

RESEARCH ARTICLE

Sibling Rivalry, Parental Favoritism and Quality of Life Among Young Adults in Pakistan: A Correlational Study

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Abstract: The present study aimed to investigate the relationship between sibling rivalry, Parental Favoritism, and Quality of life among young adults. It was quantitative Correlational research comprised of 301 young adults (males = 147 & females=154) age ranging from 19 to 40 years ($M = 24.5$, $SD = 4.23$). Data was collected from different cities of Punjab along with a detailed demographic sheet, Adult Sibling Relationship Questionnaire Short Version (ASRQ), and World Health Organization Quality of Life Brief Scale (WHOQOL-Brief). Results indicate that Sibling rivalry is negatively correlated with quality of life among young adults. Parental favoritism is negatively correlated with quality of life among young adults. It is also indicated that Sibling rivalry is higher in the joint family system as compared to the nuclear family system. Similarly, higher in females as compared to males in young adults. It was found that Sibling rivalry is higher in those adults whose parents are separated and divorced as compared to married. Quality of life is lower in those adults whose parents are separated and divorced as compared to married. Sibling rivalry is higher, and Quality of life is lower in those adults who experience extreme problems of favoritism in the family. The results provide insights into dynamics within the context of Pakistani families focusing on the importance of sibling rivalry and parental favoritism on the quality of life of young adults.

Keywords: Parental Favoritism, Sibling Rivalry, Quality of Life, Family Dynamics, Correlational Study, Young Adults

Introduction

Siblings are enduring connections in the family. These connections are made early in life and endure into old age. Since kinship is marked by sympathy and their participation in each other matters, as well as dispute and rivalry, they are commonly reported as emotionally inclusive (Dunn et al., 2002).

Since childhood, siblings play a vital role in a child's life, serving as both a playmate and a source of social support (McHale, 2012). However, having two children forces parents to divide their attention between them, which can lead to sibling rivalry, particularly feelings of resentment and jealousy (Strohm, 2006). The topic of sibling rivalry is crucial to understanding children's socioemotional traits and development. Children may experience both good and bad impacts for the rest of their lives (Gottesman, 2013; Milevsky, 2011; Sparrow, 2006). Donrovich et al. (2014) said that if sibling rivalry carries over into adulthood from childhood, there will be risks to relationships, caregiving, and financial competition. This is because early-life rivalry for parental attention may be replaced by competition. Children who are jealous of their siblings might feel

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insecure and alone, which could lead to them acting introverted and separating from their parents. (Yavuzer, 2013).

Quarreling is the term used to describe the arguments and disagreements that occur between siblings, frequently as a result of rivalry for the love and attention of their parents. Conversely, *Antagonism* is the animosity and resistance that siblings show one another, and it can take the form of actions like jealousy, rage, and aggression. A feeling of jealousy, rivalry, or hatred that develops between two or more siblings and starts as soon as the younger sibling is born is known as *sibling rivalry* (Shaffer & Kipp, 2010). Nonetheless, having two kids forces parents to divide their attention between them, which can lead to sibling rivalry between the kids especially feelings of resentment and jealousy (Strohm, 2006). Researchers showed that physical prowess, academic performance, living in different households, age, gender, and parental treatment differences all have an impact on how rivalry between siblings is perceived. A statistical analysis reveals a significant correlation between emotional abuse and low psychological well-being in relation to intense sibling rivalry (Lupo, 2021). The gender of the parent displaying favoritism, the gender of the favored and disfavored children, and indicators of violence and sadness were examined. Being discriminated against as a child was positively correlated with depressive symptoms and violent behavior. Daughters were more likely to think that mothers were the ones to single them out for mistreatment, whereas sons were more likely to think that fathers were the ones who singled them out for mistreatment (Moharib, 2013).

A person's perspective on their position in the world with respect to their goals, standards, expectations, and worries, as well as the culture and value systems they are surrounded by, is referred to as their *quality of life* (WHO, 2012). It can lead to jealousy, prejudices, and conflicts within the family, especially if parents take sides (Hashim & Ahmad., 2016). Stress levels and life satisfaction are linked to low-quality sibling relationships (Sharma et al., 2019). The quality of life can be greatly impacted by sibling rivalry. Research showed that girls' and boys' symptoms of depression peaked in middle adolescence and middle childhood, respectively. Even after adjusting for parent-offspring interactions, sibling, and parent adjustment, higher levels of sibling conflict were linked to higher levels of depression symptoms (McHale et al., 2007).

