

Relationship between solitude, emotional maturity, internalization of moral value, mindfulness and psychological wellbeing

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Abstract

The preponderance of research studies expounds casual factors of psychological well-being. However, studies related to adolescents and psychological constructs are mediocre, researchers are still poses certain questions with regards to understanding the contributory factors of psychological well-being among the adolescents. Hence, the present study aimed to find out the relationship between “solitude, emotional maturity, internalization of moral value, mindfulness and psychological wellbeing”. Simple random sampling technique was employed. Present study was conducted on 200 participants (males and females aged 17 to 22 years). The tools used were varieties of solitude scale (Long, Seburn, Averill & More), Emotional maturity scale (Yashvir Sing & Mahesh Bhargav), Moral value internalization questionnaire (Deci & Ryan), Mindfulness attention awareness scale, Psychological well-being (Ryff & Keyes). Results showed that there is a significant positive relationship between solitude, internalization of moral value and psychological well-being. There is a non-significant relationship between emotional maturity, mindfulness and psychological well-being. Solitude and emotional maturity significantly predict internalization of moral value. Limitations and Implications are suggested.

Keywords: *Solitude, Emotional Maturity, Mindfulness, Internalization of Moral Value and Psychological Well-being.*

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