

**ROLE OF BINGE WATCHING ON STRESS AND MALADJUSTMENT  
AMONG YOUNG ADULTS**

Dissertation submitted in partial fulfilment of the requirements for the award of  
Master of Science in Psychology

By

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## CERTIFICATE

This is to certify that the dissertation entitled, “Role of binge watching on stress and maladjustment among young adults”, is a bonafide record submitted by Sneha Varghese, Reg.no.SM21PSY009 , of St. Teresa’s College, Ernakulam under the supervision and guidance of Ms. Sara Sunny and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

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## **DECLARATION**

I, Sneha Varghese, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Sara Sunny, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

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### **Abstract**

The prevalence of binge watching is starting to become a major source of addiction among young adults. The objective of the study was to investigate the relationship between binge watching , stress and maladjustment among young adults in Kerala, India. The sample consisted of 300 young adults of age from 18-30 years who reported to be binge watching on a regular basis. They were provided with Binge Watching Addiction Questionnaire(BWAQ), Perceived Stress Scale (PSS), Mathew Maladjustment Inventory (MMI) questionnaires to fill in. Spearman's rank correlation and Moderation analysis were used for statistical analysis. Results revealed that there is a significant relationship between binge watching, stress,and maladjustment. It was also found that there is no moderating effect of binge watching on stress and maladjustment.

***Keywords:*** *Binge Watching, Stress and Maladjustment*



## CHAPTER I

### Introduction

Stress is a common circumstance throughout the mortal lifetime. It has been endured by all people throughout their continuance. Stress is defined as a situation which is the result of relations between individualities and their girding surroundings and causes discord between situational demands and biopsychosocial coffers( Sarafino 2002).

It's insolvable to avoid stress. To be fully stress-free is to be dead! still, not all stress is bad. Selye distinguished between affable stress, known as eustress, and unwelcome stress, known as torture. When we bandy stress contemporary, we constantly mean torture, but we can all conceive friendly conditions or incidents that have convinced us stress. Any change, whether positive or negative, necessitates a response from our bodies in order to acclimatize and return us to a fairly peaceful state. A stressor triggers the stress response. Common stressors include tight deadlines, a major life event, physical pitfalls, and so on.

Binge- watching is the practise of watching multiple occurrences of a TV show in a single sitting. With the rise of streaming entertainment services that tend to release entire television series or seasons, generally without marketable interruptions, the term has gained fashionability in recent times. The way observers consume TV has changed dramatically over the last decade. With the advancement of on- demand viewing and online streaming services, observers can now choose when and where they want to watch television, and a different selection of high- quality television shows is always available at reasonable prices. television shows, in particular, have come largely sophisticated, with complex narrative structures and dramatic ways

aimed at keeping observers" hooked." Binge- watching doesn't only apply to TV shows. Any videotape series, similar as a movie series with conclusions, similar as the Harry Potter series or Lord of the Rings, or a series of YouTube vids, can be binge-watched. observers constantly binge on online streaming services similar as Netflix, Amazon Prime, or Hulu, which allow them to watch multiple seasons of a TV show or multiple pictures in a series. Binge- watching isn't only easy but also encouraged with services like Netflix. When one occasion concludes, Netflix begins playing the coming occasion without any bystander intervention. Binge- watching may harm your health in unanticipated ways over time. Experimenters have expressed enterprises about dropped physical exertion, sleep problems and fatigue, heart problems, poor diet, social insulation, behavioural dependence , and cognitive issue due to binge watching. While numerous experts agree that binge- watching is inoffensive, they advise that it should be done in temperance to avoid any potentially negative side goods.

Maladjustment may be a process whereby a personal is unable to satisfy his biological, psychological or social desires successfully and establishes an imbalance between his personal wants and expectation of the society leading to the disturbance of psycho-equilibrium. The term maladjustment may be defined to a large vary of social, biological and psychological conditions. Maladjustment may be a complicated downside of human behaviour no single issue may be pointedly named as its cause. It is the result of many factors like home, society and school that result in maladjustment. Basic explanation for maladjustment was mentioned the approaches of Freud, Adler, Carl Jung and alternative psycho-analysis to know maladjustment.