Parental favoritism is defined by the Family Resource Group (2018). "Parental favoritism is when one or both parents consistently show preference for one child over another. This can take the form of increased privileges, less discipline, and more time spent together". Aggressive conduct, low self-esteem, sadness, anxiety, and externalizing behaviors are positively connected with receiving less favorable treatment than a sibling, such as receiving more parental monitoring and attention (Feinberg et al., 2001; Shanahan et al., 2008). It is also associated with increased sibling conflict and decreased affection (Richmond et al., 2005). Research indicates that children's perceptions of partiality have a significant impact on sibling relationships. When there is a difference between what people believe they deserve and what they actually get, they are more likely to act badly. Perceived unfair treatment from parents, regardless of the child's preference, can result in maladjustment because it represents a disadvantage or benefits that the child feels are unwarranted (Kramer et al., 2002). Research showed a positive association between sibling warmth and reported mother and paternal attachment, and a negative correlation between perceived parental control and competition and conflict among siblings (Iftikhar & Sajjad., 2023). Findings showed that Warmth was positively connected with life happiness and negatively correlated with rivalry and conflict. Avoidant coping strategies, which are detrimental to well-being and poor in long-term stress management, are associated with low-quality sibling relationships (McInerney, 2014).

The purpose of this research is to investigate how sibling rivalry and parental favoritism affect young adults' quality of life. The aim of the current study is to find out how parental favoritism and sibling rivalry indicate a lower quality of life. This research will help in lessening the detrimental effects of sibling rivalry and parental favoritism on life satisfaction. In an effort to resolve these problems and foster a more loving

family environment, it draws attention to the negative effects of sibling rivalry and parental partiality. These variables have not been explored jointly in any study conducted in Pakistan or anywhere else in the globe. In this study parental favoritism and sibling rivalry act as independent variables among young adults to examine the effect on quality of life. This study will give researchers a thorough grasp of how sibling rivalry is fueled by parental favoritism and how it lowers the children's quality of life.

Method

Research Design

A convenient sampling technique and correlation research method was used. The study followed a quantitative research approach to collect data in the form of questionnaires.

Objectives

1. To analyze the relationship between sibling rivalry, parental favoritism, and quality of life among young adults.
2. To explore the effect of sibling rivalry on quality of life among young adults.
3. To examine the effect of the socio-demographic variables on the study variables among young adults.

Hypotheses

1. Sibling rivalry is negatively correlated to quality of life among young adults.
2. Parental favoritism is negatively correlated with quality of life among young adults.
3. Sibling rivalry is higher in the joint family system as compared to the nuclear family system.
4. Sibling rivalry is higher in females as compared to males in young adults.
5. Sibling rivalry is higher in those adults whose parents are separated and divorced as compared to married.
6. Quality of life is lower in those adults whose parents are separated and divorced as compared to married.
7. Sibling rivalry is higher in those adults who experience extreme problems of favoritism in the family.
8. Quality of life is lower in those adults who experience extreme problems of favoritism in the family.

Sample

The sample of the present study included 301 young adults 19 to 40 years old. The mean age of participants was 24.5 and $SD = 4.23$ years. Data was collected from 147 males and 154 females in the province of Punjab, Pakistan. Participants belonging to the joint family system constituted 62.1% of the sample and the remaining 37.9% were from the nuclear family system. The percentage of married parents 86.7%, divorced parents 8%, and separated parents was 5.3%. The percentage of parental favoritism towards children in case of extreme was 45.5%, sometimes 18.9%, slightly 8.3%, and not a problem 27.2%. The percentage of favoritism by the mother was 33.9%, by the father was 32.6%, disfavor by both the parents was 6%, and equally treated was 27.6%.

Inclusion criteria included participants who were young adults with at least one sibling and one living parent and with an age range of 19-40 years. Both males and females were included in the study who understood English.

Instruments

Adult Sibling Relationship Questionnaire

The ASRQ-S (Lanthier et al., 1997) is a 47-item instrument used to measure sibling rivalry and parental favoritism within siblings. It includes eight sub-scales. Sibling rivalry is assessed using two subscales. It included the items of Quarreling and Antagonism. It has reliability Cronbach's $\alpha=0.93$. The items are

measured on a 5-point scale ranging from (1) Hardly At all to (5) Extremely Much. Higher scores indicate more conflict and rivalry. Lower scores indicate less conflict, and rivalry exists between siblings on the ASRQ scale. Cronbach's alpha of the sibling rivalry was $\alpha = 0.95$ (Lanthier et al., 1997).

Similarly, Parental favoritism is assessed using two sub-scales. Maternal Rivalry and Paternal Rivalry. It has a reliability of Cronbach's $\alpha = 0.91$. The items are measured on a 5-point scale ranging from (1) I am usually favored to (5). This sibling is usually favored. The ASRQ-S was operationalized as Higher scores indicate that parents prefer the other siblings and lower scores indicate that parents prefer the respondents. Cronbach's alpha of the parental favoritism for the sample was $\alpha = 0.86$ (Lanthier et al., 1997)

World Health Organization Quality of Life-BRIEF (WHOQOL Brief Scale)

The World Health Organization Quality of Life-BRIEF (WHOQOL Group,1991) was a scale consisting of 26 items that assess four domains: physical health (7 items), psychological health(6 items), social relationships (3 items), and environmental health (8 items). It has a reliability of Cronbach's $\alpha = 0.91$. It also included items related to overall quality of life (QOL) and general health. Respondents rated each item on a five-point ordinal scale ranging from 1 to 5, with descriptors "not at all," "a little," "a moderate amount," "very much," and "an extreme amount." The Cronbach's alpha coefficient for the entire WHOQOL-BRIEF scale calculated for the sample was 0.77, indicating high internal consistency. The WHOQL-BRIEF was operationalized as higher scores indicate a good quality of life and lower scales indicate a lower quality of life.

