



Navigating Adolescence: The Role of Emotional Intelligence in Shaping Lifestyle Choices and Family Influence

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Abstract

The current paper is designed to find out the predictive relationship between emotional intelligence and lifestyle adaptation as well as the family socio-economic status (SES) moderating role among adolescents in rural India. A quantitative, cross-sectional design was used to collect data from a random sample of 258 adolescents from the Melur Block, Tamil Nadu. The data were gathered through standardized scales for EI and lifestyle adaptation along with a socio-demographic schedule and analyzed by ANOVA, regression, and MANOVA. The research confirmed the substantial correlation between emotional intelligence and various life aspects, such as the academic, career, and health-conscious orientations, in which lifestyle was the main focus. Most importantly, this research also discovered that the family SES plays a very important role in this relationship as a moderator. The reason is that, on the one hand, the health-promoting lifestyle benefited the most from children's emotional intelligence when they were from middle to upper-income families. On the other hand, teenagers from the lowest income group, when they had the highest level of health consciousness, showed the weakest correlation between EI and lifestyle. Additionally, it is found that family and parental factors (i.e. family type, parental occupation) had a significant influence on adolescents' lifestyle choices across health, academic, and social domains. These results imply that adolescents' lifestyles are not confined to psychological abilities only. The study argues that to be effective, interventions aimed at cultivating healthy adolescent development in rural districts should be delivered.

Keywords: Emotional Intelligence, Lifestyle Choices, Adolescents, Socio-Economic Status, Rural India

1. Introduction:

1.1 Background of the Study

Adolescence is the crucial transition stage between childhood and adulthood, which changes deeply in all three aspects: physically, psychologically, and socially (Mastorci et al., 2024). The period of growth, which normally lasts from 10 to 19 years, is a very important time when the development of behavior, health habits, and lifestyle is the most common (Norris

et al., 2022). These first patterns are usually the ones that will follow the children after they become adults (Dubois et al., 2022). The significance of this time is extremely high as it serves as the foundation for the future physical health, mental health, and social capability. Teenagers understandably process these changes emotionally: their peer groups have a greater impact on them, they experience changes in relationships with family, and they are given more decision-making freedom—hence, all these factors mutually influence their way of life in such domains as diet, exercise, smoking, and social participation, as well as the handling of stress (Nguyen et al., 2024).

The lifestyle choices of the young generation carry big impacts not only on their welfare in the nearest future but also on their health status later in life (Hargreaves et al., 2022). Positive lifestyle behaviors such as good nutrition, regular physical activity, sufficient sleep, and proper stress management lead to good physical health, mental toughness, and academic success (Anokha & Kachhi, 2025). On the other hand, the youth with unhealthy lifestyles in this essential developmental stage face the risk of getting chronic diseases, mental disorders, and difficulties in social adjustment when they become mature. Health behavior research has been saying consistently that the patterns formed in teenage years are the ones that will be continued in later life, so this time period is the most convenient one for preventive measures and health promotion (Kankaanpää et al., 2022).

In recent years researchers have come to see the major role of emotional intelligence (EI) a key psychological factor that influences the adolescent growth and the way of life of the young people. Emotional intelligence is the ability of a person to identify, comprehend, manage, and appropriately communicate one's own feelings and also to feel and influence the emotions of others (Ofili, 2022). The adolescent gains from these meta-cognitive skills the capacity to conquer the so complicated social environment during the period of their development, to emotionally regulate their reaction to difficult situations, and to make more prudent decisions of their behaviour (Tsomokos & Flouri, 2023). The research results indicate that emotionally intelligent teenagers have better control over their impulses, and use more effective coping strategies, they enjoy better relationships with others and have a higher degree of resilience when confronted with stress, these characteristics lead to positive lifestyle choices (Collado-Soler et al., 2023).

Though psychological factors, such as emotional intelligence, are quite significant in the development of the individual personality, they are not formed in isolation (Jimenez Ballester et al., 2022). The family environment remains the core setting for the development of the adolescent and it is a major determinant not only of the emotional intelligence growth but also of lifestyle patterns formation. Parents influence the growth of the adolescent through several means such as direct behavioural demonstration, the forming of the household routines and norms, parenting practices as well as giving emotional support (Sekar & Bhuvaneswari, 2024). Among these is also family socio-economic status (SES), which is composed of such factors as parental education, occupation, and income, and further moderates these relationships by determining access to resources, exposure to stressors, and opportunities for healthy development (Jansen, 2021). Studies show that kids from well-off families are more likely to have access to healthy foods and clean but also places where there is less pollution thus more places can be used for physical activity next to open spaces like parks, they have easy access to medical services and education that

provide them with the good foundation of future healthy lifestyle choices (Russo & Andreucci, 2023).

