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Emotional Regulation and Perceived Stress Among Young Adults: A Quantitative Study Across Two Age Groups (18–20 and 21–25 Years)

Mubarrah

Department of Clinical Psychology GIFT University

mubarrah5615@gmail.com

Neha Ijaz Ahmed Virk

Department of Clinical Psychology GIFT University

22101090035@gift.edu.pk

Tayyaba Abid

Department of Clinical Psychology GIFT University

22101090034@gift.edu.pk

Rabia Noor

Department of Clinical Psychology GIFT University

22101090002@gift.edu.pk

Javaria Tabbasum

Department of BS Psychology, GIFT University

tabbasumjaveria@gmail.com

Daud Afzal

Lecturer of Psychology, Department of Humanities and Social Sciences

daud.afzal@gift.edu.pk

The authors are affiliated with the Department of Clinical Psychology, GIFT University. Correspondence concerning this article should be addressed to Mubarrah.

Email: mubarrah5615@gmail.com ORCID ID: <https://orcid.org/0009-0009-3567-3030>

Abstract

The present study tested the connection between emotional law and perceived strain among teenagers across age organizations (18–20 and 21–25 years). A move-sectional quantitative layout changed into used with a pattern of 50 members. Emotional regulation was measured the use of the Schutte Self-report Emotional Intelligence take a look at advanced via Nicola Schutte and co-workers (1998), and perceived pressure turned into assessed the usage of the Perceived pressure Scale advanced via Sheldon Cohen, Tom Kamarck, and Robin Mermelstein (1983). impartial pattern t-check outcomes indicated no enormous distinction in perceived strain between the 2 age organizations, $t(48) = \text{zero.207}$, $p = .873$. Pearson correlation analysis discovered a susceptible and non-giant relationship among emotional law and perceived pressure, $r(\text{forty-eight}) = .083$, $p = .565$. furthermore, linear regression evaluation showed that emotional law did not substantially predict perceived stress, $R^2 = .007$, $p = .565$. The findings propose that emotional law isn't notably related to perceived strain among teens on this pattern.

key phrases: Emotional law, Perceived stress, young adults, Correlation, Regression

Introduction

Pressure is a common mental enjoy, specially all through young maturity, a developmental length marked by instructional demands, career uncertainty, identity formation, and changing social roles. Perceived stress refers to the degree to which individuals appraise conditions in their lives as unpredictable, uncontrollable, and overwhelming. It reflects subjective assessment in preference to goal stressors and performs a enormous function in psychological nicely-being. Perceived stress within the present look at was measured the use of the Perceived stress Scale (PSS) evolved by way of Sheldon Cohen, Tom Kamarck, and Robin Mermelstein (1983). The PSS is broadly used to assess the extent to which people understand their lives as demanding all through the beyond month and has validated sturdy reliability and validity across diverse populations. Emotional regulation refers to the capacity to screen, manipulate, and alter emotional responses in adaptive approaches. it's far considered a core thing of emotional intelligence and is crucial for powerful coping and psychological adjustment. people with more potent emotional regulation capabilities are commonly predicted to handle stress extra correctly by lowering bad emotional reactivity and enhancing adaptive coping strategies. on this observe, emotional law turned into assessed the usage of the Schutte Self-file Emotional Intelligence check (SSEIT) evolved with the aid of Nicola Schutte and co-workers (1998), based totally at the emotional intelligence model proposed via Peter Salovey and John D. Mayer. The SSEIT measures emotional intelligence throughout domain names along with belief, know-how, and regulation of feelings. the relationship between emotional law and perceived pressure can be understood thru the transactional version of strain proposed through Richard Lazarus and Susan Folkman (1984), which emphasizes cognitive appraisal inside the stress manner. according to this model, those who adjust their emotions efficaciously might also appraise traumatic situations greater adaptively, thereby experiencing decrease perceived strain. previous research has regularly pronounced a negative affiliation among emotional regulation and pressure levels; however, findings are not always constant and can vary depending on age, context, and methodological factors. younger adulthood (18–25 years) represents a transitional stage often related to expanded strain vulnerability. variations may exist between early rising adults (18–twenty years) and barely older teens (21–25 years) due to developmental adulthood, instructional degree, and social obligations. consequently, analyzing emotional regulation and perceived pressure across these age agencies may offer in addition insight into strain reviews all through rising maturity. the existing look at aimed to look at the connection among emotional regulation and perceived stress and to determine whether or not emotional regulation predicts perceived strain among teens. additionally, the observe as compared perceived stress ranges between individuals' elderly 18–twenty years and 21–25 years the use of unbiased pattern t-check. heritage of the take a look at younger maturity (18–25 years) is a transitional developmental stage characterized through educational demands, profession selections, and changing social roles, which frequently increase pressure degrees. Perceived stress refers to the volume to which individuals evaluate life situations as unpredictable and overwhelming. It reflects subjective appraisal instead of goal stressors. in this study, perceived strain turned into measured using the Perceived stress Scale developed through Sheldon Cohen, Tom Kamarck, and Robin Mermelstein (1983). Emotional law, defined because the capacity to manage and alter emotional responses correctly, is taken into consideration an important psychological resource. It turned into assessed the usage of the Schutte Self-file Emotional Intelligence test developed by means of Nicola Schutte and colleagues (1998). although preceding studies often shows that better emotional regulation reduces pressure, findings continue to be inconsistent. therefore, this looks at tested emotional regulation and perceived stress across age companies (18–20 and 21–25 years).

