The Effects of Daily Stress Factors on University Students' Emotional Clarity and Internet Overuse

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Abstract

Background/Objectives*: The purpose of this study is to investigate the effects of everyday stressors on emotional clarity and Internet hyperactivity because the various everyday stressors that college students face as they transition to adults have a significant impact on adolescents' mental health*

Methods/Statistical analysis: *Everyday stress is categorized into family, friends, heterosexual, values, and economic factors. An exploratory factor analysis was conducted to confirm the constructive validity of each scale, and a confirmatory factor analysis was performed to re-verify the convergence and discriminant validity of the extracted variables. In addition, reliability verification for internal consistency of variables on each scale was verified by using Cronbach's α coefficient. And a regression analysis was conducted to determine the effects of daily stress on college students' emotional clarity and Internet overuse.*

Finding*s: To examine how the daily stress of college students affects emotional clarity, the daily stress was found to be friends, heterosexual, values, family, and economic factors. Based on the results of factor analysis on stress, the result of analyzing the effect of stress on emotional clarity only the friend factor had a significant effect. The results of the regression analysis to examine how the daily stress of college students affect the overuse of internet are friend factor and the heterosexual factor had a significant effect on internet overuse. However, family, values and economic factors among daily stress types did not have a significant effect on internet overuse.*

Improvements/Applications*: For college students entering adulthood, we found that friend factor is an important factor in daily life and that internet usage increased due to the temporary and instantaneous remedy method. Therefore, it is necessary to make efforts to develop and utilize programs in universities that can recognize their emotions more clearly and to manage and effectively cope with various daily stresses for the health and psychological well-being of college students.*

Keywords: *Daily stress, friend factor, heterosexual friend factor, value factor, family factor, economic f actor, emotional clarity, internet overuse*

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1. INTRODUCTION

Since college students are in the transition period from adolescence to adulthood, they have important implications for preparing for various roles as adulthood. In addition, unlike dependent life before entering university, it is relatively independent life, so it is necessary to proactively cope with the problems that can be faced in various situations. It is also a big time. In this life, we face various stresses. The appropriate level of stress has a positive effect on life as a stimulant, but excessive stress causes psychological maladjustment and negatively

affects psychological well-being. Stress can be divided into severe stress and daily stress according to the degree of stimulation. Severe stress refers to stress such as trauma that causes one or two changes in life, such as death of a neighbor, parting, or serious illness. Daily stress refers to stress caused by life events such as quarrels with neighbors and sexual pressures that most people experience in their daily lives [1, 2]. The severe stresses were more momentary than the daily stresses, which attracted the attention of researchers, but recently, attention has been focused on everyday stresses. This is because daily stress may not be serious on its own, but if it accumulates or appears at the same time, it can be more threatening because it can increase negative effects and cause pathological problems [3, 4]. The impact is emphasized on the basis of research showing that everyday stress has a negative effect on psychological health and adaptation.

College students feel emotions such as anxiety and depression through everyday stress, but they are more likely to show self-destructive behaviors to resolve them without clearly knowing them. As you experience constant stress, there are various ways to solve this problem. In particular, in order to immediately resolve uncomfortable emotional experiences, the tendency to solve the problem in a temporary way, such as drinking, over-use, or binge eating, is often associated with psychopathological symptoms such as addiction. This is a big problem in that it can cause problems.

In recent years, the mental health problems of adolescents continue to increase, and the stress of adolescents increases due to various situations and conflicts, and the psychological well-being is threatened. Therefore, attention to the psychological health of adolescents should be continuously paid for. Therefore, researches on the variables related to the psychological well-being of adolescents need to be continued.

In Korea, research on binge eating behavior, addictive Internet use, self-harm and refusal to go to school was conducted under the name of self-destructive behavior. Self-destructive behavior is defined as a behavior contrary to the purpose of existence, which aims to satisfy the moment in spite of long-term harm [5]. In other words, it tries to solve the uneasy emotional experience through self-destructive behavior immediately. Self-destructive behavior can be expected to be caused by the emotional state of individuals [6, 7].