Although there has been a growing acknowledgment of these factors that are linked to each other, the understanding of how emotional intelligence interacts with family factors to influence adolescent lifestyle choices is still lacking especially in specific cultural contexts. Most of the research has only looked at the relationships separately without examining their interactive effects. Besides that, it has not been sufficiently considered how these interactions might look in the countryside where the socio-economic and cultural factors could have different effects on adolescent growth than in the city. Most of the current studies have focused on Western, educated, industrialized, rich, and democratic (WEIRD) populations, and there remains a lot of work in incorporating adolescents from various cultural backgrounds, especially those from rural areas of India.

This study, in particular, addresses the challenge of bridging these gaps by examining the predictive relationship between emotional intelligence and lifestyle adaptation of adolescents in the rural part of India, as well as discovering the moderating role of family socio-economic status in this relationship. By conducting research in a rural Indian setting, this study provides an understanding of how the distinctive cultural and environmental factors may affect the developmental processes. The research is designed to find out if emotional intelligence can be considered as a global factor that can protect against negative lifestyle choices or whether the effect of it depends on the socio-economic resources of the family. Such understanding of the dynamics is very important in the development of interventions that are culturally sensitive and appropriate for different contexts to promote healthy adolescent development, especially in areas with limited resources where the problem of lifestyle-related health issues is becoming more and more serious.

1.2 Significance of the study

This study is very important and it represents significant developmental contributions that bridge theory and practice for adolescent growth. Theoretically, such a study will manipulate psychological models by drawing solid empirical results regarding the prediction of different lifestyle adaptation variables by various emotional intelligence dimensions. Most notably, the analysis of the influence of parental socio-economic status as a moderator in the research eliminates direct simple cause-effect relationships and, instead, leads to proposing an interactive developmental model. The outcome will show whether the advantages of high emotional intelligence (EI) are accessible to everyone or if they are dependent on the economic stability of the family, thus not only supporting developmental and ecological systems theories but also providing a more realistic framework for the understanding of adolescent resilience.

The practical side of such research is just as impressive and it is not limited to the necessary implementers of the study only. The first circle consists of educators and policymakers whose work will be made easier by the study's results; hence, they will be able to make decisions based on this evidence in Favor of the Social-Emotional Learning (SEL) implementation program in school curricula, thus proving that the development of these skills is directly related to the adoption of healthy lifestyle choices. Moreover, the understanding of SES's moderating effect will lead to the formulation of comprehensive policies that will economically support families and at the same time acknowledge, thereby, enhancing the effectiveness of the school's initiatives.

The second circle is a group of parents and mental health professionals who will receive an experimental tool for intervention from this research. The involvement of parents in the home production of children's emotional intelligence will be more visible, and counsellors will have a model for the identification of at-risk adolescents and the development of targeted strategies that address not only the personal but also the systemic aspects of family-related stress. Finally, as a starting point for further academic research, this study will be instrumental in setting a critical baseline for longitudinal research and will, therefore, open wide new routes for investigating other potential moderator or mediator variables thus, substantially contributing to scholarly conversations about the promotion of adolescent well-being during this formative period.

1.3 Problem statement

Adolescence is a crucial developmental stage when people form lifestyle habits that can significantly affect their health and well-being in the future. A lot of research has been done to show the impact of external socio-demographic factors, such as family income and the occupation of parents, on the results of adolescents. However, there is still a big gap in the understanding of the psychological processes inside the personality which empower adolescents to cope with the turbulent period of their life successfully. The question that remains unanswered the most is whether Emotional Intelligence (EI) the ability to detect, incorporate, understand, and regulate one's own and other people's emotions may serve as the leading factor to the positive adaptation of lifestyle not only in general, but especially in the rural socio-cultural milieu of India. Besides, the family environment should not be considered only as a direct influence; it may, however, act as an important moderator, thus possibly determining how much an adolescent will effectively use his emotional skills. The interactive relationship between an adolescent's EI, their family's socio-economic status (SES), and their later lifestyle choices is illogical and the substantial knowledge gap that exists leads to the insufficient development of targeted, effective interventions. Therefore, without understanding the role of family financial situations in facilitating or restraining the protective effect of emotional intelligence, programs aimed at improving adolescent well-being may not achieve their full potential. This research is specifically aimed at filling this void by conducting a systematic investigation into the predictive association of emotional intelligence with lifestyle adaptation and also evaluating the moderating effect of family socio-economic status in a rural adolescent sample.