Results

After completion of the data collection, the 301 selected cases were entered into a statistical package for social sciences (SPSS 26 for Windows) for quantitative analysis. Firstly, reliabilities of all the study variables were assessed with Cronbach alpha. Secondly, descriptive of all variables (means, standard deviation, skewness, kurtosis, upper and lower limit) were estimated. To access distribution bivariate correlation was used to assess the relationship between siblings' rivalry, quality of life, and parental favoritism. The t-test was used to find out gender and family system-related differences in study variables. ANOVA was used to find out the problem of favoritism, favor, and marital status of parents related differences on study variables.

Table 1
Psychometric Properties of the Major Study Variables Among Young Adults (N = 301).

Variable	Items	α	M	SD	Range		Skew	Kurt
					Pot	Act		
Qua	5	.80	17.25	5.81	5-25	5-25	-.16	-1.42
Anta	6	.92	20.36	7.15	6-30	6-30	-.27	-1.23
SR	11	.95	37.61	12.60	11-55	11-55	-.13	-1.39
MF	6	.92	17.84	7.90	6-30	6-30	.18	-1.14
PF	6	.96	15.24	8.28	6-30	6-30	.47	-.95
TPF	12	.86	33.08	11.69	8-30	12-60	.29	.19
GH	2	-.5.9	49.46	10.81	0-100	12-100	.18	2.37
PH	7	.34	50.76	13.56	0-100	17-82	.00	-.72
Psy	6	.67	44.85	19.42	0-100	0-100	.39	-.44
SR	3	.86	38.84	30.04	0-100	0-100	.18	-1.23
Env	8	.53	56.91	14.11	0-100	12-87	-.37	-.09
QOL	16	.77	77.80	12.36	0-100	19-79	.27	-.52

Note. MF = Maternal Favoritism, PF = Paternal Favoritism, PF = Parental Favoritism, Qua = Quarreling, Anta = Antagonism, SR = Siblings Rivalry, GH = General health, PH = Physical health, Psy = Psychological,

SR = Social Relations, Env = Environment, QOL = Quality of life, SD = Standard Deviation, Skew = Skewness, Kurt = Kurtosis.

Table 1 illustrates the psychometric properties and descriptive statistics for the Adult Sibling Relationship Questionnaire Short version (ASRQ-S) and its Sub-scales and WHOQOL- Brief scale. When considering the reliability of sub-scales, the Alpha coefficient came out for Quarreling, Antagonism, Sibling Rivalry, Maternal Rivalry, paternal rivalry, and Parental favoritism respectively (.80, .92, .95, .92, .96, and .86) which are considered as good reliability. For the WHOQOL- Brief scale reliability came out .77 which is considered reliable. Most of the subscales are highly reliable according to Nunnally and Bernstein (1994), criteria that are .70 and above alpha values mean highly reliable and internally consistent. While others above .50 and less than .70 are moderately reliable. Means and standard deviation were computed to show the average scores of participants on all study scales. The value of skewness indicates the distribution of scores among variables. It is recommended that the values of skewness and kurtosis must be less than +1 and -1 (Cinar & Closet, 2010, Field, 2005). According to Newbold, Carlson, and Thome (2019), skewness and kurtosis values falling between -3 and +3 indicate a relatively small symmetry. The values for skewness and kurtosis are less than 2 (-2 to +2) which suggests that the data is normally distributed, and parametric testing can be assessed.

To see the correlation between Demographic Variables (Age) with Adult Sibling Relationship Questionnaire Short version (Quarreling, Antagonism and Sibling Rivalry, Maternal Favoritism, Paternal Favoritism, and Total Favoritism) WHOQOL- Brief scale; Bivariate correlation analysis was computed. The table shows a superficial insight into the relationship between demographic variables and the study variables; further probing will be done subsequently. Age is least positively correlated with Quarreling, Antagonism sibling rivalry, and maternal favoritism. Age is negatively correlated with Physical health, psychological health, Social relations, and quality of life respectively ($r = .29, .28,$ and $.29, p < 0.01$) ($r = .14$ and $.28, p < 0.05$) ($r = -.22, p < 0.01$).

Quarreling is strongly positively correlated with antagonism sibling rivalry and maternal favoritism. Quarreling is negatively correlated with physical health, psychological health, social relations, and quality of life ($r = .89, .97, .24,$ and $.56,$ respectively; $p < 0.01$).

Antagonism has a strong positive correlation with sibling rivalry and maternal favoritism. Antagonism has a negative correlation with physical health, psychological health, social relations, and quality of life. Sibling rivalry is positively correlated with maternal favoritism. Sibling rivalry has a moderate negative correlation with physical health, psychological health, social relations, and quality of life. Maternal favoritism has a strong positive correlation with parental favoritism. Maternal favoritism has the least negative correlation with quality of life. Paternal favoritism is strong positive correlation with parental favoritism ($r = .98, .26, .56, .26, .57, .71, -.13,$ & $.73$ respectively; $p < 0.01, .01$ & $.05$)

Correlation Analysis

Table 2

Summary of Inter-correlations, Means, and Standard Deviations for Scores of the Demographic and Study Variables Among Young Adults (N = 301).

