

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

Authors : Nishtha Batra

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

Conference Title : ICMHW 2025 : International Conference on Mental Health and Wellness

Conference Location : Goa, India

Conference Dates : December 09-10, 2025