Exploring The Influence of Family support And Emotion Regulation on life satisfaction among LGBTQ And heterosexual individuals.

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Abstract : This study investigated the role of family support and emotional regulation in life satisfaction among young LGBTQ and heterosexual adults. It was found that the higher the family support, the higher the life satisfaction, while the greater the emotional regulation difficulties, the lower the life satisfaction. LGBTQ participants reported lower family support and life satisfaction compared to heterosexual peers, together with more difficulties in emotional regulation. The study calls for inclusive and supportive policies to improve well-being across diverse sexual orientation groups.

IndexTerms **- family support,emotion regulation,life satisfaction.**

INTRODUCTION

Life satisfaction is one of the core elements in psychological well-being and refers to people's overall perception concerning the quality of their lives. It may be determined by not only external contextual factors but also internal psychological mechanisms. In young adulthood, when people face identity formation, emotional difficulties, and social expectations, understanding the determinants of life satisfaction becomes particularly important.

Family support is a major influence on psychological outcomes, inducing feelings of emotional security, affirmation, and belongingness, which can promote resilience and improve life satisfaction. The level and type of family support, however, may differ according to sexual orientation: LGBTQ people are more often at an disadvantage in terms of familial acceptance due to stigma or identity-related conflicts, reflecting negatively on well-being.

The internal mechanism of emotional regulation itself is considered to dictate how individuals understand, manage, and express their emotions. Good emotional regulation contributes substantially to psychological adjustment and life satisfaction, while problems in emotional regulation relate to stress, negative affect, and diminished well-being. LGBTQ people are likely to face a higher extent of emotional regulation challenges due to minority stress, discrimination, and identity struggles.

Sexual orientation is a contextual factor that influences access to family support and shapes patterns of emotional regulation, which consequently exert an influence on life satisfaction. Although separate inquiries into these variables have been made, very few investigations have examined their combined influence and group differences between LGBTQ individuals and heterosexuals. There is a need to learn about these differences for the development of inclusive strategies that help in promoting mental health among sexual orientation groups.

Thus, the current study investigated the role of family support and emotional regulation in life satisfaction of LGBTQ and heterosexual young adults. It also analyzed the differences between groups in levels of family support, emotional regulation difficulties, and life satisfaction. The present research underlines the interaction among the variables, contributing to a better understanding of psychological well-being in different sexual orientation contexts, and emphasizes the importance of tailored interventions.

NEED OF THE STUDY.

There is a growing awareness of the role of family support and emotional regulation in determining life satisfaction, how these factors interact across sexual orientation groups is less well understood. Due to stigma and minority stress, LGBTQ individuals are more likely to face lower levels of family support and higher levels of emotional difficulties, thus affecting their well-being. Few comparative studies have been done that have focused on how these factors vary for LGBTQ and heterosexual young adults. Understanding such variations helps in showing which groups are vulnerable and, therefore, require more tailored interventions to ensure good mental health. This paper critically takes up this gap by examining variations in family support and regulation of emotions and satisfaction with life. The findings from this study can help inform policy and practice for improving psychological well-being within diverse populations.

RESEARCH METHODOLOGY

Hypotheses

1. Family support and emotional regulation have no significant influence on life satisfaction among LGBTQ and heterosexual individuals.
2. Family support and emotional regulation significantlyinfluence life satisfaction among LGBTQ and heterosexual individuals.
3. There is a significant differences between the LGBTQand heterosexual individuals among Life satisfaction and family support.

Objectives

1. To examine the relationship between family support and life satisfaction among LGBTQ and heterosexual individuals.
2. To compare differences in family support, emotional regulation, and life satisfaction between LGBTQ and heterosexual individuals.

Sample

Purposive and snowball techniques were employed to obtain a sample of eligible participants among both LGBTQ and heterosexual groups through the use of social media, support groups, and educational institutions. The present study invited participation of those who met the inclusion criteria by providing informed consent. A final sample of 130 young adults aged 18–40 years included approximately 65 LGBTQ and 65 heterosexual participants

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Research design

The study adopted a cross-sectional, comparative, and correlational research design.

Statistical analysis

Data were analyzed using SPSS. Independent samples t-tests were conducted to compare mean differences between LGBTQ and heterosexual groups, and Pearson's correlation coefficient was used to examine the relationships among family support, emotional regulation, and life satisfaction.

Instrument

Perceived Social Support – Family Scale (PSS-FA)

The PSS-FA is a 20-item scale developed by Procidano and Heller (1983) to obtain a global rating of the perceived emotional and practical support provided by one's family. The scale has yielded strong reliability, with Cronbach's alpha usually found at 0.90. Higher scores indicate greater levels of perceived family support.

Difficulties in Emotion Regulation Scale – Short Form (DERS-18)

Adapted by Victor and colleagues in 2016 from the original DERS by Gratz and Roemer in 2004, the DERS-18 contains 18 items that examine six domains of emotion regulation difficulties. The instrument has demonstrated good internal consistency with Cronbach's alpha values between 0.80 and 0.90. The higher scores are indicative of greater difficulties in managing one's emotions.