Increasing daily stress tends to lower subjective well-being, but its extent depends on the emotional characteristics of the individual. The ability to successfully deal with emotions in constant stress situations is a major factor affecting subjective well-being. There are individual differences in emotional experience and individuals with high emotional intensity exhibit high levels of activity, extroversion, emotionality and sociality while experiencing more neurotic symptoms or more emotional ups and downs in everyday life [8, 9]. Also, the more you recognize your emotions, the better you understand them and use them appropriately to cope with your feelings. The results of this study were presented [10]. If emotion clarity is low, feelings are strong, but they are likely to be confused because they do not know exactly what the emotions are. It can be inferred that this emotional experience will affect the overuse of internet, one of self-destructive behaviors.

Based on these findings, university students face the reality of experiencing stress through endless interactions in new environmental and social problems during development. A previous study suggests that failure to properly resolve various daily stresses can negatively affect not only psychological problems but also physical health, suggesting that stress management is essential for college students.

The purpose of this study is to examine how the various everyday stressors experienced by college students affect emotional clarity and how they affect the overuse of internet.

2. MATERIALS AND METHODS

2.1. *Research Questions*

The purpose of this study is to examine how the daily stressors experienced by college students affect emotional clarity and the effects of daily stress on overuse of the Internet. The following research questions were set.
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Research Questions 1: How do everyday stressors (economic, heterosexual, factor, friends, family factors) affect overuse of the Internet?

Research Questions 2: How do everyday stressors (economic factors, heterosexual friends, values, friends, family factors) affect emotional clarity?

2.2. *Subject*

A total of 353 students, including 4 - year university students and college students, were randomly sampled.

2.3. *Measurement*

2.3.1. *Daily stress*

In order to measure the stress of college students, the stress scale for college students was used [11]. The stress scale consists of five subfactors: economy, heterosexual, values, friends and family. Cronbach's α for this measurement tool is as follows. The economic factor is .726, heterosexual factor is .925, the value factor is .876, the friend factor is .906, and the family factor is .861.

2.3.2. *Emotion recognition clarity*

To measure persistent and stable emotional perception, the Trait Meta-Mood Scale (TMMS) was used [10, 12]. This is composed of 21 items to evaluate emotional attention, clarity of emotional perception, and expectation of emotional regulation.

In this study, 11 questions were used to measure clarity of emotion perception, such as "I generally know my feelings," and suggested to respond to the Likert type 5-point scale (1 point = not at all, 5 points = always). Factor analysis was performed and four items with an explanation amount of 0.4 or less were removed and used for analysis. The internal agreement (Cronbach 's α) in this study is .88

2.3.3. *Pathological Internet Using Scale; PIU*

To measure internet addiction, Young used a scale of 8 items developed by applying the DSM-IV diagnostic criteria of pathological gambling, and converted the 5-point Likert scale [13, 14]. The total score ranges from 0 to 40. The higher the score, the more addictive the Internet is.

Factor analysis was performed, and one item with an explanation amount of 0.4 or less was removed and used for the analysis. In this study, Cronbach 's α is .84.

2.4. *Data Analysis*

Data analysis of this study was performed using SPSS / PC + 23.0 version. For data analysis, first, factor analysis was conducted to identify stressors. An exploratory factor analysis was conducted to confirm the

constructive validity of each scale, and a confirmatory factor analysis was performed to re-verify the convergence and discriminant validity of the extracted variables. In addition, reliability verification for internal consistency of variables on each scale was verified by using Cronbach's α coefficient. Second, a regression analysis was conducted to determine the effects of daily stress on college students' emotional clarity and Internet overuse.

3. RESULTS

3.1. *Effects of Daily Stress on Emotional Clarity*

In order to examine research question 1 to examine how the daily stress of college students affects emotional clarity, the factor analysis of the daily stress and the regression analysis of the effects of everyday stress on emotional clarity were conducted. First, factor analysis was conducted to examine the subfactors of daily stress. Factor analysis was performed using principal component analysis and VARIMAX rotation method. Factors were extracted based on Eigen value 1,0 and analyzed based on the community value of .40. The results showed that daily stressors were friends, heterosexual friends, values, family, and economics.

