DOMESTIC INTERPERSONAL DISTRESS AS A PREDICTOR OF SELF-EFFICACY AND PSYCHOLOGICAL WELL-BEING AMONGST YOUNG ADULTS

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Abstract: The aim of the present study was to understand the impact of Domestic interpersonal Conflict on the self-efficacy and psychological well-being amongst young adults. The total sample taken for the research was 100, including both males and females falling between the age range of 17 years to 27 years. The tools used to assess the impact were Children's perception of interpersonal conflict scale (CPIC), General Self- efficacy scale and Ryff's Psychological Well-Being Scale. To understand the relationship Pearson moment correlation was used and to analyze its impact on each other, simple linear regression was applied. The findings also showed that there was a significant gender difference for both self-efficacy and psychological well-being. As for the correlation between Domestic Interpersonal Conflict and self-efficacy, it was none whereas for Domestic Interpersonal Conflict and psychological well-being the correlation turned out to be significant. The results of the simple linear regression explained that the level of Domestic Interpersonal Conflict was able to predict and affect the self –efficacy, but not to a very great extent as it was 1.58% and also the effect on psychological well-being was average that is 12.8%. This indicates that to some extent the level of conflict in a family does affect the psychological well-being of the young adults and not the self-efficacy to a greater extent.

Index Terms **- Domestic Conflict, Self-Efficacy, Psychological well-being, Children perception, Developmental Delay, Behavioral issues, Family Counseling, Child Counseling, Cognitive Behavioral Therapies**

I. I. INTRODUCTION

DOMESTIC INTERPERSONAL DISTRESS:

Interpersonal violence, also referred to as intimate partner violence, domestic violence, or battering, encompasses a range of behaviors aimed at establishing control and power over another individual through fear and intimidation, often involving the use or threat of violence. This includes various forms of abuse such as physical, emotional, sexual, and economic abuse, as well as tactics like threats, stalking, isolation, and intimidation. While women are commonly targeted, it is important to recognize that anyone can become a victim of interpersonal violence, including individuals from the LGBTQ community, males, people with disabilities, elderly individuals, and elders.

Domestic conflicts can arise within a family, involving parents, siblings, grandparents, or any member of the household. Unlike conflicts in other settings, domestic interpersonal conflicts have unique characteristics. Emotional attachments among family members can be a contributing factor to these conflicts. The amount of time spent together and the obligations within a family can give rise to prolonged, painful, and sometimes

meaningless disputes. In severe cases, domestic interpersonal conflicts can escalate to domestic violence or lead to divorce. These conflicts not only have emotional ramifications for individuals and their families but also psychological effects that may influence others to make harmful decisions without careful consideration. (Aten, 2020)

Recent reports have highlighted a disturbing trend where interpersonal distress among couples, whether married or in a live-in relationship, has led to catastrophic and tragic outcomes. Industry experts have analyzed these incidents and identified a lack of communication and suppressed emotions as contributing factors. In the heat of the moment, individuals may take extreme steps without considering the consequences, only to struggle later in justifying or defending their actions.

Conflicts can arise in any family, and the nature and severity of the conflict can vary based on the type of family involved. The attitudes and perceptions of family members towards society and external factors also play a crucial role in maintaining peaceful and harmonious family relationships.

Abuse Warning Signs

Do you have a companion who...
- lower you?
- frightens you or loses their cool easily?
- hits, pushes, chokes, restrains, or in any other manner physically assaults you (or your kids, or your pets)?
- Pressures you for sex or forces you to have sex?
- threatens to reveal private or delicate information (such as immigration status or LGBTQ status)?
- Is possessive and envious, keeps tabs on you, or won't accept breaking up?
- Prevents you from seeing loved ones or makes it impossible for you to do so?
- takes your money or refuses to give you access to it?

In such a case please reach out to the emergency helpline in your area. (*Warning Signs of Abuse - The Hotline*, 2023)

Types of families:

1. Nuclear Family:
These types of families consist of two adults and any number of children, which can be step/ adopted or their own.
2. Joint family:
These types of families consist of grandparents, uncles & aunties living nearby or within the same house.
3. Reconstituted family:
The type of family where either or both the adults have children from their previous marriage also known as step family.
4. Single parent family:
The type of family where the child lives with one of the parents who has majority of day-to-day responsibilities of raising the child and of the household, but in these cases the child may also be in contact with the other parent. (*Types of Family Structures*, 2023)

Each type of family has its own challenges and advantages. Let's try to understand how the lifestyles of the families are affected where both/ single or no parents are working and how the type of family affects the children's thought process.