1. Physique:- The physique and look play a vital role within the social development of the kid. If the kid is physically weak, ugly, and has some sensory handicaps he could

also be shunned by others. Even the parents, create comparison in their kids.

Comments by family members and strangers have an effect on the behaviour of ugly weak, unfit kids. They develop variety of issues leading to maladjustment.

2. Long illness and Injury:- Long illness of a baby affects his social development and educational accomplishment at school.

3. Poverty: there's a correlation between impoverishment and maladjustment in kids.

Highest proportion of maladjusted kids come from low socio-economic conditions. However it's not essentially true that children from under privileged category are maladjusted. The crucial think about poor house is that parents cannot even fulfil the legitimate wants of their kids. Frustration of wants result in maladjustment behaviour.

4. Broken home:- All analysis studies have established positively that kids from homes that are broken by death of parents, divorce, separation, physical or mental handicaps, of parents are typically maladjusted than kids from additional stable homes. Kids in broken homes don't get the love, love, sympathy and security. They're showing emotion disturbed. Home that aren't broken however there's constant conflict between parents or alternative members of the family additionally give conditions which have an effect on the safety, affection, mental stability and fulfilment of wants of youngsters.

5. Personal inadequacies:- additionally to physical look, there are certain inadequacies in kids that frustrate their wants and build constant anxiety. The parents who have ambitions and set high goals for his or her kids no matter their physical and mental skills, produce frustration in their kids.

There are some symptoms that provide some indication of maladjustment. The symptoms may be divided into the subsequent 3 classes.

1. Physical symptoms:- stammering, scratching, head, facial spasm, biting nails, rocking feet, restlessness, percussion with fingers.
2. Behaviour deviations:- Aggression, lying, bullying, poor accomplishment, upset, negativity and sex disturbances.
3. Emotional symptoms:- Excessive worry, fear, inferiority., hatred, extreme timidity, temper scene, persistent anxiety, conflicts and tension.

The five major aspects of maladjustment are:

anxiety, depression, mania, inferiority and paranoia. Anxiety is that the feeling of close doom, fear, worry of future, perspective, pulsation, tremor and being worried. Depression includes solicitude, dangerous thoughts, impartiality, passions of guilt, sense of failure. hopelessness, despair and emptiness. Mania includes restlessness, lack of character- control, lack of restraint, over exertion, quick temper, stepping into hassle, over communicativeness and impulsivity. Inferiority includes passions of smallness, acuteness, shyness, tone- knowledge, lack of confidence and simply hurt. Paranoia includes distrust, feeling of being afflicted, exploited and misinterpreted, not trusting others and stepping into quarrels.

### **Need and significance of study**

Binge watching is a growing form of entertainment that allows viewers to consume large amounts of content in a single sitting. The ease of access to online streaming services has increased the amount of binge watching in adults. Adults use this behaviour as a coping mechanism to feel relaxed and reduce daily stress, but this

type of coping does not help an individual at all. Instead, it has a negative impact on both physical and mental health. Long periods of sitting are typical of this behaviour, which may increase the risk of various diseases such as diabetes or heart disease. A person's risk of developing these diseases may also be increased by not getting enough sleep or eating a balanced, nutritious diet. Many people binge watch from time to time without it having a significant impact on their lives. However, for some people, this behaviour can have a negative impact on their health. Binge watching has the potential to become addictive. It can result in social isolation, a negative impact on academic performance, and so on. By conducting research, we can determine how much binge watching affects stress and adjustment. Based on this finding, we can design interventions to reduce binge watching and encourage people to focus on healthy coping mechanisms during stressful situations.