Theoretical Framework

The prevailing has a look at is grounded inside the Transactional version of pressure and Coping proposed by way of Richard Lazarus and Susan Folkman (1984). This version states that stress results from the interaction among the man or woman and the surroundings. according to the principle, pressure relies upon on cognitive appraisal, along with primary appraisal (evaluation of hazard) and secondary

appraisal (evaluation of coping assets). Emotional law features as an crucial coping resource on this technique. people who modify emotions effectively might also interpret disturbing situations as viable rather than overwhelming. additionally, Emotional Intelligence idea proposed by using Peter Salovey and John D. Mayer emphasizes emotional regulation as a key component of adaptive functioning. based on those theories, emotional law is anticipated to persuade perceived strain.

Take a look at Variables

Independent Variable (IV)

Emotional regulation (Emotional law refers to a man or woman's potential to screen, examine, and adjust emotional reactions so that it will respond adaptively to environmental demands and demanding situations. in this take a look at, emotional law is measured to observe how nicely contributors control their feelings in everyday situations.)

Dependent Variable (DV)

Perceived pressure (Perceived strain is the subjective assessment of strain in a single's existence, reflecting how unpredictable, uncontrollable, or overwhelming a man or woman perceives life activities to be. it's far prompted by means of both inner elements (persona, emotional law) and external elements (environmental stressors).

Demographic/Grouping Variable

Age organization (The participants are divided into age agencies—18–two decades and 21–25 years—to observe if age moderates differences in perceived stress degrees. This variable is used for contrast via impartial pattern t-test.) rationale of the observe strain is a regularly occurring issue among teens, specifically those navigating transitions in education, profession, and social lifestyles. Emotional law is widely believed to help mitigate strain by using permitting individuals to control negative emotions and preserve mental balance. even as previous studies has advised that effective emotional regulation can also lessen perceived pressure, empirical findings are inconsistent throughout specific age organizations and contexts.

Significance

The prevailing study is tremendous because it examines the role of emotional law in perceived pressure among teenagers aged 18–25 years. The findings endorse that emotional law on my own won't significantly affect stress ranges or are expecting pressure consequences in this age organization. This highlights the want to don't forget other mental, social, and environmental elements while addressing strain. The observe presents insights for researchers and practitioners to layout extra complete stress management interventions for teens.

