Impact of Belongingness, Relational Communication, Religiosity and Screen Time of College Student Levels of Anxiety

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Abstract : Emergent adults in the United States are currently experiencing high levels of anxiety. It is imperative to uncover insulating factors which mitigate the impact of anxiety. This study aims to explore how constructs such as belongingness, relational communication, screen time and religiosity impact anxiety levels of emerging adults. Approximately 250 college students from a small, private university on the West Coast were given an online assessment that included: the General Belongingness Scale, Relational Communication Scale, Duke University Religion Index (DUREL), a survey of screen time, and the Beck Anxiety Inventory. A MANOVA statistical test was conducted by assessing the effects of multiple dependent variables (scores on GBS, RCS, self-reported screen time and DUREL) on the four different levels of anxiety as measured on the BAI (minimal = 1, mild =2, moderate = 3, or severe = 4). Results indicated a significant relationship between one's sense of belonging and one's reported level of anxiety. These findings have implications for systems, like universities, churches, and corporations that want to improve young adults' level of anxiety.
Keywords : anxiety, belongingness, relational communication, religiosity, screen time
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