When compared to other age groups, college students frequently binge watch during times of stress and attempt to adapt with some negative consequences (Dandamudi & Sathiyaseelan, 2018). As a result, college students would be the most appropriate population to study the moderating effect of binge watching on stress and adjustment.

This field of study is understudied, which can assist counsellors, psychologists, educational institutions, and parents in encouraging individuals to focus on more positive coping mechanisms and effectively deal with stressors. More research into the motivations and outcomes of binge-watching is needed. More research could be done in populations such as adolescents and middle aged people.

## CHAPTER II

### Review of Literature

The current chapter deals with the literature review of the variables binge watching, stress and maladjustment.

Binge- watching was set up to be significantly associated with the five types of internal health enterprises, with the most robust correlations set up with stress and anxiety (Alimoradi et.al, 2022). A study discovered a relationship between binge watching and physical, cerebral, and social consequences (Asgher and Gohar, 2022) . The study findings, binge- watching is more common among young people and there was a incompletely positive relationship between binge- watching and depression and loneliness (Tolba and Zoghaib, 2022). A study discovered a relation between binge watching and loneliness in adolescents (Singh and Singh, 2022). The entertainment' has a positive and strong relationship with Netflix binge- watching while' social commerce' and' escape' motives have a positive but relatively significant relationship (Chan et.al, 2022). A study discovered that inflow mediates connections between sensation dogging, need for cognition, and binge- watching dependence (Shim and Sung's, 2022). A discovered that, away from the pattern of television series watching, trouble-free binge- watchers participated little to no similarity with problematic binge- watchers (Billaux et.al, 2022).The television series viewing patterns increased significantly during the first COVID- 19 lockdown (Leiros et.al, 2022) . The study on problematic binge- watching was associated with advanced depression, social commerce anxiety, and loneliness pitfalls in Taiwanese grown-ups (Sun and Chang, 2021). A study discovered that council life adaptation was significantly identified with life stress, career walls, and tone- efficacy in career decision- timber (Park and Kang, 2022). The study discovered guided stress operation programmes may be

effective (Amanvermez et.al, 2022). A study discovered to affect a significant proportion of undergraduate medical scholars in India (Sarkar and Menon, 2017). There is a positive correlation between academic stress and test anxiety among private secondary academy scholars in India (Deb and Sun, 2014). The study found that severe situations of stress were affecting the medical council scholars (Mehdi et.al, 2022). A study discovered that social adaption during COVID- 19 incompletely intermediated the relationship between perceived stress and life satisfaction, and that emotional adaptability moderated the relationship between perceived stress and social adaption during COVID- 19, as well as the relationship between perceived stress and life satisfaction (Yang et.al,2022). A study discovered an increase in stress situations during COVID- 19 (Limcaoco et.al ,2021) . A study found that the stress mindset has an impact on scholars' test responses, and how they perceive the forthcoming test is an important circular pathway(Wang et.al, 2022). A study discovered that moderate stress situations among scholars. The major stressors were from the clinical, academic, and educational terrain disciplines (Shehada et.al, 2022). A study found that academic stress was common among percipients (Yousif et.al, 2022). A study found a negative association between Emotional Intelligence and internalizing problems, depression, and anxiety (Aranda et.al, 2014). A study found that the moderating effects of coping were rather limited, suggesting that adolescents' coping can alter the daily negative consequences associated with psychologically controlling parenting only to a certain extent (Soenens et.al ,2022).

## **CHAPTER III**

### **Method**

Method outlines the way the research problem has been formulated and the procedures adopted to test the stated hypothesis.

### **Aim**

To examine the moderating effect of binge watching on stress and maladjustment among young adults.

### **Objectives**

- To identify the relationship between stress and maladjustment.
- To identify the relationship between binge watching and stress
- To identify the relationship between binge watching and maladjustment
- To identify the moderating effect of binge watching on stress and maladjustment

### **Hypothesis**

- H1: There is a significant relationship between stress and maladjustment
- H2: There is a significant relationship between binge watching and stress
- H3: There is a significant relationship between binge watching and maladjustment
- H4: There is a moderating effect of binge watching on stress and maladjustment



## **Research design**

The descriptive research design was chosen for this study.