There is various research done to show how family life is affected when the parents are working and do not have enough time for their personal lives. In India, the amount of work and the office hours are doing no justice to the personal lives of the people. Amidst this pandemic one can see the increase in the workload and the diminishing of the line which distinguishes between the personal and professional life.

Not only does the work hours cause tension in the family but also the sector the parents are working effects the children and the family life. If both the parents are working in a family then according to various researched it has been proven that children tend to be more responsible, independent and vigilant but at the same time they also lack emotional security, act rebellious to gain attention and might as well become too secretive according to one of the many researches done it was observed that the parents who work in shifts or full time or 40 hrs or more per week tend to have higher chances of family and work conflicts in comparison to those who have

flexible or fixed work timing or work less than 40 hours a week, it was invariant across children's age group and parents gender (Moreira, 2019)

Types of working sectors and its effect on Domestic Interpersonal Conflict:

- Government Jobs:
Government jobs are highly advantageous for individuals and their families. These jobs, introduced by the government for public interest, offer numerous benefits. Government employees enjoy financial stability through pay commissions, increments, and dearness allowances. They may also receive additional perks such as rent-free accommodations, foreign allowances, and specialized allowances for certain professions. The predictable work hours and generous leave policies of government jobs contribute to a healthier work-life balance, allowing individuals to prioritize their families. Research suggests that these factors can reduce Domestic Interpersonal Conflict and foster a harmonious home environment. However, it is important to acknowledge that conflicts can still arise due to other personal or external factors. Overall, government jobs provide financial security and stability, predictable schedules, and supportive policies, which contribute to a positive family environment.

- Private sector Jobs:
The private sector comprises organizations and individuals driven by profit motives, contributing to the overall economy. Unlike government-owned entities, private sector companies operate independently without state control. Multinational corporations are examples of private sector entities. While collaboration between the government and private sector can occur for societal benefits, private sector jobs generally offer fewer perks compared to government jobs. In the private sector, employees may face demanding schedules, being called in at odd hours to meet deadlines. Additionally, the compensation may not always align with the workload imposed on employees. Various studies indicate that the instability in working hours and the lack of time available for family obligations can lead to conflicts and negatively impact the psychological and emotional well-being of both parents and children. It is important to recognize that private sector jobs can vary widely, and some organizations prioritize work-life balance and employee well-being. However, the potential for conflicts and stress arising from demanding schedules and limited family time is a factor to consider in the private sector work environment.

- Self-employed-
Individuals who work in the private sector, particularly as self-employed business owners or entrepreneurs, often enjoy more flexibility in their work schedules and have the freedom to make decisions according to their preferences. This flexibility allows them to allocate time for their families and personal commitments. However, owning a business or being self-employed also comes with significant responsibilities, including managing finances, operations, and client relationships. The absence of fixed working hours and job security can contribute to increased stress and psychological distress for some individuals in the private sector. This can have implications for their overall well-being and may potentially lead to conflicts within the family. Research by Asfahani (2020) supports the idea that self-employment and the associated challenges can impact individuals' mental health and subsequently affect family dynamics. It is important for self-employed individuals to actively manage their work-life balance and seek support to address the potential negative consequences on their psychological well-being and family relationships. (Asfahani, 2020)

Tips to Improve Work-Life Balance

By altering the way, one manages their house and family, they may be able to achieve a better work-life balance. Here are some examples of things one could consider:
Things one needs to do and things one wants to do, such as taking care of kids, cleaning the house, going to work and being paid, looking after old parents, volunteering, exercising, going out with friends, unwinding, and so on.
Calculating how much time one spends on each of the aforementioned activities can help them get a sense of how their current work-life balance is doing.

Financial requirements - creating a family budget might help one determine the parameters of what they can modify.

Options for change: If one has some freedom with time and money and is dissatisfied with the balance, where can they make changes?

The partners might resolve the aforementioned problems jointly, if one has a partner and is unhappy with their existing work-life balance. In order to meet their demands throughout time, they might be able to come up with some short- and long-term goals for change.

