

## Impact of Perceived Stress on Psychological Well-Being, Aggression and Emotional Regulation

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**Abstract :** This study was conducted to identify the effect of perceived stress on emotional regulation, aggression and psychological well-being. Analysis was conducted using correlational and regression models to examine the relationships between perceived stress (independent variable) and psychological factors containing emotional intelligence, psychological well-being and aggression. Subjects N=100, Male students 50 and Female students 50. The data was collected using Cohen's Perceived Stress Scale, Gross's Emotional Regulation Questionnaire (ERQ), Ryff's Psychological Well-being scale and Orispina's aggression scale. Correlation and regression (SPSS version 22) Emotional regulation and psychological well-being had a significant relationship with Perceived stress.

**Keywords :** perceived stress, psychological well-being, aggression, emotional regulation, students

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