive correlation exists between emotional expressivity and empathy and emotional expressivity and involvement. Moreover, there is a moderate positive correlation between emotional expressivity and kindness.

Studies show that people who are good at expressing their emotions (r=1.5, N=145) in the event tend to have a better social adjustment [33]. Moreover, studies indicate that emotional expressivity and emotional insight are strong predictors of empathy that corroborate with the present study findings [34]. Based on the results and supporting finding it can be said the emotional expressivity in the siblings of autistic children is related to the empathy, they feel towards them. The more they say and share their feelings about their siblings the more they feel empathetic towards them. Furthermore, results also indicate a positive relationship of emotional expressivity with involvement [35]. Emotional expressivity can be explained in terms of openness of communicat145)=

		Variables	1	2	3	4	5	6	7	8	9	10	11	12
1	SRQ	Warmth	-	2.2*	5.1**	-0.5	2.3*	-0.29	1.5*	0.18	2.1**	-0.14	.10*	0.13
2		Rivalry		-	-0.37	0.26	-3**	0	-5**	-0.07	-0**	-0.02	-0.01	-0.07
3		Power			-	0.42	0.11	0.28	.71**	0.13	.21**	0.14	-0.09	0.05
4		Conflict				-	-0.11	0.14	0.07	0.13	0	3.0*	0	.05*
5	ASIB	Empathy					-	0.39	0.05	0.38	-0.04	0.29	0.240.05	

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the role of emotional expressivity and trustworthiness in siblings. The results showed as emotional expressivity increases the level of trustworthiness between the siblings also increases as they feel more open in sharing their feelings and experiences. Therefore, it can be said the emotional expressivity tends to develop a feeling of trust which makes the siblings more involved with each other. The results also showed a moderate positive correlation between emotional expressivity and kindness. As discussed earlier and also indicated by the regression results that would be discussed later, emotional expressivity tends to increase empathy in siblings of autistic children. When a person is empathetic he or she tends to have a more positive feeling for the other person that leads to kindness [37].

The second hypothesis of the study was that there will be a relatio of sibling relationship with the adjustment of a sibling of autistic childr find out the relationship between the two, a correlational analysis was out. The results showed a significant positive correlation between warm empathy, warmth and involvement, warmth and kindness, and warmt acceptance. If we study these concepts, one can infer that all these co are interrelated. A person with more warmth will be more empathetic turn kind and empathetic towards others and would have more accep for them because they tend to understand others as if they are in that pa situation. Studies show that emotional expressiveness leads to the warm further leads to empathy in individuals [38-40].

Moreover, results also showed a significant strong positive corre between power and involvement and a significant positive weak corr between conflict and anger. Studies show that manifestation of anger wh unexpressed result in both; internalizing and externalizing behaviors. the person tends to externalize his emotions of anger it results in conf study by Crane & Teste shows that emotions of anger are generally ass with subsequently reported daily conflicts which seem to be consistent w present study findings [41].

The third hypothesis of the present study was that sibling relationsh adjustment will predict emotional schemes in siblings of autistic childr in-depth study of the analysis showed that emotional expressivity pre empathy in the study population which suggests that with an increa emotional expressivity empathy also increases which also corroborate another study conducted by Roberts et al. that emotional expressivene emotional expressivity is a strong predictor of empathy. Moreover, resu indicate that warmth predicts empathy in these siblings. The more warm have, the more empathetic they will be towards their disabled brother o This has been suggested in another study by Zhou that when the indivi more emotionally expressive, he or she has more warmth which in turn to empathy [12,42,43].

Furthermore, Warmth was also seen to predict kindness in siblin autistic children. As discussed earlier these all concepts are interrela warmth leads to empathy and when a person tends to have both w and empathy then tend to better understand other's situation and are kind towards them. Moreover, emotional expressivity was also seen t predictor of kindness in the study population. It can be inferred that all positive experiences tend to help in better adjustment in the siblings of children [44].

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