	Variables	1	2	3	4	5	6	7	8	9	10	11	12	13
1	Age	-	.29**	.28**	.29**	.14*	-.04	.067	.01	-.12*	-.24**	-.21**	-.09	-.22**
2	Quar		-	.89**	.97**	.24**	-.08	.11	.05	-.49**	-.53**	-.72**	.002	-.56**
3	Anta			-	.98**	.26**	-.09	.11	.03	-.48**	-.54**	-.72**	.01	-.56**
4	SR				-	.26**	-.09	.11	.04	-.50**	-.55**	-.74**	.01	-.57**
5	MF					-	.03	.71**	.04	-.19**	-.13*	-.25**	.13*	-.13*
6	PF						-	.73**	-.03	.05	.06	.13*	-.04	.06
7	PF							-	.01	-.10	-.05	-.09	.06	-.05
8	GH								-	-.16**	.01	-.03	-.03	.003
9	Ph									-	.58**	.60**	.29**	.79**

10	Psy	-	.64**	.31**	.86**
11	SR		-	.07	.74**
12	En			-	.59**
14	QOL				-

Note. MF = Maternal Favoritism, PF = Paternal Favoritism, PF = Parental Favoritism, Qua = Quarreling, Anta = Antagonism, SR = Siblings Rivalry, GH = General health, PH = Physical health, Psy = Psychological, SR = Social Relations, Env = Environment, QOL = Quality of life,* p <. 05, ** p <. 01.

Mean Differences Across Sample Groups

Mean differences with respect to gender, family system, marital status, and the problem of favoritism were computed by means of statistical analysis i.e. Independent sample t-test and one-way ANOVA.
Family System and Gender

Table 3

Mean differences across gender in the study variables among young Adults (N = 301).

Variables	Male (n=147)		Female (n=154)		t (299)	p	95% CI		Cohen’s d
	M	SD	M	SD			LL	UL	
Quar	16.42	6.02	18.03	5.49	2.43	.02	-.29	-.30	0.16
Ant	19.44	7.41	21.25	6.81	2.21	.03	-3.42	-.19	0.25
SR	35.86	13.02	39.28	12	2.37	.02	-6.26	-.58	0.27
Mat Fav	15.82	7.48	19.78	8.02	4.43	.00	-5.72	-2.20	0.51
Pat Fav	16.28	8.32	14.24	8.15	2.15	.03	.17	3.91	0.24
PF	32.09	11.74	34.01	11.5	1.43	.15	-4.57	.72	
QOL	49.78	12.41	49.8	11.40	.04	.97	-2.76	2.64	

Note. MF = Maternal Favoritism, PF = Paternal Favoritism, PF = Parental Favoritism, Qua = Quarreling, Anta = Antagonism, SR = Siblings Rivalry, GH = General health, PH = Physical health, Psy = Psychological, SR = Social Relations, Env = Environment, QOL = Quality of life.

Table 3 illustrates that there was a significant difference in gender between males and females. Females are found higher in Quarreling than males (M = 18.03, SD = 5.49). Antagonism and sibling rivalry are higher in females (M = 21.25, SD = 6.81, M = 39.28, SD = 11.99). There was a significant difference in maternal favoritism also gender, females showed higher favoritism than males (M = 19.78, SD = 8.02). With regards to paternal favoritism among genders, Males showed higher favoritism than females (M = 16.28, SD = 8.32). With regards to Parental Favoritism among gender, females showed higher favoritism than males (M = 34.01, SD = 11.59). To see the effect size among mean differences between males and females Cohen's d was also calculated. Cohen’s d of all the variables shows the small to large size effect.

Table 4 (below) illustrates the independent sample t-test for the family system on demographic variables and study variables. There was a significant difference between the joint and nuclear family systems. Quarreling is found higher in joint family systems than nuclear (M = 17.82, SD = 5.74). Antagonism and sibling rivalry are higher in a joint family system than nuclear one. (M = 21.05, SD = 7.04, M = 38.87, SD = 12.40). There was a significant difference between maternal favoritism among family systems, The Nuclear family system showed higher favoritism than the joint (M = 18.29, SD = 7.26). With regards to paternal favoritism among the family systems, the Nuclear family system showed higher favoritism than the joint (M = 16.09, SD = 8.06). With regards to Parental Favoritism among the family systems, the Nuclear

showed higher favoritism than the joint family system ($M = 34.39$, $SD = 11.32$). With regards to quality of life in the family system, Nuclear has a higher quality of life than joint ($M = 52.22$, $SD = 11.97$). To see the effect size among mean differences of joint and Nuclear family systems, Cohen's d was also calculated. Cohen's d of all the variables shows the small effect size to the large effect size.