Based on the results of factor analysis on everyday stress, a regression analysis was conducted to determine how everyday stress affects emotional clarity. The regression analysis results showed that the regression model was .057 and the regression equation was statistically significant (F = 5.262, p <.001). The results of the regression analysis are shown in Table 1. In regression analysis of Table 1, only the friends factor (t = -3.829, p <.001) showed significant influence on emotional clarity among daily stressors. Heterosexual friends, values, family, and economic factors did not have a significant effect on emotional clarity.

Table 1. Effects of Daily Stress on Emotional Clarity

	Non standardization coefficient		Standardization coefficient	
Stress	B	SD	β	t
Friend	-.265	.069	-.268	-3.829***
heterosexual friend	.051	.057	.052	.884 ns
Value	-.021	.058	-.026	-.365 ns
family	-.009	.062	-.009	-.140 ns
economy	.014	.059	.015	.239 ns

F=5.262   p<.001   R²=.057   *p<.05   **p<.01   ***p<.001

3.2. *Effects of Daily Stress on Internet Overuse*

In order to examine research question 2 to examine how the daily stress of college students affects overuse of the Internet, we conducted a factor analysis of everyday stress and a regression analysis of the effects of everyday stress on emotional clarity. Based on the results of factor analysis on everyday stress, a regression analysis was conducted to determine how everyday stress affects emotional clarity. The regression analysis results show that the regression model has an explanatory power of .137 and the regression equation is statistically significant (F = 12.166, p <.001). The results of the regression analysis are shown in Table 2.

The results of regression analysis showed that among the factors of daily stress, the friend factor (t = 2.091, p <.05) and the heterosexual friend factor (t = 2.841, p <.01) had a significant effect on overuse of the Internet. Values, family, and economic factors among daily stressors did not have a significant effect on internet overuse.

Table 2. Effects of Daily Stress on Internet Overuse

	Non-standardization coefficient		Standardization coefficient	
Daily Stress	B	SD	β	t
friend	.137	.122	.140	2.091*
heterosexual friend	.154	.066	.161	2.841**
value	.098	.054	.122	1.789 ns
family	.019	.059	.021	.330 ns
economy	.053	.056	.056	.945 ns

F=12. 166   p<.001   R²=.137   *p<.05   **p<.01   ***p<.001

4. CONCLUSION

The purpose of this study was to investigate how the daily stressors of college students affect emotional clarity and Internet overuse. As a result of examining how the stress factors of college students affect emotional clarity, the friend factors have a significant effect. For college students who have just entered adulthood after adolescence, friend factors are still a sign that their emotions are important. Emotional awareness is a decisive factor in understanding one's emotions and understanding oneself. It is interpreted that college students can understand and organize their emotions through friends.

At the starting point of adulthood, college students are in a state of psychological and emotional instability, and the problem of how to adapt themselves in a new environment in the face of real world problems can lead to the life stress of adolescent college students. The stressors perceived by adolescents are easily revealed to the outside, but they are hidden inside and need to be checked carefully. Therefore, in order to understand the stress of adolescents, it is necessary to examine the stressors.

In addition, as a result of examining the effects of the daily stressors of college students on the overuse of the Internet, friends and the heterosexual friend had a significant effect. This may indicate that friends or the heterosexual friend are important stressors. College students can be a problem in the long run by stress factors such as friends and heterosexual factors, but they can see self-destructive behaviors such as overuse of the internet that can relieve stress and satisfy them.

However, if you understand and recognize your emotions more clearly, you will be able to adjust your emotions appropriately even when various stressors are encountered. Therefore, it is necessary to make efforts to strengthen university students' ability and thoroughly manage stress so that university students can clearly recognize their emotions and minimize overuse of internet.

As a way of doing this, it is also a strategy to diversify service delivery channels and to seek diversification of service types so that students can recognize their feelings and relieve various stressors by using the counseling center or the mental health research institute. In addition, more systematic and professional methods, such as

individual counseling and group counseling, should continue to intervene to minimize the psychological and emotional instability resulting from stress situations.

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