Satisfaction With Life Scale (SWLS)

The SWLS was developed by Diener, Emmons, Larsen, and Griffin in 1985. It has 5 items that assess global life satisfaction based on a cognitive evaluation. It is highly reliable, with a Cronbach's alpha commonly reported around 0.87. Higher scores reflect greater life satisfaction and overall well-being.

Data collection

Data collection was performed using an online survey distributed via social media, LGBTQ support groups, and educational institutions through purposive and snowball sampling. For a total of 130 eligible participants, informed consent was obtained from 65 LGBTQ and 65 heterosexual young adults before they completed the questionnaire. The survey consisted of demographic information followed by the PSS-FA, DERS-18, and SWLS scales, respectively. Completion of the survey required approximately 10 to 15 minutes. Ensuring confidentiality and anonymity, the participation was voluntary throughout. The completed responses were screened for accuracy, and valid data were coded and analyzed using SPSS.

RESULS

Table 1 shows the demographic characteristics of the participants.

Category	N	Percentage
Female	85	65.4
Male	37	28.5
Transgender women	3	2.3
Transman	5	3.8
Heterosexual	65	50.0
Homosexual	65	50.0

Table 1 shows the sample consisted predominantly of females (65.4%), followed by males (28.5%), transmen (3.8%), and transgender women (2.3%). Sexual orientation was equally distributed, with 50% identifying as heterosexual and 50% as homosexual. This balanced distribution enabled meaningful comparisons across gender identities and sexual orientation groups.

Table 2 shows the mean scores,standard deviation and t-test of the participants.

Variable	Group	M	SD	t	P
Family support	Heterosexual	27.45	3.60	-2.73	.007*
Family support	Homosexual	29.55	5.09		
Emotional regulation	Heterosexual	45.06	11.27	-1.30	.195
Emotional regulation	Homosexual	47.52	10.27		
Life satisfaction	Heterosexual	21.34	6.63	0.73	.467
Life satisfaction	Homosexual	20.55	5.59		

Table 2 shows there was a significant difference in family support between homosexual (M = 29.55, SD = 5.09) and heterosexual participants (M = 27.45, SD = 3.60), t(128) = 2.73, p = .007, indicating higher perceived family support among homosexual individuals. However, emotional regulation (t(128) = -1.30, p = .195) and life satisfaction (t(128) = 0.73, p = .467) showed no significant differences between the groups. The * denotes significance at $p < .05$, highlighting that only Family Support differed significantly between the two groups.

Table 3 shows Correlations Between Sexual Orientation, Family Support, Emotional Regulation, and Life Satisfaction

Variables	r	p	N
Sexual orientation & family support	.234**	.007	130
Sexual orientation &emotional regulation	.114	.195	130
Sexual orientation&life satisfaction	-.064	467	130

Table 3 shows, sexual orientation and family support are significantly positively correlated: r = .23, $p < .01$; this suggests that homosexual participants report higher perceived family support compared to heterosexual participants. No significant correlations were observed between sexual orientation and either emotional regulation, r = .11, p = .20, or life satisfaction, r = –.06, p = .47. The ** denotes significance at the $p < .01$ level, confirming that only sexual orientation and family support share meaningful positive relations.

DISCUSSION

The current study investigated the role of family support and emotional regulation in predicting life satisfaction among homosexual and heterosexual individuals. Results indicated that homosexual participants reported significantly higher family support compared with their heterosexual counterparts, which challenges the traditional assumption that sexual minorities have lower familial acceptance. This might be a reflection of changing social norms, awareness, and emerging family acceptance, especially in an educated and urban context. However, there were no significant differences in emotional regulation or life satisfaction among the two sexual orientation groups, thus suggesting that these features of psychological well-being are more dependent on individual coping resources and personal resilience with contextual factors rather than sexual orientation alone.

Also, the positive correlation between sexual orientation and family support supports the view that the family acceptance of homosexuals may be progressively growing. The lack of significant associations in emotional regulation and life satisfaction shows, however, that well-being is multidimensional and influenced by higher-order psychosocial determinants of life, such as social connectednes, emotional competence, and environmental support. These findings suggest that, with sufficient family support, persons of different sexual orientation can attain similar levels of emotional regulation and life satisfaction.

Overall, results suggest that psychological well-being has less to do with sexual orientation and more to do with the quality of interpersonal relationships and supportive environments. Encouraging emotionally supportive family dynamics may also foster resilience-building practices that help enhance life satisfaction across all groups. Future studies should be conducted with larger and more diverse samples and investigate potential mediating variables such as stigma, resilience, and minority stress in order to better understand such relationships**.**

CONCLUSION

The results of the present study indicate that sexual orientation influences perceived family support but does not have a direct effect on emotional regulation or life satisfaction. Homosexual participants had higher family support, indicating a greater acceptance of their sexual orientation by family members; however, both groups showed equal emotional regulation and life satisfaction. More importantly, the hypotheses were supported in that a positive relationship was shared between family support and emotional regulation with life satisfaction, thus supporting H_1, and significant differences were observed between homosexual and heterosexual participants in perceived family support, supporting H_2. Such findings confirm that psychological well-being is

determined not by sexual orientation but by an interaction of interpersonal support, emotional competence, and other contextual psychological resources. Thus, family support and emotional regulation provide a common ground for life satisfaction regardless of sexual orientation.

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