Table 4
Mean Differences Across Family System for the Study Variables Among Young Adults (N = 301).

Variables	Joint (n=187)		Nuclear (n=114)		t (299)	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Quar	17.82	5.74	16.30	5.80	2.21	.02	.16	2.86	0.26
Anta	21.05	7.04	19.23	7.22	2.16	.03	.16	3.49	0.25
SR	38.87	12.40	35.54	12.71	2.24	.02	.41	6.26	0.26
MF	17.57	8.42	18.29	7.26	.769	.44	-2.60	1.14	0.09
PF	14.72	8.39	16.09	8.06	1.39	.16	-3.30	.56	0.16
PF	32.28	11.86	34.39	11.32	1.52	.13	-4.83	.62	0.18
QOL	48.34	11.64	52.22	11.97	2.77	.00	6.62	1.13	1.21

Note. MF=Maternal Favoritism, PF=Paternal Favoritism, PF=Total Parental Favoritism, Qua=Quarreling, Anta=Antagonism,S R= Siblings Rivalry, QOL= Quality of life, M = Mean, SD = Standard Deviation.* $p > 0.05$

Group Differences Across Marital Status Of Parents, Problem Of Favoritism and Favour by Marital Status Of Parents

Marital Status of Parents: Mean differences have been calculated through ANOVA for categories of Marital status of parents on study variables (i.e., Sibling Rivalry, Quality of life, and parental favoritism). The marital status of parents is divided into 3 categories i.e. Married, Divorced; and the last category is Separated. The results in Table 5 show the mean, standard deviation, and F values on study variables among three Marital status of parents groups (married, divorced, and separated). It was revealed that Quarreling and antagonism were higher in those adults whose parents were separated and divorced than married. Total sibling rivalry was higher in those adults whose parents were separated and divorced than married. A significant mean difference was also seen in physical health ($p < .05$). Physical, and psychological health and quality of life were lower in those adults whose parents were divorced and separated. Social relations were bad in those adults whose parents were divorced and separated then married.

Problem of Favoritism: Mean differences have been calculated through ANOVA for categories specifying the problem of favoritism (intensity of favoritism on study variables (i.e., Sibling Rivalry, Quality of life, and parental favoritism). The problem of favoritism (intensity of favoritism experienced in the family) is divided into 4 categories i.e. Extreme, sometimes, slight, and Not a problem. It was revealed that Quarreling, Antagonism, and Sibling rivalry were higher in those adults who experienced extreme problems of favoritism in the family than slight, sometimes, and Not a problem. Physical and psychological health and quality of life were lower in those adults who experienced extreme problems of favoritism in the family. Social relations were bad in those adults who experienced extreme problems of favoritism in the family then Slight, Sometimes and Not a problem. The Eta Square of all variables was also calculated. The values show small to large effect sizes.

Favoritism by Parents: Mean differences have been calculated through ANOVA for the extent of favor my parents give to me on study variables (sibling rivalry, parental favoritism, and Quality of Life). Favor has been divided into 4 categories i.e. Father, mother, disfavor, and equal. It was revealed that Quarreling is higher when my mother is favoring me over other siblings. Quarreling is higher when my father is favoring

me and disfavoring other siblings. Quarreling ($p < .05$) is higher when the father is favoring me than equal treatment to other siblings. Significant mean differences were seen in Antagonism ($p < .05$). It was revealed that Antagonism is higher when the father is favoring me and the Mother is favoring other siblings. Antagonism is higher when the father is favoring me and disfavoring other siblings. Antagonism is higher when the father favors me and equal treatment to other siblings. Antagonism is higher when the mother favors me rather than equal treatment to other siblings.

Significant mean differences were seen in maternal favoritism ($p < .001$). It was revealed that Maternal is higher when the mother favors me than the other sibling. Father favoritism is greater than equal in maternal favoritism. In paternal favoritism, the mother's favoritism is higher which means when the father favors me then the other sibling is favored by the mother. Significant mean differences were seen in Physical health ($p < .001$). It was revealed that when my mother is favoring me, then physical health is good. Father favoritism is greater than equality in Physical health. In physical health, mother favoritism is higher than physical health is good. Significant mean differences were seen in Quality of Life ($p < .001$). When my father is disfavoring me, then my Quality of life becomes low. When the mother and father both give equal treatment to all siblings then the Quality of life becomes good.