## **Operational definition:**

Stress is operationally defined as the total score obtained by the participant in the ten item Perceived Stress Scale (PSS) developed by Sheldon Cohen (1983).

Binge watching is operationally defined as the total score obtained by the participant in the twenty item Binge Watching Addiction Questionnaire (BWAQ) developed by Giuseppe Forte, Francesca Favieri, Domenico Tedeschi and Maria Casagrande (2017).

Maladjustment is operationally defined as the total score obtained by the participant in the participant in the hundred item Mathews Maladjustment Inventory developed by Mathew George (1975).

## **Sample**

Sample- Binge watching individuals within the age group 18-30.

## **Population**

Population- the young adults living in Kerala.

## **Sampling design:**

Convenient sampling method.

The population involves the sample size of 300 young adults aged between 18 - 30 years. The method of selecting sample was done by convenient sampling.

- Inclusion Criteria:

Individuals within the age group of 18 to 30.

Individuals who are Binge watchers in the age group of 18 to 30.

Individuals located in Kerala state.

- Exclusion Criteria:

Students above 30 years and below 18 years are excluded.

Respondent who do not consent to the study

Individuals who cannot read or write in English

Individuals with psychological disabilities or impairments

### **Tools:**

1. Socio-demographic sheets: An additional page was included before the questionnaire that contained certain demographic details of the participants such as age and gender of the participant. The sheet also contained information about the research that was being conducted, and a consent form for the participant where he/she could either agree or disagree to their participation in the research.
2. The Perceived Stress Scale (PSS) is used for measuring the perception of stress. It is a 10 item scale rated on a five point scale (0 = often, 1 = almost never, 2 = sometimes, 3 = fairly often, 4 = very often). The tool is developed by Sheldon Cohen. The PSS scale have a adequate internal consistency reliability ( $\alpha = .82$ ) and with a convergent correlation of 0.64. The tool help us to understand how different situations affect our perceived stress and feelings. Item four, five, seven, and eight are reverse scored. High score indicates increased perceived stress.

3. Binge Watching Addiction Questionnaire (BWAQ) is used to find addictive binge watching behavior. It is a 20 item scale rated on a five point scale (0 = never 1 = rarely, 2 = sometimes, 3 = often, 4 =always). BWAQ had high internal consistency reliability ( $\alpha = .91$ ) and with a convergent correlation of 0.94. The tool is developed by Giuseppe Forte, Francesca Favieri, Domenico Tedeschi and Maria Casagrande (2017). The score above 51 is considered as binge watchers. The highest score of BWAQ is 80.
  
4. Mathews Maladjustment Inventory (MMI) measures five major aspects of maladjustment and also gives an index of general maladjustment. It is a 100 item scale with two response one is below average(0) and other is above average(1/2). The scale has 0.93 split half reliability and have content validity of 0.68. The tool is developed by Mathew George (1975). The scale measures maladjustment in five areas. They are: anxiety, depression, mania, inferiority and paranoia.

### Reliability analysis:

In order to ensure quality of the data collected using the instruments, the reliability coefficients were established as shown in Table 1.

**Table 1**

*Reliability of Instruments obtained on the entire same of participants*

SI. No	Instruments	N	Cronbach's $\alpha$
1	Binge Watching Addiction Questionnaire (BWAQ)	300	.960
2	The Perceived Stress Scale (PSS)	300	.591
3	Mathews Maladjustment Inventory (MMI)	300	.970

The BWAQ shows reliability ( $\alpha = 0.960$ ). all 20 items of the BWAQ support the constructs and show moderate reliability. The PSS shows reliability ( $\alpha = 0.591$ ). all 10 items of the PSS show a minimum reliability. The MMI shows reliability ( $\alpha = 0.970$ ). all 100 items of the scale positively support the construct and show high reliability.