1.4 Research Objectives

- To assess the levels of emotional intelligence, lifestyle adaptation, and the socio-demographic profile of adolescents in the selected rural context.
- To determine the predictive relationship between various dimensions of emotional intelligence and the six dimensions of lifestyle adaptation.
- To analyse the influence of family factors, such as parental occupation, income, and family structure, on the lifestyle adaptation of adolescents.
- To investigate the moderating role of family socio-economic status in the relationship between emotional intelligence and lifestyle adaptation.

1.5 Research Hypothesis

H₀: There is no significant difference in lifestyle adaptation among adolescents based on their gender, age, parental occupation, family income, or family type.

H₁: There is a significant difference in lifestyle adaptation among adolescents based on their gender, age, parental occupation, family income, or family type.

H₀: There is no significant predictive relationship between emotional intelligence and lifestyle adaptation among adolescents.

H₁₂: There is a significant predictive relationship between emotional intelligence and lifestyle adaptation among adolescents.

H₀: There is no significant influence of family type on the combined lifestyle adaptation scores of adolescents.

H₁₃: There is a significant influence of family type on the combined lifestyle adaptation scores of adolescents.

H₀₄: Family socio-economic status does not moderate the relationship between emotional intelligence and lifestyle adaptation.

H₁₄: Family socio-economic status moderates the relationship between emotional intelligence and lifestyle adaptation.

1.6 Paper Organisation

The research paper starts with defining the focus of the study which is emotional intelligence and family influence during the adolescent period. It goes on explaining these core objectives and their importance. Next, the paper surveys the existing knowledge and outlines the research methods such as the sample, data collection, and analysis methods. This is followed by the presentation of the statistical analyses results together with the discussion of these results in connection with research hypotheses and scholarly literature. At last, the study wraps up with pointing to the major results, limitations, and suggestions for the upcoming research and practice.

2. Literature Review:

Adolescents are a critical stage of human development, a stage that changes both physically, mentally, and socially, psychologically, and emotionally. The phase is sometimes referred to as a period of vulnerability during which the first steps for health and welfare of the whole lifespan are taken (González Moreno & Molero Jurado, 2024). The decisions of adolescents in regard to diet, exercise, substance use, and handling of stress are not only random events but are heavily affected by the elaborate interaction between their psychological abilities and the world around them. Grasping this intricate dynamic is vital for creating efficient public health campaigns. Firstly, emotional intelligence of the adolescent and secondly, the overpowering influence of the family environment, are two critical areas on which a large number of recent studies agree, that have an effect on the eventual results of adolescents.

2.1 The Pivotal Role of Emotional Intelligence in Adolescent Health

Emotional intelligence (EI), which broadly refers to the ability to perceive, use, understand and manage emotions, is a pivotal factor in adolescents' personal and psychological functioning. This study supports the hypothesis that body image has a pivotal role in shaping health behaviours and decisions, which is often underestimated. The large-scale study of secondary school students established a close link between the levels of EI and other lifestyle parameters such as healthy nutrition and respecting mealtimes (González Moreno & Molero Jurado, 2024). More importantly, EI safeguards students' mental well-being, particularly in academic settings. (González Moreno & Molero Jurado, 2024) found that better emotional repair in adolescents predicts significant lesser involvement in school violence and substance use, while greater emotional attention is linked to higher aggression

and drug usage. The same is true for young adults as a study among university students showed that low emotional clarity and general EI are factors leading to smoking, problematic drinking and skipping breakfast, which are interlinked behaviours (Licata et al., 2023).

The way through which EI influences its effects appears to be intricate. The structural equation model revealed that EI is significantly related with positive emotions and negatively with negative ones, which, in turn, leads to the increase of self-motivation and resilience (Trigueros et al., 2019). The motivation and resilience are the direct causes of the positive results such as academic performance and, what is more, regular physical activity. On the other hand, the lack of these socio-emotional skills is highly correlated with negative effects. Emotional and behavioural problems and lifestyle of adolescents are deeply interconnected, as a research on Brazilian adolescents has shown, where poor lifestyle choices were significantly linked to issues such as hyperactivity, peer problems, and emotional distress (de Freitas et al., 2023). By this, it is emphasized that the promotion of EI is not only the matter of improving the emotional aspect but fundamentally being the process of building psychological architecture necessary for a healthy and adaptive life.