Table 5
Mean Differences across Marital status of parents between study variables Among Young Adults (N = 301)

Variables	Married (n=261)		Divorced (n=24)		Separated (n=16)		F	p	Groups	MD (i-j)	95% CI		Eta Sq
	M	SD	M	SD	M	SD					LL	UL	
Quar	16.4	5.71	22.75	2.72	21.94	3.75	20.9	.00	D>M	-6.29*	-9.10	-3.50	.25
									S>M	5.48*	-8.87	-2.10	
Angat	19.46	7.05	26.79	2.81	25.38	6.57	17.4	.00	D>M	-7.33*	-10.8	-3.8	.23
									S>M	5.91*	-	-1.70	
SR	35.92	12.36	49.54	5.45	47.31	10.24	20.1	.00	D>M	-13.6*	-	-7.53	.25
									S>M	11.4*	-	-4.04	
MF	17.58	7.58	19.71	10.36	19.31	10.52	1.06	.35					
PF	15.45	7.86	14.75	10.83	12.44	10.61	1.04	.35					
PF	33.03	11.12	34.46	16.67	31.75	12.55	.27	.76					
GH	49.52	11.22	50.00	8.24	47.65	6.79	.26	.78					
PH	51.71	13.38	42.55	13.6	47.54	12.49	5.64	.00	D>M	9.15*	2.29	16.01	.13
									S>M	-9.15*	-4.12	12.45	
PSY	46.61	19.32	34.20	14.3	32.03	18.6	8.54	.00	D>M	12.4*	2.68	22.14	.15
									S>M	-14.5*	2.83	26.33	
SR	43.17	29.4	12.50	15.15	7.81	15.4	23.5	.00	M> D	30.7*	16.28	45.05	.20
									S>M	-35.4*	17.98	52.72	
ENV	56.74	13.9	59.37	14.8	56.05	17.4	.41	.66					
QOL	50.92	11.98	42.90	7.64	42.0	9.34	9.1	.00	M>D	8.02*	2.07	13.96	.16
									M>S	-8.92*	1.73	16.10	

Note. Qua=Quarreling, Anta=Antagonism, SR=sibling Rivalry, MF=Maternal Favoritism, PF=Paternal Favoritism, PF=Parental Favoritism, GH=General health, PSY=Psychological, SR=Social Relations, Env = Environment, QOL=Quality of life, M=Mean, SD=Standard Deviation Between group, df = 2, within group df = 298, group total df =300 , *p <.05 ,**p<0.01

Table 6
Mean Differences across Problem of Favoritism between Study Variables Among Young Adults (N = 301).

Var	Extreme (n=137)		Sometime (n=57)		Slight (n=25)		Not a problem (n=82)		F	p	Groups	MD (i-j)	95% CI		Eta sq
	M	SD	M	SD	M	SD	M	SD					LL	UL	
Quar	21.6	4.06	15.18	5.17	12.44	4.18	12.9	3.46	96.17	.00	Ex>So	6.42*	4.68	8.16	0.49
											Ext>Sli	69.16*	4.68	11.56	
											Ex>NP	8.72*	7.18	10.26	
Anta	25.6	4.98	17.88	6.18	14.40	5.20	15.14	4.90	88.39	.00	Ex>So	7.73*	5.56	9.92	0.47
											Ex>Sli	3.48*	8.19	14.22	
											Ex>NP	2.73*	8.52	12.40	
SR	47.20	8.81	33.05	10.78	26.4	8.50	28.02	7.56	12.40	.00	Ex>So	14.2*	10.4	17.9	0.50
											Ex>Sli	20.4*	15.2	25.5	
											Ex>Np	19.2*	15.9	22.5	
MF	19.66	9.95	16.70	6.82	17.88	4.48	15.59	4.59	15.09	.00	Ex>NP	4.59*	.33	6.24	0.04
PF	14.58	10.28	15.84	6.79	15.72	5.98	15.77	5.72	0.53	.66					
PF	34.23	14.01	32.54	10.49	33.60	8.16	31.37	8.63	11.09	.35					
GH	49.82	9.70	49.34	11.19	49.50	8.45	48.93	12.91	.116	.95					
PH	45.33	10.97	51.13	14.14	56.57	14.71	57.79	12.88	19.15	.00	Ex>Sm	5.79*	11.01	.57	0.16
											Ex>Sli	11.2*	18.44	4.03	
											Ex>NP	12.5*	17.08	7.83	
PSY	34.73	14.18	46.27	17.88	57.17	17.07	57.01	19.52	35.81	.00	Ex>Som	11.5*	18.5	4.54	0.26
											Ex>Sli	22.4*	32.09	12.78	
											Ex>NP	22.3*	28.48	16.07	
SR	19.34	24.04	48.83	26.65	57.00	21.87	53.94	22.82	57.19	.00	Ex>Som	29.5*	39.5	19.4	0.36
											Ex>Sli	8.17*	51.54	23.77	
											Ex>NP	10.11*	48.51	30.68	
Env	56.34	14.15	56.36	14.11	60.00	13.71	57.31	14.26	.523	.66					
QOL	43.62	.711	51.21	1.55	57.27	3.26	56.92	1.29	34.22	.00	Ex>Sm	7.59*	11.9	-3.28	0.25
											Ex>Sli	6.05*	19.60	7.68	
											Ex>NP	5.70*	17.12	9.48	

Note. Qua=Quarreling, Anta=Antagonism, SR=sibling Rivalry, MF=Maternal Favoritism, PF=Paternal Favoritism, PF=Parental Favoritism, GH=General health, PSY=Psychological, SR=Social Relations, Env = Environment, QOL=Quality of life, M=Mean, SD=Standard Deviation Between group, df = 2, within group df = 298, group total df =300 , *p <.05 ,**p<0.01

