

## **The Impact of Altruistic Behavior on Emotional Stability Among a Sample of Palestinian University Students**

**Safeya Al-Sheesh**

### **Abstract**

The study aimed to identify the impact of altruistic behavior on emotional stability among a sample of Palestinian university students. The study approached the literature as a multi-dimensional phenomenon, which addressed both theoretical and applied research. The significance of this recent study is the first, which dealt with this theme, to the author knowledge, which in turn encourages other researchers to work on further research on this important issue.

The study adopted the quantitative research approach using the sampling survey method. The questionnaire is appropriate for the exploratory nature of the research. A 40-item scale was used to evaluate the altruistic behavior on emotional stability among a sample of Palestinian university students which consist of (518) male and female students randomly selected. The collected data was statistically analyzed using the statistical package for social sciences (SPSS).

The results revealed that the participants experienced a high level of altruistic behavior and a moderate level of emotional stability. The mean scores and standard deviation were (M 3.43 SD 0.38; M 2.57 SD 0.20) respectively. The study revealed the determinant effect of altruistic behavior on improving emotional stability among the Palestinian university students. It was found that when altruistic behavior increases, emotional stability increases and vice versa.

The results of the study revealed significant statistical differences in altruistic behavior among the students due to gender. However, no statistical significant differences were found in the rest of the study variables that are, college, GPA, place of residency, family birth rank, and the university. Additionally, the findings of the study revealed significant statistical differences in emotional stability among the students due to GPA. However, no statistical significant differences were found in the rest of the study variables that are, gender, college, place of residency, family birth rank, and the university.

In light of the findings and discussion, the study recommend, working on increasing awareness of the importance of the altruistic behavior among students, especially the males, as an essential

component in the mental health, and further research is essential in the area of altruistic behavior and emotional stability using the qualitative research design.

**Keywords:** Altruistic behavior, emotional stability, university students, Palestine.

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