**Procedure:**

A total sample of 300 individuals between the age of 18 and 30 years were randomly chosen to participate in the study. Consent of the samples was taken prior to conducting the survey. The survey was done online through Google forms.

Participants were provided with the questionnaires of Binge Watching Addiction Questionnaire (BWAQ), The Perceived Stress Scale (PSS), and Mathews Maladjustment Inventory (MMI). They were instructed to fill it in a sincere way and they were assured about keeping their response confidential.

**Data analysis techniques:**

The data was coded using Microsoft Excel. Statistical analysis like Normality, Reliability and Correlational analysis was conducted with the help of the software SPSS 20 and Moderation analysis was conducted with the help of the software Jamovi (Ver 2.3.12).

The Normality of the distribution for the measures of Binge watching, Perceived stress and Maladjustment were established as shown in Table 2.

**Table 2**

*Summary of Kolmogorov-Smirnov test of Normality of the scores obtained on the measures of Binge watching, Perceived stress, and Maladjustment.*

Variable	N	KS	Sig.
Binge watching	300	0.230	<.001
Sbtress	300	0.100	<.001
Maladjustment	300	0.099	<.001

The scores obtained on the measure of Binge watching, Perceived stress and Maladjustment are not normally distributed ( $p < .05$ ).

### **Ethical consideration:**

The current study's ethical considerations include ensuring the privacy, anonymity, and confidentiality of participant data. Participants will also be informed that the data collected in the proposed study will be used solely for research purposes and will not be shared with any other organisation. Prior to their participation, informed consent will be obtained by communicating the purpose of the study as well as their right to withdraw from the study at any time.

## CHAPTER IV

### Result and Discussion

The chief objectives of the present study were to find out whether there exists a significant relationship between binge watching, stress and maladjustment and also to find out the moderating effect of binge watching on stress and maladjustment. Spearman's rank correlation and moderation analysis was used to find out correlation and moderation of the variables.

**Table 3**

*Indicates the descriptive statistics of the variables binge watching, stress, and maladjustment among young adults.*

	Mean	Standard deviation	N
Binge watching	38.39	19.596	300
Stress	20.30	5.053	300
Maladjustment	14.347	11.123	300

Here, the mean and standard deviation of binge watching, stress, and maladjustment is found. The mean and standard deviation of binge watching was found to be 38.39 and 19.596. The mean and standard deviation of stress was found to

be 20.30 and 5.053. The mean and standard deviation of maladjustment was found to be 14.347 and 11.123 respectively.

**Table 4**

*Indicates the Spearman's rank correlation obtained for the variables stress and maladjustment among young adults.*

Variable	Stress
Maladjustment	0.476**

\*\*Correlation is significant at the 0.01 level (2-tailed)

Findings from Spearman's correlation suggests that there is a significant and moderate positive correlation between stress and maladjustment, ( $r=.476$ ,  $p<.001$ ). Hence the Hypothesis 1, there is a significant relationship between stress and maladjustment is accepted.

**Table 5**

*Indicates the Spearman's rank correlation obtained for the variables binge watching and stress among young adults.*

Variable	Binge watching
Stress	0.190**

\*\*Correlation is significant at the 0.01 level (2-tailed)

Findings from Spearman's rank correlation suggests that there is a statistically significant correlation ( $r=.190$ ,  $p<.001$ ), between binge watching and stress among



young adults, but it also shows a very weak positive correlation between the two variables. Hence the Hypothesis 2, there is a significant relationship between binge watching and stress is accepted.

**Table 6**

*Indicates the Spearman's rank correlation obtained for the variables binge watching and maladjustment among young adults.*

Variable	Binge watching
Maladjustment	0.248**

\*\*Correlation is significant at the 0.01 level (2-tailed)

Findings from Spearman's rank correlation suggests that there is a statistically significant correlation ( $r=.248$ ,  $p=0.000$ ), between binge watching and maladjustment among young adults, but it also shows a weak positive correlation between the two variables. Hence the Hypothesis 3, there is a significant relationship between binge watching and maladjustment is accepted.