Literature assessment

Emotional regulation is described as the manner through which people display, compare, and regulate their emotional responses to gain adaptive consequences and hold mental nicely-being (Gross, 2015). powerful emotional law has been associated with lower ranges of anxiety, depression, and perceived stress, as it permits individuals to respond to hard situations in a managed and adaptive way (Aldao et al., 2010). young maturity is a developmental level marked by elevated academic, social, and career demands, making emotional law a critical talent for dealing with pressure at some point of this era (Arnett, 2000). but, empirical proof at the impact of emotional law on perceived strain in teenagers is blended. even as some studies record that adaptive emotional regulation strategies, such as cognitive reappraisal, are related to decrease strain levels (John & Gross, 2004), others suggest that the connection can be vulnerable or nonsignificant, especially in populations facing multiple concurrent stressors (Zimmermann et al., 2018). Age has also been tested as a capacity element in pressure perception. although developmental theories advise that older individuals may also have extra refined coping techniques, studies indicates that perceived pressure won't differ substantially inside the 18–25 age variety (Cohen et al., 1983), a locating that is regular with the modern-day observe. moreover, studies investigating the predictive function of emotional law have located that while it can influence stress effects, the impact is

often small and contingent upon other contextual variables which include social help, personality trends, and environmental stressors (Brans et al., 2013). notwithstanding huge studies on emotional regulation and strain, there remains an opening in studies that observe its direct impact on perceived stress inside a slim young grownup age institution even as combining age-based totally evaluation and predictive evaluation. The modern-day take a look at addresses this hole via exploring whether emotional law affects strain notion, its relationship with stress, and its predictive capacity, thereby contributing to a more nuanced understanding of stress management in teens.

Methods

take a look at targets and targets

- To look at the impact of emotional regulation on perceived stress amongst teens elderly 18–25 years.
- To determine the effect of emotional regulation on perceived strain.
- To observe the connection among emotional regulation and perceived pressure.
- To evaluate perceived pressure levels throughout age businesses (18–20 and 21–25 years).

Research Design

Quantitative, move-sectional research layout.

let's in exam of variations, relationships, and predictive outcomes between variables at an unmarried point in time.

Research Questions

Does emotional law affect perceived strain?

what's the relationship between emotional regulation and perceived strain?

Does emotional law predict perceived stress?

Is there a difference in perceived pressure between individual's elderly 18–20 and 21–25?

Hypotheses

Independent sample t-test

H₀: No large distinction in perceived stress between age companies.

H₁: huge distinction in perceived pressure among age businesses.

Correlation

H₀: No dating between emotional regulation and perceived pressure.

H₁: A widespread courting exists among emotional law and perceived pressure.

Linear Regression

H₀: Emotional law does not predict perceived strain.

H₁: Emotional regulation predicts perceived stress.

Operational Definitions of Variables

Emotional Regulation

The capacity to display, evaluate, and regulate emotional reactions in adaptive ways to control day by day demanding situations (Gross, 2015).

Perceived stress

The quantity to which a person perceives life events as demanding, unpredictable, or uncontrollable (Cohen et al., 1983).

Age group

contributors had been divided into 18–20 years and 21–25 years to have a look at age-related differences in stress notion.

Inclusion criteria

- young adults aged 18–25 years.
- Just woman
- participants inclined to give informed consent.

Exclusion standards

- people with diagnosed psychiatric disorders.
- contributors underneath medication affecting mood or stress degrees.
- individuals out of doors the required age range.

Sampling strategy

comfort sampling approach. And pattern size 50 members divided into two age agencies (18–20 and 21–25 years).

Statistical analysis

records were analyzed the use of SPSS. An unbiased sample t-test as compared perceived pressure among age groups, Pearson correlation tested the connection among emotional regulation and perceived strain, and simple linear regression assessed whether or not emotional regulation predicts pressure. The significance degree was set at $p < .05$.

Ethical Consideration

- Written informed consent obtained from all individuals.
- members had been confident of confidentiality and anonymity.
- Participation was voluntary, with the right to withdraw at any time.
- The observe changed into performed according with ethical requirements for research with human participants.

Results**Table 1**

Descriptive statistics and reliabilities of sample for study variables (N=38)

Scale	N	Mean	Mode	S. D	α	Min	Max	Skew	Kur	W	L	DW
Emotional regulation	50	111.58	87	16.91	-.130	75	142	-.401	-.675	.157		
Perceived stress	50	23	26	4.071	.137	15	32	.401	-.149	.131	.132	2.475

Table 2

Independent sample t-test analysis comparison of perceived stress in two different age groups (N=50)

variable	Group 1 18-20		Group 2 21-25		p	t(df)	Confidence intervals		r	Cohan's D
	M	SD	M	SD			Upper bound	Lower bound		
Perceived stress	23.13	4.703	22.88	3.479	.873	.207	2.580	-2.099	.058	0.06

Note. Independent sample t-test was conducted to check the perceived stress in two different age groups.