One might be allowed to make the following changes if they're co-parenting their kids with an ex-partner: Their financial situation, in order to work less hours and spend more time with the kids; Their contact schedule, in order to spend more time with the kids; Or, in order for one's time with the kids to match better with them. (*Work-Life Balance: Tips for Your Family*, 2021)

SELF- EFFICACY

"Self-efficacy is the belief one has in himself and his capabilities to organize and execute the course of action required to manage prospective situations" – Albert Bandura

It is a person's belief in his/her abilities to perform a task and succeed in it. As proven in many researches, Self-efficacy can have an impact on all aspects from psychological to behavioral and motivation. It is the confidence people have in their abilities, that they can do something and they can be something. Not only does social circle but family also plays an important role in building one's self-efficacy and self-esteem. Parents and influencers are the provider for motivation, safe space, encouragement and verbal persuasion which can help the individual to work on what they want and the belief that they can. (Lopez, 2023)

A high feeling of competence helps people assimilate information and perform well in a range of contexts, including decision-making and academic success. Youth with higher levels of self-efficacy are happier and have better functioning families than youths with lower levels of efficacy.

According to the findings of the study by Weiser and Riggio, kids from low socioeconomic status backgrounds had high levels of self-efficacy growth. Self-efficacy aids a person in fortifying the willpower needed to tackle challenges even in the face of unfavorable conditions. (Weiser et al., 2010)

People who have a strong sense of self efficacy -
- Increase their enthusiasm for the events in which they engage.
- Develop a greater sense of commitment to their hobbies and interests.
- Quickly bounce back from defeats and disappointments
- Consider difficult issues as projects to be completed

People who have a low sense of self-efficacy include -
- Try to stay away from stressful tasks.
- They believe that tough roles and problems are beyond them.
- Concentrate on personal shortcomings and negative results.
- Quickly lose faith in one's own abilities

Early on in life, we develop our sense of self-efficacy by coping with a broad range of interactions, jobs, and circumstances. The growth of Self-efficacy, on the other hand, does not stop in childhood; it continues throughout life as people learn new skills, experiences, and understanding.

Self-efficacy, as proposed by Albert Bandura, refers to an individual's belief in their own capabilities to successfully accomplish tasks and achieve desired outcomes. Bandura identified four major sources that contribute to the development and enhancement of self-efficacy: mastery experience, social modeling, social persuasion, and psychological well-being.

Mastery experience:

It is considered the most powerful source of self-efficacy. It involves successfully completing tasks or overcoming challenges. When individuals are able to effectively cope with a task and achieve positive outcomes, their sense of self-efficacy increases. On the other hand, experiencing failures or difficulties in task performance can diminish self-efficacy. Bandura highlights the importance of mastery experiences in developing a clear sense of efficacy and the need to foster opportunities for individuals to engage in successful experiences.

Social modeling:
It refers to observing others who demonstrate competence and effectiveness in performing tasks. By witnessing someone similar to oneself succeed through sustained effort, individuals develop the expectation that they possess the capabilities to master similar tasks. This source of self-efficacy highlights the impact of role models and the power of vicarious learning. Seeing others succeed can instill confidence and motivate individuals to believe in their own abilities.

Social persuasion:
It involves receiving verbal encouragement and support from others. When individuals are provided with positive feedback, constructive comments, and reassurance, it can help them overcome self-doubt and focus on the task at hand. Bandura emphasizes the influence of persuasive messages from others in building self-efficacy. Being encouraged by others can contribute to a sense of belief in one's abilities and increase motivation to pursue goals.

Psychological well-being:
It refers to an individual's emotional responses and interpretations of situations. Bandura recognized that moods, emotional states, physical responses, and stress levels can all impact self-efficacy. For instance, someone who experiences high levels of anxiety before public speaking may develop a lower sense of self-efficacy in that particular domain. It is not solely the intensity of emotional and physical reactions that matter, but also how individuals experience and interpret them. Bandura suggests that learning strategies to manage stress, elevate mood, and regulate emotional responses can enhance self-efficacy.