**Table 7**

*Moderator effect analysis of stress on maladjustment in the values of the binge watching among young adults.*

	Estimate	SE	Z	P
Stress	1.01478	0.10893	9.316	<0.001
Binge watching	0.11056	0.02784	3.972	<0.001
Stress * Binge watching	0.00508	0.00543	0.935	0.350

Findings from moderation analysis suggest that there is no moderating effect of binge watching on stress and maladjustment. The P value is 0.350. that is greater than at 0.005 level, and therefore the moderating effect was not statistically significant. So there is no interaction between stress and binge watching. But it is evident that stress has a direct effect on maladjustment and it is statistically significant ( $P < .001$ ), and binge watching has a direct effect on maladjustment, and it is also statistically significant ( $P < .001$ ) both the variable has a very weak positive effect. Stress is significant and it is a positive predictor of maladjustment and binge watching is significant and it is a positive predictor of maladjustment. But it has low moderating effect. Hence the Hypothesis 4, there is a moderating effect of binge watching on stress and maladjustment is rejected.

## Discussion

The present study aimed to identify the relationship between binge watching, stress, and maladjustment and also to find out whether there is any moderating effect

of binge watching on stress and maladjustment among young adults. Binge watching is the practise of watching multiple episodes of a television show or movie in a single sitting. Some people's health may suffer as a result of this behaviour. A state of worry or mental tension caused by a difficult situation is defined as stress. Stress is a natural human response that motivates us to deal with problems and threats in our lives. To some extent, everyone is stressed (WHO). Maladjustment is defined as the inability to maintain effective relationships, function successfully in multiple domains, or cope with difficulties and stresses.

The results obtained for the relationship between binge watching and stress indicates a positive correlation. This result is consistent with a previous study conducted by Buschmeyer (2020) the finding of the research was there is a significant positive relationship between binge watching and stress. Aghababian et al. (2021) discovered a link between stress and binge-watching behaviours in their study. Some binge-watching adults are concerned about their physical health, such as obesity. Some people binge watch and then binge eat as a result. Even when people intend to exercise, they procrastinate and end up with a variety of disorders. Page D (2017) conducted a study and its result contradict our hypothesis. The study found that binge watching increased the positive feeling and decreased the stress in individuals.

There is a weak positive correlation between binge watching and maladjustment. Some people frequently binge watch. It can sometimes be planned or unplanned. People use binge watching to escape from reality, as a coping mechanisms from stress, but this behavior is actually causes more problems in their lives. Binge watching causes people to procrastinate on their tasks and, as a result, feel

overwhelmed by a large amount of work, it can lead to maladaptive behaviours like experiencing extreme anxiety, depression, and feelings of inferiority this can be a reason for the positive correlation between binge watching and maladjustment.

Starosta (2021) study is consistent with the relation between binge watching and maladjustment. Alimoradi et al. (2022) discovered a significant positive correlation between binge-watching and maladjustment like anxiety and depression during the period of COVID-19.

There is a significant relationship between stress and maladjustment. Stress is a natural part of life, and everyone experiences it to varying degrees depending on their tolerance level (Rose, 1987). The period of young adulthood is fraught with uncertainty. Some people are able to cope with these extremes because of their resilience, while others do not know how to deal with these stresses, which can lead to maladjustment. These people may experience anxiety, depression, and a sense of inferiority. This could explain the positive correlation between stress and maladjustment. The result is consistent with a previous study conducted in 2021 by Chang Jung. He found that binge watching was associated with the areas of maladjustment like depression, anxiety, and sense of inferiority. Ham (2021) study provide accurate evidence for stress and maladjustment of young people.