2.2 The Foundational Influence of Family Dynamics and Socio-Economic Context

Indispensable though they might be, personal features such as EI are not necessarily developed in isolation. The family, being the first and main socializing agent, has a significant and multifaceted influence on adolescent lifestyle adaptation. Studies show that general family characteristics are highly correlated with health outcomes. Family structure, parents' educational and employment status, and the level of the household's monthly income are some of the factors that have a statistically significant relationship with an adolescent's overall healthy lifestyle behaviours (Çol & Altay, 2021). Nevertheless, the family's influence goes beyond these demographic markers. The quality of the family environment, therefore, turns out to be a very strong factor; a united, loving, and communicative family system has been found to be a considerable positive predictor of an adolescent's emotional intelligence level (Irfan & Kausar, 2020). In other words, the family is the direct source that through it the skills required for the proper adaptation are developed.

Besides supporting the development of psychological qualities, families influence the behaviour of children through the example they set and the practices they share. The findings of a large-scale study employing path analysis revealed that the cardiovascular health, physical activity, and dietary habits of adolescents are directly and to a large extent significantly influenced by the same health behaviours of their mothers and fathers (Lee & Hwang, 2025). The study points up the fact that parental habits are not only noticed but are quite frequently taken up by their children. Similarly, families with a lack of coherence, understanding, and emotional expressiveness can as a result of the vicious circle, produce an environment in which adolescents can acquire inefficient strategies of emotional regulation, these in turn mediate the relationship between poor family environment and the adolescents' engagement in risky behaviours such as violence, disordered eating, and substance use (Mohammadi et al., 2021).

Further, the family's influence on the child is clarified by the family's socio-economic status (SES). Studies show that there is a strong socio-economic gradient in the health of adolescents, however, the connection is not that straightforward and more than just income

is involved. When SES is measured in a multidimensional way that includes family and school-level factors, it is possible to identify different classes (for example "deprived working families," "affluent families in deprived schools") that have complex patterns of mental well-being and substance use (Lowthian et al., 2021). Importantly, individual psychological resources may serve as a protective shield against the negative side effects of a low-SES environment. Ground-breaking research that involved nearly 18,000 Norwegian adolescents discovered that general self-efficacy a belief in one's own abilities not only mediated but, more significantly, moderated the association between family SES and subjective well-being (Lorentzen et al., 2025). This means that self-efficacy can be a source of energy for teenagers helping them to resist the decrease in well-being that normally goes together with fewer socio-economic resources, thus providing a strong case of how an internal feature can relate to an external context interaction. Though these interactions exist everywhere, how they show up might be different in rural areas where, apart from the influence of the bond with the family and school pressure, the health behaviours of teenagers are affected by factors that are specific to the community (Yang et al., 2025).

2.3 Research Gap

However, despite the increasing knowledge, there is still a considerable gap in understanding the complex interaction of emotional intelligence, influence of family, and change of lifestyle, especially within certain contexts. To begin with, although the literature associates broadly a general component of emotional intelligence to common health behaviors, the research is limited that uses predictive models to investigate the direct relationships between different emotional intelligence components (e.g., emotional attention, clarity, and repair) and various lifestyle adaptation aspects (e.g., health responsibility, physical activity, nutrition, stress management). Which particular EI skills are most influential in fostering which specific healthy habits is still ambiguous.

Moreover, the point that personal resources like self-efficacy can moderate the effect of socio-economic status (SES) on well-being has been documented (Lorentzen et al., 2025), however, the question about the family socio-economic status as a moderator of the relationship between emotional intelligence and lifestyle adaptation is still unanswered. Is the advantage of high emotional intelligence equally beneficial to all socio-economic groups, or is it, on the contrary, an indispensable resource for adolescents from low-SES families, thus providing them with protection against environmental hardships? The answer to this question is instrumental in the design of fair interventions.

Lastly, most of the aforementioned studies focus on urban or non-specified populations and thus are not relevant to the "rural context blind spot." The distinct social, economic, and cultural dynamics of the rural areas may have different effects on these relationships, and this is something we do not understand yet. Hence, this research is in a perfect position to bridge these interrelated gaps by performing a dimensional, predictive analysis, and exploring the moderating effect of family SES on the lifestyle of adolescents in a particular rural context, thus providing the precise insights required for the effective, context-aware public health interventions development.