Importantly, these four sources of self-efficacy are interrelated and can influence each other. Success in mastering a task can contribute to positive emotional responses and increased psychological well-being, thereby enhancing self-efficacy. Conversely, negative emotional responses and stress can undermine self-efficacy and decrease the likelihood of success in future tasks. Bandura also emphasizes the role of self-reflection and self-awareness in improving self-efficacy. By assessing personal strengths and weaknesses, individuals can develop a more accurate perception of their abilities, further enhancing their sense of self-efficacy. (Ackerman & Nash, 2018)

Overall, Bandura's theory of self-efficacy highlights the dynamic nature of beliefs in one's capabilities and the various factors that shape and influence these beliefs. By understanding and harnessing the power of mastery experiences, social modeling, social persuasion, and psychological well-being, individuals can cultivate a stronger sense of self-efficacy and increase their likelihood of achieving their goals and desired outcomes. (Mcleod, 2023)

PSYCHOLOGICAL WELL-BEING

At its most fundamental level, psychological wellbeing (PWB) is very similar to other concepts that refer to good mental states, such as happiness or satisfaction, and it is not appropriate or beneficial to think about fine distinctions between such terms in many ways. You can be quite certain that if I say I'm happy or quite pleased with my life, my psychological well-being is very high. A quality existence depends greatly on mental health. Children who are biologically related to their parents appear to have had less traumatic childhoods and lives overall, but children who have experienced family conflict and are either living with a single parent or have a family member with a psychological disorder are more likely to experience trauma, have poor psychological wellbeing, and experience insecurities in their relationships with others. (*What Is Psychological Well Being?* 2018)

There are two dimensions of psychological well-being. The first of these refers to how much people are affected by positive emotions and feelings of happiness. Subjective wellness is a term used to describe this component of psychological well-being (Diener, 2000)

Psychological well-being encompasses two main dimensions: hedonic well-being and eudaimonia well-being. Hedonic well-being focuses on subjective feelings of happiness and satisfaction with life. It consists of positive affect (experiencing high levels of positive emotions) and low levels of negative affect (experiencing low levels of negative emotions). When an individual experiences high positive affect and life satisfaction, they are considered to have high hedonic well-being (Carruthers & Hood, 2004).

On the other hand, eudaimonia well-being refers to the purposeful aspect of psychological well-being.

Psychologist Carol Ryff proposed a model that divides eudemonic well-being into six components:

1. Self-acceptance: This component reflects an individual's positive attitude and acceptance of oneself, including various aspects of their personality and characteristics.
2. Environmental mastery: It refers to an individual's perception of control and competence in managing their environment and daily affairs effectively.
3. Positive relationships with others: This component emphasizes the presence of healthy and fulfilling interpersonal relationships characterized by empathy, intimacy, and affection.
4. Personal growth: It involves a person's belief in their capacity for personal development and openness to new experiences. It also acknowledges that individuals and their actions can evolve and change over time.
5. Purpose in life: This component reflects an individual's sense of direction and meaning in life. It involves having clear goals and a belief that one's life has a purpose.
6. Autonomy: Autonomy refers to an individual's sense of independence, self-reliance, and the ability to make decisions and act in alignment with their values, free from external pressures.

Each of these components contributes to an individual's overall eudemonic well-being, and high scores in these areas indicate a higher level of psychological well-being (Ivan Robertson, 2020).

Understanding the different components of psychological well-being allows researchers and practitioners to assess and promote individuals' overall well-being by focusing on various aspects of their lives, including self-acceptance, relationships, personal growth, and a sense of purpose. It highlights the importance of both subjective happiness and a deeper sense of fulfillment and purpose in leading a psychologically healthy and fulfilling life.

RATIONALE -

Conflicts in the family are one of the major causes for disputes and negative impact on children at a young age. Family environment is the first thing which needs to be healthy not just for the adults but also for the children and their psychological well-being. As proven by many researches it is shown that children understand and perceive what happens in their environment and later on in life form their opinions and ideologies accordingly. (Weiser et al., 2010) This research was taken up because there was a slight research gap when it came to all three variables and its relation with each other. (Cusimano et al., 2013, 45-59) Apart from that, the effect of interparental conflict on self-efficacy and psychological well-being was not studied on young adults whose families weren't going through changes or marital conflicts (Asfahani, 2020). In this we would get to know the effect of the conflict and the perception a child holds regarding the same on the psychological development and personality development of the students which would be significant and also help us understand the thought process of the young adults. Much research has been done on how conflicts between families have an impact on children growing up and their attachment styles. The research gap here is that even in healthy looking families where conflicts don't include physical abuse, but the communication style, behavior, nature and the way of resolving issues also has an impact on the children and their outlook on life. It also enables their observational learning and makes them vulnerable to unknown, unhealthy patterns of dealing with issues and problems.

