



MES AMANI COLLEGE  
KUNDALUR

# NCIATRI<sup>23</sup> ABSTRACTS<sup>20</sup>

Editors

**Ansar E. B., Dhanya P. R., Jisha K. C., Kesavan K.  
Lathif Penath, Mohammed Areej E. M. & Sheena P. A.**



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## Relationship Between Expectationism and Self Care Behaviour Among Young Adults

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The attitude of young adults towards the present time and future may influence in their self care behaviors. The purpose of this study is to analyze the relationship between Expectationism and Self-Care Behaviors in young adults. The study was conducted among a sample of 165 adults from the population in kodungalloor locality in thrissur district of state kerala through a online survey. This is a correlational study and convenient sampling method was used. Time Horizon Questionnaire (Gerald J.S Wilde, 2001), B-Mindful Self-Care Scale (Hotchkiss JT, Cook-Cottone CP, 2019) - short version were the two tools used to measure expectationism and self care behavior respectively. The collected data was analyzed using SPSS statistical tool and the appropriate statistical technique was pearson's correlation coefficient. This study does not include participants who are below 18 years of age and above 25 years of age. The results showed no significant relationship between Expectationism and Self Care Behaviour among young adults. Increasing perceived value of future over the present among young adults does not play as a key factor in promoting their self care behaviors.

**KEYWORDS:** Expectationism, Self Care Behaviour, Young Adults.