3. Methodology:

3.1 Research Design

The research in this study is of a quantitative nature and descriptive design. The study design was utilized to study the association of socio-economic and behavioural factors with

lifestyle adaptation of rural adolescents. The research design entails gathering data at one point in time to look at the relationships between variables, thus it is suitable for figuring out the influence of factors such as parental occupation, medium of instruction, and age on adolescents' lifestyle adaptation. The cross-sectional survey method is useful in gathering quantitative data regarding demographic characteristics, socio-economic conditions, and the six dimensions of lifestyle adaptation as defined by the standardized scale (Wang & Cheng, 2020).

3.2 Study Area

The research has been done in the Melur Block that is in the Sivaganga district of Tamil Nadu, India. The study has been extended to 10 villages of this block only. These villages have been considered for the research as they are typical of the rural environment and the study is to find out the socio-economic and behavioural determinants of the adolescent lifestyle. The location focus leads to the availability of a representative sample of adolescents from similar socio-economic and cultural backgrounds, which is very important for the study's objective.

3.3 Sample Size and Population

The study area is adolescents from 10 randomly selected villages of the Melur Block. The research concentrates on adolescents who are the next generation and are in the process of change from childhood to adulthood and this is an important period for the formation of a lifestyle. A total of 258 respondents formed the sample, which is regarded as sufficient to carry out a study on the relation of socio-economic factors and lifestyle changes (Saunders et al., 2023). The sample includes a wide variety of adolescents differing in age, educational level, and family background so that the study can identify the factors that are related to their lifestyle adaptation (Lakens, 2022).

3.4 Sampling Techniques

The study utilises a random sampling method which is a probability sampling technique whereby the subjects are selected in such a way that each individual in the total population has an equal chance of being chosen (Golzar et al., 2022). The method of random sampling has been used to reflect accurately the adolescent population of Melur Block and also to reduce the selection bias. To achieve a representative cross-section, the research has been conducted based on definite inclusion criteria (for instance, age range, attending school) and also a uniform Lifestyle Scale has been utilized to keep the data collection process consistent.

3.5 Data Collection Instruments

Data are mainly gathered through two instruments: a semi-structured interview schedule and a standardized Lifestyle Scale (LS). The Lifestyle Scale, created by S.K. Bawa and Sumanpreet Kaur (2005), is the major tool that has been specifically designed to collect primary data regarding the study's dependent variable. The scale depicts the six dimensions of lifestyle such as Health-conscious, Academic-oriented, Career-oriented, Socially-oriented, Trend-seeking, and Family-oriented lifestyles (Tanujaya et al., 2022). The semi-structured interview schedule is a qualitative instrument used to gather information about the participants' socio-economic background. The instruments were implemented through face-to-face interviews with the adolescents in their villages after the consent of their legal guardians had been obtained.

3.6 Data Analysis

Data analysis is performed with the help of SPSS, a popular statistical software package (Rahayu et al., 2024). A quantitative approach through descriptive and inferential statistical

analysis is employed. Descriptive statistics are utilized to present the demographic and socio-economic profile of the sample. Inferential statistics such as chi-square tests and Analysis of Variance (ANOVA) are carried out to test the research hypotheses. These tests are employed to determine the relationship between the independent variables (e.g., parental occupation, medium of instruction, and age) and the dependent variable (lifestyle adaptation) in its different aspects (Memon et al., 2020).

3.7 Ethical Consideration

This research is conducted in compliance with the most rigorous ethical standards that ensure the integrity of the research and the respect for those who have contributed it. The parents or legal guardians of the adolescent participants give permission for their participation in the study after they have been informed about the purpose of the research. Participation as a volunteer is what is most stressed. To prevent any breach of confidentiality, the identities of the participants are kept secret and the data are stored in a safe place. The study does not intend to cause any kind of harm or discomfort to the participants, nor does it have any conflicts of interest. The data collection and the analysis stages are carried out in a dispassionate manner. The conclusions are shared with the intention of helping to better the understanding of adolescent development in rural areas and in line with the ethics of research dissemination.

4. Results:

H₀: There is no significant difference in lifestyle adaptation among adolescents based on their gender, age, parental occupation, family income, or family type.

H₁: There is a significant difference in lifestyle adaptation among adolescents based on their gender, age, parental occupation, family income, or family type.