II.   II. METHODOLOGY

2.1 Population and Sample: The sample collected was of 100 young adults between the ages of 17-27. The sample included 50 female participants and 50 male participants. The sample was randomly sampled.
To study the effect of Domestic Interpersonal Conflict on self-efficacy and psychological well-being among young adults.

2.2 Data and Sources of Data
For this study, primary data has been collected. The mental health professionals were asked to fill the form according to the best of their knowledge.

2.3 Theoretical Framework
The variables used in this research are Domestic Interpersonal Conflict, Self-Efficacy and Psychological Well-being where independent variable is Domestic Interpersonal Conflict and dependent variables are Self-Efficacy and Psychological well-being among young adults.

2.4 Statistical Tools
After the data was collected, the tallying and descriptive statistics were applied on MS Excel. The data was then analyzed using Statistical Product and Service Solutions (SPSS) Version 26.0 for Windows. For examining the gender difference for each variable, an independent sample t-test was used. For exploring the relationship between the three variables, Pearson's Product Moment Correlation Coefficient was used.

III.   III. RESULTS

This research study was designed to assess the effect of Domestic Interpersonal Conflict on Self-Efficacy and Psychological Well-Being among young adults/
The data was analyzed by calculating the arithmetic mean and standard deviation of the scores obtained by the participants on the variables, Domestic Interpersonal Conflict, Self-Efficacy and Psychological Well-being. The difference between means of male and female participants was calculated along with Pearson Correlation Coefficient. Linear Regression was also done to analyze the relationship between the variables. The results are tabulated and are shown below.

Table 1: Descriptive Statistics of young adults or Domestic interpersonal conflict, Self-Efficacy and Psychological well-being

Variable	Gender	N	Mean	Std. Deviation
Domestic interpersonal Conflict	Male	50	34.5417	13.73605
	Female	50	34.8800	18.97220
Self-Efficacy	Male	50	30.2292	4.75904
	Female	50	29.4600	4.65640

Psychological Well-being	Male	50	89.4375	10.89975
	Female	50	87.7000	11.21269

The above table shows the mean and standard deviation based on gender for all three variables.
As per the results, the difference between the genders is not exponentially huge, showing that gender doesn't play a major role in the experience and impact of the variables on each other.

Table 2: Independent Sample t-test shows the t-value for Domestic interpersonal conflict, Self-Efficacy and Psychological Well-being.

Variable		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference
Domestic interpersonal conflict	Equal Variance assumed	5.518	.021	-.101	100	.920	-.33833
Self-Efficacy	Equal Variance assumed	.009	.925	.809	100	.421	.76917
Psychological Well-being	Equal Variance assumed	.640	.426	.777	100	.439	1.73750

The above table displays the results for the independent sample t-test for Domestic interpersonal conflict, Self-Efficacy and Psychological Well-being. The t value at 0.05 level is 1.98 and 0.01 level is 2.63 which is less than the critical t value on both the levels.

Table 3: Pearson Correlation Coefficient shows the correlation between Domestic interpersonal conflict and Self-Efficacy.

		Self-Efficacy	Domestic Interpersonal Conflict
Domestic Interpersonal Conflict	*Pearson Correlation*	*-.126*	*1*
	N	*100*	*100*
Self-Efficacy	Pearson Correlation	1	-.126
	N	100	100

The above table displays the results for the Pearson Correlation Coefficient for correlation between Domestic interpersonal conflict and self-efficacy for a sample of 100. The correlation coefficient was found to be -.126. The correlation was not significant at 0.01 & 0.05 level of significance.

Table 4: Pearson Correlation Coefficient shows the correlation between Domestic Interpersonal Conflict and Psychological Well-being.

		Domestic Interpersonal Conflict	Psychological Well-being
Domestic Interpersonal conflict	Pearson Correlation	1	-.358[**]
	N	100	100

Psychological Well-being	Pearson Correlation	$-.358^{**}$	1
	N	100	100

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

The above table displays the results for the Pearson Correlation Coefficient for Correlation between Domestic interpersonal conflict and psychological well-being for a sample of 100. The correlation coefficient was found to be -.358. The correlation was found to be significant at both 0.01 & 0.05 levels of significance.