The another hypothesis being tested is that binge watching has a moderating effect on stress and maladjustment. However, the current study in young adults found no link between stress and maladjustment in the context of binge watching. This result is contradicting the existing studies. Barhum (2022) studied the effect of binge watching on stress and mental health problems like anxiety and depression. But the current study is not influencing the stress and maladjustment.

## **CHAPTER V**

### **Conclusion**

The present study aimed to investigate the moderating effect of binge watching on stress and maladjustment among young adults.

#### **Major findings**

1. There is a significant relationship between stress and maladjustment among young adults.
2. There is a significant relationship between binge watching and stress among young adults.
3. There is a significant relationship between binge watching and maladjustment among young adults.
4. There is no moderating effect of binge watching on stress and maladjustment among young adults.

#### **Limitations of the study**

- The study was conducted through an online mode using google forms. Therefore, the participants could not be observed and directed clearly on a one to one basis while attempting the questionnaire.
- The participant may be affected by external factors such as social desirability and fatigue after completing the three questionnaire.
- While during data collection I personally noticed that some participants are tend to choose the middle options like sometimes. This behavior can affect the results as well.

- There is a chance of answering the questionnaire without reading the questions properly.
- The increased length of the questionnaire is a limitation. Participant have a chance to get diverted from doing the questionnaire.
- The participants in the studies ranged in age from 18 to 30 years old. As a result, only people in this age range were considered for the associations between binge-watching, stress, and maladjustment.
- The study is geographically limited to Kerala state.

### **Implications**

These findings imply a connection between binge watching, stress, and maladjustment and it found that there is a low moderating effect of binge watching on stress and maladjustment. This study can be useful in an academic setting to see how binge watching affects the students academic performance and to see if they can balance academics and binge watching.

### **Suggestions for further research:**

This study would be extremely pertinent to the current situation. Because binge watching is now considered normal and is not limited to young adults, more middle-aged people are binge watching. This study could be conducted on middle-aged populations to determine the impact of binge watching on stress and maladjustment.

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## APPENDICES

### APPENDIX A

#### Informed Consent Form

Dear Respondent,

You are invited to participate in this study “Moderating effect of Binge watching on stress and maladjustment among young adults”, conducted by Sneha Varghese final year MSc Psychology Student, St. Teresa's College, Ernakulam. Kindly take some time to carefully read all the questions/statements in the questionnaires, and ensure that you have attempted all the questions. This survey will not take more than 15 minutes of your time. There are no right and wrong answers.

Aim of this study- The aim of the study is to examine the moderating effect of binge watching on stress and maladjustment among young adults.

Consent- Your participation is entirely voluntary and you can stop participating at any time as you wish.

Confidentiality- Any data that has been collected from you is strictly confidential. The information collected will be used only for my academic purpose. Information gathered in this search will be subjected to statistical analysis, may be published or presented in public forums, however any of your identifying information will not be used or revealed. You can stop participating at any time as you wish.

If you have any concerns, please feel free to contact,

Researcher email id

Snehavarghese1112@gmail.com

Thank you

I have read through the information presented above and by clicking on the 'I Agree' option, I consent to participate in the study: I Agree

#### Socio-demographic information

Before you attempt the questionnaire, please take some time to read and answer the following questions.

Name:

Age:

Gender: Education:

Domicile:

Family type:

## APPENDIX B

## PERCEIVED STRESS SCALE

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_ Gender (Circle): **M** **F** Other \_\_\_\_\_