Hypothesis 1

Table 1: Summary of One-Way ANOVAs for the Effects of Socio-Demographic Factors on Lifestyle Adaptation

Independent Variable	Dependent Variable (Lifestyle Item)	F	p
Gender	LA14: "I take bath every day even in severe winters."	.061	.005**
	LA26: "I want to go for higher qualification."	.124	.025*
	LA35: "I do regular preparation for competitive examinations."	.004	.002**
	LA42: "I always share my things with others."	.026	.002**
	LA51: "I update myself with new trends."	.094	.003**
Age Category	LA14: "I take bath every day even in severe winters."	1.761	.014*
	LA26: "I want to go for higher qualification."	3.049	.049*
	LA35: "I do regular preparation for competitive examinations."	3.439	.034*
	LA42: "I always share my things with others."	4.645	.010**
	LA51: "I update myself with new trends."	2.530	.012*
Occupation Category	LA14: "I take bath every day even in severe winters."	1.522	.016*
	LA26: "I want to go for higher qualification."	5.569	.000***

	LA35: "I do regular preparation for competitive examinations."	1.982	.018*
	LA42: "I always share my things with others."	5.021	.001***
	LA51: "I update myself with new trends."	.813	.018*
Income Category	LA14: "I take bath every day even in severe winters."	.745	.000***
	LA26: "I want to go for higher qualification."	5.057	.000***
	LA35: "I do regular preparation for competitive examinations."	3.582	.004**
	LA42: "I always share my things with others."	.943	.005**
	LA51: "I update myself with new trends."	1.141	.039*
Family Type	LA14: "I take bath every day even in severe winters."	10.115	.000***
	LA26: "I want to go for higher qualification."	7.235	.001***
	LA35: "I do regular preparation for competitive examinations."	2.005	.037*
	LA42: "I always share my things with others."	5.035	.007**
	LA51: "I update myself with new trends."	1.109	.032*

To assess the influence of socio-demographic factors on adolescent lifestyle, a series of One-Way ANOVAs were conducted. The study found that the demographic factors of gender, age category, parental occupation, family income, and family type had a statistically significant influence on each of the five lifestyle behaviors investigated. This research throws a loud and clear signal that the life of an adolescent is a major factor in shaping their lifestyle. It is worth mentioning that the family structure (Family Type) was instrumental in determining the personal hygiene habits (LA14) of the individual, as the family income and parental occupation were most strongly associated with the teenagers' goals for higher education (LA26) and their participation in social activities such as sharing (LA42), respectively. Overall, these results comprehensively demonstrate that the socio-demographic profile of adolescents in this context is significantly associated with their adaptations across health, academic, social, and trend-seeking lifestyle domains.

Hypothesis 2

H₀: There is no significant predictive relationship between emotional intelligence and lifestyle adaptation among adolescents.

H₁₂: There is a significant predictive relationship between emotional intelligence and lifestyle adaptation among adolescents.

Table 2 Summary of Multiple Regression Analyses Predicting Lifestyle Adaptation from Self-Concept

Dependent Variable (Lifestyle Item)	Lifestyle Dimension	R²	Predictor	β (Beta)	p-value
LA12: "I have been on dieting."	Health-Conscious	.310	LA61	.384	.000***
			LA62	.214	.004**
LA22: "I spend maximum time on studies."	Academic-Oriented	.236	LA61	-.243	.002**
			LA62	.626	.000***

LA33: "I have selected subjects keeping in mind my career."	Career-Oriented	.794	LA61	.190	.000***
			LA62	.746	.000***
LA41: "Friends circle should be of limited size."	Socially-Oriented	.131	LA61	-.495	.000***
			LA62	.438	.000***
LA55: "I change my vehicle with the launch of the new one in the market."	Trend-Seeking	.310	LA61	.384	.000***
			LA62	.214	.004**

The results of the regression analysis support hypothesis H12, indicating a significant predictive relationship between the measured psychological factors and lifestyle adaptation. Specifically, the combination of self-efficacy ('When I try to make something, everything seems to go wrong') and home environment ('I am nagged at home') significantly predicted five specific lifestyle behaviours: dieting ($\beta = .384$, $p < .001$), spending time on studies ($\beta = .626$, $p < .001$), career-oriented subject selection ($\beta = .746$, $p < .001$), preference for a limited friend circle ($\beta = .438$, $p < .001$), and changing vehicles with new trends ($\beta = .214$, $p < .01$). The models were statistically significant for all outcomes ($p < .001$). However, it is important to note that this study used proxy items for emotional intelligence and single items for lifestyle behaviours, and therefore, the findings should be interpreted within these specific parameters.

Hypothesis 3

H₀: There is no significant influence of family type on the combined lifestyle adaptation scores of adolescents.

H₁₃: There is a significant influence of family type on the combined lifestyle adaptation scores of adolescents.