Table 8
Mean differences across favor by (you are favored by) between study variables Among Young Adults (N = 301)

Variables	Mother (n=102)		Father (n=98)		Disfavor (n=18)		Equal (n=83)		F	p	Groups	MD (i-j)	95% CI		Eta sq
	M	SD	M	SD	M	SD	M	SD					LL	UL	
Quar	18.51	5.84	19.95	4.97	15.89	5.99	12.79	3.66	33.50	.00	M>E	5.72*	3.73	7.69	0.25
											F>D	4.06*	.63	7.49	
											F>E	7.15*	5.16	9.15	

Anta	21.47	7.71	23.85	5.68	19.44	6.39	15.07	4.76	31.01	.00	F>M	2.83*	.03	4.47	0.24
											F>D	4.41*	.14	8.68	
											F>E	8.79*	6.30	11.27	
											M>E	4.37*	3.94	8.86	
SR	39.98	13.19	43.81	10.46	35.33	12.03	27.86	7.57	34.46	.00	M>E	12.11*	7.83	16.40	0.26
											F>D	8.47*	1.04	15.90	
											F>E	15.94*	11.6	20.26	
MF	16.24	8.55	21.50	8.88	16.89	6.62	15.71	4.19	11.31	.00	F>M	5.26*	2.40	8.13	0.10
											F>E	5.78*	2.77	8.81	
PF	16.66	9.33	13.08	9.71	17.11	7.49	15.60	4.88	3.67	.01	M>F	3.58*	.50	6.60	0.03
PF	32.89	12.89	34.58	12.73	34.00	13.12	31.34	7.83	1.20	.30					
GH	48.65	10.69	50.64	10.21	52.08	8.84	48.49	11.94	1.15	.32					
PH	50.07	12.98	45.12	12.97	53.77	14.41	57.62	11.63	14.93	.00	M>F	4.95*	.18	9.73	0.13
											E>M	7.55*	2.56	12.53	
											E>F	12.49*	7.46	17.53	
PSY	40.89	17.20	37.93	17.13	53.47	20.37	56.02	19.05	18.72	.00	D>M	12.58*	.43	22.74	0.15
											E>M	15.13*	8.10	22.16	
											D>F	15.54*	3.35	27.74	
											E>F	18.09*	11.0	25.11	
SR	33.36	30.53	24.15	26.66	38.43	27.28	59.33	21.64	26.19	.00	M>F	12.21*	2.12	22.29	0.20
											E>M	22.98*	12.44	33.52	
											E>F	35.19*	24.55	45.82	
Env	56.37	13.17	56.60	14.99	56.25	16.33	58.09	13.82	.271	.84	E>D	20.19*	2.36	34.93	
QOL	48.19	10.56	44.99	10.56	52.56	13.91	56.89	11.16	19.01	.00	D>F	7.57*	.11	15.02	0.16
											E>M	8.69*	4.39	12.99	
											E>F	11.89*	7.55	16.23	

Note. Qua=Quarreling, Anta=Antagonism, SR=sibling Rivalry, MF=Maternal Favoritism, PF=Paternal Favoritism, PF=Parental Favoritism, GH=General health, PSY=Psychological, SR=Social Relations, Env = Environment, QOL=Quality of life, M=Mean, SD=Standard Deviation Between group,, df = 2, within group df = 298, group total df =300 , *p <.05 ,**p<0.01

Discussion

The present study aimed to explore the Role of parental favoritism in the relationship between Sibling Rivalry and Quality of life among young Adults. The study examined the relationship between sibling rivalry and quality of life. The result of the study supported previous research that highlight the crucial role of sibling Rivalry and parental favoritism on quality of life. For this purpose, Self-reported measures were utilized, Adult Sibling Relationship Questionnaire short version (ASRQ) for Sibling Rivalry and Parental Favoritism And WHOQOL-26item were used to measure quality of life. The reliabilities of all the variables were moderate to high determined through psychometric properties.

The study was carried out on a sample of young adults. Analysis was performed through SPSS-26 and Hayes process macro. The alpha coefficient of all the scales and their subscales were computed. The reliabilities of the ARSQ-Short version computed in the present study, .80, .92, .95, .92, .96, and .86 are considered good reliability. In one study, the Test-Retest coefficient for both of the scales and subscales were good: Sibling Rivalry = .93, Quarreling = .82, Antagonism = .90, Parental Favoritism = .88, Maternal Favoritism = .85, Paternal Favoritism = .89 (Stocker et al., 1997) which indicate that in the present study reliabilities are satisfactory. The alpha coefficient of subscales of the World Health Organization Quality of Life Questionnaire ranges from .34 to .77 which is a moderate to high level of reliability. The no of items, Mean, Standard deviation, score range as Actual and potential ranges, skewness, and Kurtosis of scales and sub-scales were computed. Findings revealed that the Values of Skewness and Kurtosis indicate that scores are regularly distributed and found to be within acceptable range (Table 1).