^aGroup 1

^bGroup 2

This tables shows result between two groups and the result reveled that participants aged 18–20 years ($M = 23.13$, $SD = 4.703$) reported slightly higher perceived stress compared to those aged 21–25 years ($M = 22.88$, $SD = 3.479$), but this difference was very small. The results indicated that there was **no statistically significant difference** in perceived stress between the two age groups, $t(48) = 0.207$, $p = .873$).

Table 3*Correlation analysis between Emotional regulation and perceived stress (N=50)*

Variables	1	2
Emotional Regulation	-	.083
perceived stress		-

Note. $p > .565$

The table shows that correlation analysis between emotional regulation and perceived stress. A Pearson correlation analysis showed that emotional maturity (EM_Total) was not significantly related to perceived stress (PS_Total), ($r(48) = .083$, $p = .565$).

Table 4*Linear regression analysis between emotional regulation and perceived stress (N=50)*

Variable	R	R ²	p	B	SE	Confidence interval	
						Upper	Lower
Constant			<.001	20.763	3.906	28.617	12.908
Perceived stress	.083 ^a	.007	.565	.020	.035	.090	-.050

Note. $p > .565$

A simple linear regression analysis was conducted to examine whether emotional regulation predicts perceived stress among participants ($N = 50$). The results indicated that emotional regulation did **not significantly predict** perceived stress, (**R = .083**, **R² = .007**, **p = .565**)

Discussion

The present study examined the effect of emotional regulation on perceived stress among young adults aged 18–25 years. The findings indicate that emotional regulation did not have a significant impact on perceived stress. Specifically, no significant differences were found between the two age groups, suggesting that perceived stress may be relatively similar across early and late young adulthood. Additionally, the correlation between emotional regulation and perceived stress was very weak and non-significant, and regression analysis showed that emotional regulation explained only 0.7% of the variance in stress levels. These results indicate that, within this sample, emotional regulation alone is not a major determinant of perceived stress. These findings partially contrast with prior research suggesting that adaptive emotional regulation strategies, such as cognitive reappraisal, are associated with lower stress (Aldao et al., 2010; John & Gross, 2004). The discrepancy may be due to the small sample size, narrow age range, or other unmeasured factors such as social support, coping strategies, personality traits, or environmental stressors, which may play a more substantial role in influencing stress levels. Overall, the study highlights the multifactorial nature of perceived stress and suggests that interventions aimed at reducing stress should consider a broader range of psychological and environmental variables beyond emotional regulation alone.

Implications and Limitations

The findings of this study suggest that emotional regulation alone may not significantly influence perceived stress among young adults, highlighting the need to consider additional psychological, social, and environmental factors in stress management. This has practical implications for designing interventions, indicating that stress-reduction programs should incorporate multiple strategies beyond

emotional regulation, such as coping skills, social support, and lifestyle modifications. Theoretically, the study challenges the assumption that better emotional regulation directly reduces stress, emphasizing the multifactorial nature of stress perception. However, the study has limitations, including a small sample size, narrow age range, cross-sectional design, and reliance on self-report measures, which may limit generalizability and prevent causal conclusions. Future research should address these limitations by using larger, more diverse samples and employing longitudinal or experimental designs.

Conclusion

The present study concludes that emotional regulation does not have a statistically significant effect on perceived stress among young adults aged 18–25 years. No significant differences were found between the two age groups, and emotional regulation neither correlated strongly with stress nor predicted stress outcomes. These findings suggest that perceived stress in young adults is likely influenced by multiple factors beyond emotional regulation, including social, environmental, and personal variables. The study underscores the importance of a holistic approach to understanding and managing stress in this population and provides a foundation for future research to explore additional determinants of stress.

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