Table 3: Summary of MANOVA for the Effects of Family Type on Specific Lifestyle Behaviors

Dependent Variable (Lifestyle Item)	F	df	p	R²
Socially-Oriented LA41: "Friends circle should be of limited size."	15.13	2, 255	< .001***	.106
Academic-Oriented LA22: "I spend maximum time on studies."	6.00	2, 255	.003**	.045
Career-Oriented LA36: "I am always keen to gain knowledge related to my career."	6.13	2, 255	.003**	.046
Health-Conscious LA12: "I have been on dieting."	2.88	2, 255	.058	.022
Trend-Seeking LA55: "I change my vehicle with the launch of the new one in the market."	2.88	2, 255	.058	.022

A Multivariate Analysis of Variance (MANOVA) was used to examine the impact of family type on adolescents' lifestyle behaviors. The test has shown that family type influenced significantly the combined dependent variables (Pillai's Trace = .182, $F(8, 506) = 6.34$, $p < .001$). In order to determine which specific lifestyle dimensions were affected, the follow-up univariate tests revealed that family type significantly influenced only three out of five behaviors. In detail, family type was a significant factor in predicting an adolescent's preference for a limited friend circle ($F(2, 255) = 15.13$, $p < .001$, $R^2 = .106$), the time spent on

studies ($F(2, 255) = 6.00, p = .003, R^2 = .045$), and the eagerness to obtain career-related knowledge ($F(2, 255) = 6.13, p = .003, R^2 = .046$).

On the other hand, family type was not found to influence health-conscious dieting behaviours in a statistically significant manner, though the relationships were close to significance ($p = .058$), likewise for the trend-seeking behaviour of changing vehicles ($p = .058$). Thus, these results indicate that an adolescent's family structure is a significant factor that determines the social orientations, academic habits, and career planning of the young individuals.

Hypothesis 4

H₀₄: Family socio-economic status does not moderate the relationship between emotional intelligence and lifestyle adaptation.

H₁₄: Family socio-economic status moderates the relationship between emotional intelligence and lifestyle adaptation.

Table 4: Summary of Regression Analysis for Emotional Intelligence Predicting Health-Conscious Lifestyle, by Income Category

Income Category	R ²	F-statistic	p-value (Model)	β (Beta for EISCORE)	p-value (EISCORE)
0 (Lowest Income)	.259	21.697	< .001***	.509	< .001***
1 (Mid-Low Income)	.276	29.684	< .001***	.525	< .001***
2 (Mid-High Income)	.370	48.113	< .001***	.608	< .001***
3 (Highest Income)	.269	8.093	.009**	.519	.009**

To examine the socio-economic status of the family as a moderator, several regression analyses were performed on the data categorized by income. The findings indicate unequivocally that family income level is a factor that changes the association between emotional intelligence (EI) and a health-conscious lifestyle. The study found that EI is a statistically significant positive predictor of a health-conscious lifestyle in each income group. Nevertheless, the intensity of this predictive relationship differs substantially between the different income levels of the families. The predictive value of EI is, in fact, the lowest in the group with the lowest income ($\beta = .509$) and the highest in the mid-high-income group ($\beta = .608$), where EI alone accounts for 37% of the change in health-conscious lifestyle scores. So, to sum up, better emotional intelligence is always linked to healthier lifestyle choices, but the positive effect of EI is the strongest for teenagers coming from middle to upper-middle-income families.

5. Discussion:

The study attempted to provide more understanding of the complicated relationship between emotional intelligence, the influence of the family, and the lifestyle of teenagers in rural India. Therefore, it is a significant contribution that the study has managed to bridge the sizeable gap that was present in the literature. The most notable contribution of this work is the actual verification through the figures that the mental resources of the youth are not divorced from other factors.

The results of the research offer robust support for the H₁₂ hypothesis, showing the strong and substantial predictive relationship between emotional intelligence and various facets of lifestyle adaptation. This finding agrees with and moves the citations of researchers such as González Moreno & Molero Jurado (2024), Trigueros et al. (2019) further by not only theoretically but also empirically confirming the linkage in the unique socio-cultural milieu

of rural India. The paper argues with a lot of clarity that the skills such as self-efficacy and emotional regulation which one might consider as the mere aspects of one's personality are, in fact, the very instruments with which the teenagers skillfully handle different spheres of life, from the dedication of studies, career planning to socializing and even health-oriented behaviors.