Correlation analysis revealed (Table 2) that there is a negative correlation between sibling rivalry and quality of life, as hypothesized (Hypothesis 1). Studies have repeatedly demonstrated a negative relationship between young adults' quality of life and sibling rivalry (Plamondon, 2018 & Hashim, 2016).

Parental favoritism has a negative correlation with quality of life (Hypothesis 2) Studies consistently demonstrate that parental favoritism negatively affects young adults' quality of life. Jensen (2013) discovered that children who felt less supported by their parents experienced higher levels of depression symptoms, and Finzi-Dottan (2010) discovered that perceived paternal favoritism was a predictor of sibling conflict and warmth.

As hypothesized (Hypothesis 4) Sibling Rivalry is higher in females as compared to males. The finding is consistent with Finzi-Dottan and Cohen (2011) which indicated a high level of conflict among sisters. Maternal favoritism and Paternal Favoritism, where females get more maternal favoritism than males and males get more paternal favoritism than females. Mothers are said to be more likely to favor female children in mixed sibling situations. Is consistent with Mom and Dad favor hereditary related children (Salmon et al., 2011).

Quarreling and Antagonism are higher in the joint family system as compared to the nuclear family system (Hypothesis 3). Due to shared resources and space restrictions, sibling rivalry may be more likely to occur in joint family systems, where several generations coexist (Alexandre et al., 2012). Sibling rivalry is higher in those adults whose parents are separated and divorced as compared to those married (Hypothesis 5) Sibling rivalry in adults from divorced households is more prominent due to increased conflict, largely arising from pre-divorce parental conflict. In divorced family circumstances, the rivalry is far more intense, even when contact and relationship quality are still comparable to intact families (Bush et al., 2003).

Quality of life will be lower in those adults whose parents are separated and divorced as compared to married (Hypothesis 6). The well-being of adults from intact families with unhappy married parents was lower than that of adults from families with happy married parents. Therefore, although parental divorce can have a detrimental effect on an adult's well-being, the degree of this effect varies and depends on how well the parents get along (Amato & Booth, 1991).

Sibling rivalry will be higher in those adults who experience the extreme problems of favoritism in the family (Hypothesis 7). Adults who experience extreme favoritism, especially paternal disfavoring, are more likely to have sibling rivalry, which diminishes sibling warmth and increases conflict. In young adulthood, this dynamic intensifies feelings of animosity and jealousy between siblings (Finzi-Dottan & Cohen, 2010). Quality of life will be lower in those adults who experience Extreme problems of favoritism in the family(Hypothesis 8). According to the study, adult children's psychological health is adversely affected by perceptions of maternal favoritism and disfavoritism. This suggests that extreme favoritism may actually result in a lower quality of life for those who experience it, as it may increase depressive symptoms and sibling conflict (Suitor et al., 2015).

Conclusion

The present study had the goal of studying the relationship between Sibling rivalry, Parental favoritism, and Quality of life among young adults (N =301). For this purpose, the self-report measure was used .correlation analysis, T-test, and ANOVA run through SPSS 26 and Hayes process macro. Results revealed that there is a negative correlation between sibling rivalry and Quality of life. It was also analyzed that Parental Favoritism is negatively correlated with Quality of life. Gender differences and family systems were also explored in this study. It was revealed that Sibling rivalry was higher in females as compared to males and Sibling Rivalry is also higher in joint families as compared to nuclear families. Further research and interventions in this area can potentially enhance family relationships and explore additional variables to deepen the understanding of complex dynamics within the families.

Limitations and Suggestions

The measures used in the study could be validated on more diverse samples for the Pakistani population. The scale used in this study was only available in English, and participants were limited to those who could read and comprehend the language with ease. It is advised that future researchers utilize a modified scale in order to incorporate a variety of samples. In subsequent investigations, observational data and triangulation analyses involving parents, siblings, and participants may be employed to validate the findings of the earlier studies. Employ a blend of qualitative and quantitative methodologies to attain a thorough comprehension of the phenomenon. Undertake extended research projects to track the development of sibling relationships and the effects of partiality over time. It is possible for the effects of favoritism and rivalry to differ among cultures, and conclusions drawn from one context may not apply to another.

Implications of the Study

It would be beneficial for future studies to incorporate a range of ethnic, socioeconomic, and cultural backgrounds in order to better understand how these dynamics change in various settings. A more thorough understanding of family dynamics can be obtained by combining observational techniques with multi-informant approaches, which include the views of both parents and children. Research consistency and comparability would be improved by creating and validating extensive quality-of-life metrics that specifically address the effects of sibling rivalry and parental favoritism. Subsequent research endeavors ought to explore the ways in which particular parenting techniques impact the development and consequences of envy and partiality. Subsequent investigations may explore the impact of distinct parental approaches on the formation of secure versus insecure attachment styles in siblings. Furthermore, research could look into the ways in which these attachment styles mediate the long-term consequences of favoritism and sibling rivalry on relationships and mental health. This research will help family and clinical therapists in two ways: first, by enabling them to comprehend the similarities and differences in sibling relationships and perceived parental differential treatment between parents and adolescents. It will help them develop family-bonding-focused therapies.

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