Table 5 : Simple Linear regression between Domestic Interpersonal Conflict and Self-Efficacy

Variable	R	R square
Domestic Interpersonal Conflict	0.126022	0.015882
Self-Efficacy		

The above table shows simple linear regression amongst the two variables Domestic interpersonal conflict and Self-efficacy. It is a statistical method which depicts the relationship between dependent and independent variables and to understand the impact on each other.

Table 6 : Simple Linear regression between Domestic interpersonal conflict and Psychological Well-being

Variable	R	R square
Domestic Interpersonal Conflict	0.357836	0.128047
Psychological Well Being		

The above table shows simple linear regression amongst the two variables Domestic interpersonal conflict and psychological well-being to understand their relationship and its impact on each other. It is a statistical method which depicts the relationship between dependent and independent variables and to understand the impact on each other.

IV. **IV. DISCUSSION**

The aim of this research study was to study the effect of Domestic Interpersonal Conflict on the self-efficacy and psychological well-being among young adults. As discussed, prior, these variables have not been studied in relationship to each other, especially in young adults and in families who aren't divorced or separated. Therefore, through this study one was willing to take up the challenge of exploring the uncharted territory. The Domestic Interpersonal Conflict is the difference of opinion and thoughts in the members of the family which leads to conflicts which can go from minimalist to extensive and may or may not end in creating a rift between family members leading to divorce and separation. Much research has taken place revolving around conflicts in the family and its impact on the children and their mental well-being, so this will be significant research in this particular field (Zemp, 2016). The sample collected was of 100 young adults between the age of 17-27. The sample included 50 female participants and 50 male participants. The data was collected by using the Children Perception Of interparental Conflict scale (CPIC) by Grych, Seid and Fincham (1990), General Self-Efficacy by Schwarzer and Jerusalem (1995), Ryff Psychological Well-being Scale (PWB) developed by Carol D. Ryff (1989). The statistical analysis methods used were t-test, Pearson Correlation and Simple Linear Regression. ``

Based on hypothesis 1, the study aimed to investigate whether there is a significant gender difference in Domestic Interpersonal Conflict among college-going students. To test this hypothesis, an independent sample t-test was conducted for all the variables. The t-test values were compared to the critical t values at the 0.05 and 0.01 significance levels. The results of the t-test indicated that the obtained t-test values (1.98 at the 0.05 level and 2.63 at the 0.01 level) were smaller than the critical t values. This suggests that there is no significant gender difference in Domestic Interpersonal Conflict among the college-going students.

Further analysis of the mean differences revealed that the mean difference for males and females in Domestic Interpersonal Conflict was 34.5 and 34.8, respectively. This indicates that there is no significant gender difference in this particular variable. However, when examining self-efficacy and psychological well-being, the mean differences for males and females were 30.2 and 29.4, and 89.4 and 87.7, respectively. These findings suggest that males have slightly higher levels of self-efficacy and psychological well-being compared to females, although the differences may not be statistically significant.

The results are consistent with a study conducted by (Cusimano, 2013) that explored the relationship between interparental conflict and offspring psychological functioning from childhood to early adulthood. Their findings indicated that memories of interparental conflict in childhood significantly influence psychological functioning in emerging adulthood, and adult attachment strategies mediate this relationship. Overall, the study suggests that conflicts experienced during childhood have a psychological impact on individuals, affecting both males and females. However, females may be more susceptible to the effects of these conflicts, as evidenced by their slightly lower levels of self-efficacy and psychological well-being compared to males.

According to hypothesis 2, the study aimed to examine the correlation between Domestic Interpersonal Conflict and self-efficacy among college-going students. To assess this correlation, the researchers used the Pearson Correlation Coefficient. The results indicated that the correlation coefficient value between Domestic Interpersonal Conflict and self-efficacy was -.126. This correlation coefficient value did not reach statistical significance at the 0.01 and 0.05 levels of significance. Therefore, it can be concluded that there is no significant correlation between Domestic Interpersonal Conflict and self-efficacy among college-going students, thus supporting hypothesis 2. This finding is consistent with the research conducted by (Turner, 2009) on the influence of parenting styles, achievement motivation, and self-efficacy on academic performance in college students. Their study revealed that authoritative parenting style has an impact on the academic performance of college students, and intrinsic motivation and self-efficacy were significant predictors of academic performance. Although their study did not directly examine the relationship between self-efficacy and Domestic Interpersonal Conflict, the lack of significance in the correlation supports the hypothesis that parenting style and conflict do not affect the self-efficacy of college-going students. Overall, the findings suggest that there is no significant relationship between Domestic Interpersonal Conflict and self-efficacy among college-going students, indicating that one's perceived efficacy in handling situations may not be influenced by the conflicts experienced within the family environment.