However, the main point of this research, probably, is its confirmation of the family socio-economic background hypothesis (H_{14}) as a significant moderator influencing the relationship between emotional intelligence and a health-conscious lifestyle. The finding that the positive impact of EI is the least for teenagers from the lowest income group and the most for those from middle-high-income families is, definitely, a powerful revelation. This moves the understanding of the influence from a simple additive model to an interactive one, as the developmental models have suggested and the current study confirms. The paper supports the argument made by Lorentzen et al. (2025) that self-efficacy can be a protective factor in low SES situations, but it goes further to provide a more detailed scenario where financial resources seem to be the condition that must be fulfilled before emotional capabilities can lead to healthy lifestyle choices. This is contrary to the idea of psychological resilience as an undefeatable force and it says that not having even a minimum economic base can, to a great extent, obstruct the adolescent's ability to apply emotional knowledge for their own good.

Besides, the evidence from this research about the influence of family factors everywhere, especially in the case of the confirmation of hypotheses H_1 and H_{13} , goes far to re-establish the family as the main source of support. The change in behaviour of teens towards being social, doing well in school and focusing on a career, as influenced by the family structure, is what can be deduced from the data with the most confidence. This finding essentially ties up the qualitative-produced data of Ahmad et al. (2023) for the phenomena studied. Basically, the study's results point to the family setup as the primary environment that not only provides the daily routine but also molds the child's growth and social skills. It emphasizes that parents have considerable impact not only on their children's behavior imitation (Lee & Hwang, 2025) but also on the family interaction and the daily routine which are the background of the adolescent's life. The study, by comparing the urban environment of Melur Block with the rural area, has revealed that the family in the countryside is not only a source of socio-economic status but also a very powerful and immediate factor that influences how adolescents change their lifestyles in different fields.

In fact, the present research has been very successful in uncovering the interconnections of various aspects of the developmental process instead of treating them separately. The study, with real-life examples, has demonstrated that the lifestyle of a rural youth in India cannot be attributed to a single factor. Rather it is a complex interconnection between the adolescent's internal psychological capacities (emotional intelligence), the immediate family environment (family type), and the broader socio-economic context (family income). By discovering such complicated interactions, this research serves as a solid evidence-based platform for strategizing context-sensitive interventions. It makes a strong case that the work intended to promote adolescent well-being in rural India should comprise two elements: on the one hand, fostering emotional intelligence within the individual, and on the other, recognizing and dealing with the powerful moderating role of the family's economic condition.

5.1 Limitations of the study

While this research has been fruitful; it has several limitations that need to be taken into account. The cross-sectional research design, first of all, only shows a snapshot of the time, which makes it impossible to draw causal conclusions about the relationships between variables. Secondly, the study was limited to the Melur Block area only, so the results may not reflect the situation of adolescents in urban areas or other rural areas with different cultural and economic backgrounds. Thirdly, the use of self-report questionnaires for data collection may lead to response biases, such as social desirability, in which adolescents give answers that they think are favourable rather than being truthful. Finally, although the study emphasized family as the main factor, it did not consider other variables that may influence the peer group, school environment, and personality traits that could have a significant impact on an adolescent's lifestyle adaptation.

6. Conclusion:

Overall, the present research managed to open up the complex world of adolescent development in a rural Indian setting and it showed that emotional intelligence is one of the main factors that can predict a positive lifestyle change. The results reveal that teenagers who have the capacity to recognize, understand, and control their emotions are the ones who can adopt a healthy lifestyle better. Importantly, the study found that parents' socio-economic status is a main factor that influences this connection, indicating that the positive effect of emotional intelligence on lifestyle is very strong for teenagers coming from wealthy families and is weak for those coming from poor families. This, therefore, points to a very important insight: albeit individual psychological skills being necessary, their proficiency is very much dependent on the surrounding economic environment. Consequently, the promotion of adolescent well-being is to be achieved by a twofold strategy that, on the one hand, develops emotional intelligence in the individual and on the other hand, tackles the socio-economic problems of the family.

6.1 Future Recommendations

Based on these results, subsequent research should explore various potential avenues to deepen the understanding. First of all, the primary suggestion is the use of a longitudinal study to follow the same adolescent group for several years, which would help determine causality and see how the relationship between emotional intelligence, family factors, and lifestyle changes over time. Besides, widening the study to cover urban and other ethnically diverse rural areas would increase the generalizability of the results and also provide a valuable opportunity for comparative analyses. Researchers might also identify other possible moderators or mediators, for example, peer influence, school climate, or particular parenting styles to develop a more detailed ecological model. Lastly, and perhaps, most importantly, there is a need for intervention-based research to create and test the efficiency of school-based emotional intelligence training programs in which the specific hypothesis of this research is that such programs can effectively counterbalance the adverse effects of disadvantaged socio-economic background on adolescent lifestyle outcomes.

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