According to hypothesis 3, the study aimed to examine the correlation between Domestic Interpersonal Conflict and psychological well-being among college-going students. The researchers utilized the Pearson Correlation Coefficient to determine this correlation.

The results, as displayed in Table 4.3, revealed a correlation coefficient of -.358 between Domestic Interpersonal Conflict and psychological well-being for the sample of 100 students. The correlation was found to be

statistically significant at both the 0.01 and 0.05 levels of significance. Therefore, the alternate hypothesis was supported, indicating that there is a significant correlation between Domestic Interpersonal Conflict and psychological well-being among college-going students. This finding is consistent with the research conducted by (Cusimano, 2013) who examined the relationship between interparental conflict and offspring psychological functioning from childhood to early adulthood. Their study indicated that memories of interparental conflict during childhood significantly relate to psychological functioning in emerging adulthood, and adult attachment strategies play a mediating role. These findings suggest that conflicts experienced within the family during childhood can have a lasting impact on psychological well-being in later stages of life, supporting the alternate hypothesis. In conclusion, the results of the study provide evidence that conflicts within the family environment have a significant correlation with psychological well-being among college-going students. The findings highlight the importance of addressing and managing Domestic Interpersonal Conflict to promote positive psychological outcomes for individuals in this population. To test Hypothesis 4, the researchers employed a simple linear regression model to examine the relationship between Domestic Interpersonal Conflict and self-efficacy among college-going students. The objective was to investigate whether Domestic Interpersonal Conflict could significantly predict the levels of self-efficacy in this population. (Deboard- Lucas, 2010) The findings of the regression analysis revealed that Domestic Interpersonal Conflict had a significant effect on self-efficacy among the college-going students. This suggests that the extent of conflict experienced within the domestic environment can influence an individual's belief in their own abilities and their confidence in accomplishing tasks.

Moreover, the results indicate that Domestic Interpersonal Conflict can serve as a predictor of self-efficacy. This means that the level of conflict within the family environment can be used to predict the degree of self-efficacy that college-going students possess. (Weiser, 2010) Higher levels of conflict may correspond to lower levels of self-efficacy, while lower levels of conflict may be associated with higher levels of self-efficacy. These findings hold important implications for understanding the impact of Domestic Interpersonal Conflict on the psychological well-being and personal development of college-going students. Conflict within the family environment can potentially undermine an individual's belief in their own abilities, affecting their motivation, performance, and overall success in various domains of life.

It is worth noting that the results of this study align with the social cognitive theory proposed by Bandura, which emphasizes the role of environmental factors, such as interpersonal interactions and experiences, in shaping an individual's self-efficacy beliefs. Bandura suggests that mastery experiences, social modeling, social persuasion, and physiological well-being all contribute to the development of self-efficacy (Asfahani, 2020). In the context of Domestic Interpersonal Conflict, negative experiences and interactions within the family may diminish self-efficacy, while positive and supportive experiences may enhance it.

In conclusion, the findings of this study provide empirical evidence supporting the hypothesis that Domestic Interpersonal Conflict significantly predicts self-efficacy among college-going students. Understanding the impact of conflict within the family environment on self-efficacy can inform interventions and support systems aimed at promoting resilience, well-being, and personal growth among young individuals (Fosco, 2014). By addressing and managing Domestic Interpersonal Conflict, educators, counselors, and parents can play a crucial role in fostering positive self-beliefs and empowering college-going students to navigate challenges and succeed in their academic and personal endeavors.

Hypothesis 5 stated that Domestic Interpersonal Conflict will be a predictor of psychological well-being in college students. To check and determine this, a simple linear regression model was employed. The aim was to show that the independent variable Domestic Interpersonal Conflict affected the psychological well-being among young adults students and also could be a predictor of the value of psychological well-being.

Some of the future recommendations can be:

- The sample size taken can be larger as 100 participants is not sufficient and representative of the entire population to a great extent and it makes the results difficult to generalize.
- The age group used can be of a wider range to accommodate more types of people and people with characteristics representing the population well.
- The type of sampling employed should be based on probability as that seems to attract more specific responses for the purpose of the study.

V. V. ACKNOWLEDGEMENT

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