**0 = Never    1 = Almost Never    2 = Sometimes    3 = Fairly Often    4 = Very Often**

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. In the last month, how often have you been upset because of something that happened unexpectedly?                 | 0 | 1 | 2 | 3 | 4 |
| 2. In the last month, how often have you felt that you were unable to control the important things in your life?     | 0 | 1 | 2 | 3 | 4 |
| 3. In the last month, how often have you felt nervous and "stressed"?  | 0 | 1 | 2 | 3 | 4 |
| 4. In the last month, how often have you felt confident about your ability to handle your personal problems?         | 0 | 1 | 2 | 3 | 4 |
| 5. In the last month, how often have you felt that things were going your way?                                       | 0 | 1 | 2 | 3 | 4 |
| 6. In the last month, how often have you found that you could not cope with all the things that you had to do?       | 0 | 1 | 2 | 3 | 4 |
| 7. In the last month, how often have you been able to control irritations in your life?                              | 0 | 1 | 2 | 3 | 4 |
| 8. In the last month, how often have you felt that you were on top of things?  | 0 | 1 | 2 | 3 | 4 |
| 9. In the last month, how often have you been angered because of things that were outside of your control?           | 0 | 1 | 2 | 3 | 4 |
| 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? | 0 | 1 | 2 | 3 | 4 |



## APPENDIX C

**Binge Watching Addiction Questionnaire (BWAQ)****Table A1.** Binge-Watching Addiction Questionnaire. The English translation is shown in parentheses.

	Mai (Never) (0)	Raramente (Rarely) (1)	Qualche Volta (Sometimes) (2)	Spesso (Often) (3)	Sempre (Always) (4)
1. Quante volte sei rimasto/a a guardare serie TV più di quanto avresti voluto? (How many times have you been watching TV series more than you would have liked?)					
2. Ti capita di trascurare le faccende domestiche per passare più tempo a guardare serie TV? (Do you happen to neglect household chores to spend more time watching TV series?)					
3. Ti capita spesso di leggere recensioni e opinioni riguardo nuove serie televisive? (Do you often read reviews and opinions about new TV series?)					
4. Le persone che frequenti si lamentano per la quantità di tempo che passi a guardare serie TV? (Do people you hang out with complain about the amount of time you spend watching TV series?)					
5. Ti capita di controllare le nuove uscite on-demand prima di fare qualche altra cosa di importante? (Do you happen to check out the new on-demand releases before doing anything else important?)					
6. Cerchi di minimizzare quando qualcuno ti fa notare il tempo che tu trascorri a guardare serie TV? (Do you try to minimize when someone points out the time you spend watching TV series?)					
7. Quante volte ti trovi a distogliere l'attenzione da pensieri negativi con il pensiero consolatorio della tua serie TV preferita? (How many times do you find yourself diverting your attention from negative thoughts with the consoling thought of your favorite TV series?)					
8. Ti capita di pregustare il momento in cui guarderai nuovamente una serie TV? (Do you happen to foretaste the moment you will watch a TV series again?)					
9. Ti capita di pensare che la tua vita senza le serie TV sarebbe noiosa, vuota e senza gioia? (Do you happen to think that your life without the TV series would be boring, empty, and joyless?)					

Table A1. *Cont.*

	Mai (Never) (0)	Raramente (Rarely) (1)	Qualche Volta (Sometimes) (2)	Spesso (Often) (3)	Sempre (Always) (4)
10. Ti capita di scattare, alzare la voce o rispondere bruscamente se qualcuno ti disturba mentre guardi una serie TV? (Do you happen to react abruptly, raise your voice, or rudely reply if someone disturbs you while you are watching a TV series?)					
11. Dormi di meno per restare alzato/a fino a tardi per guardare una serie TV? (Do you sleep less to stay up late to watch a TV series?)					
12. Ti capita di concentrarti col pensiero sulle serie TV e fantasticare sull'evolversi della trama? (Do you happen to concentrate on your thoughts on TV series and fantasize about the evolution of the plot?)					
13. Ti capita di scoprirti a dire "ancora un'altra puntata e spengo" quando guardi una serie TV? (Do you happen to find yourself saying "one more episode and I'll turn it off" when you watch a TV series?)					
14. Cerchi di minimizzare o di nascondere quanto tempo passi a guardare serie TV? (Do you try to minimize or hide how much time you spend watching TV series?)					
15. Ti capita spesso di sentirti depresso/a, irritabile, o nervoso/a quando non riesci a guardare una serie TV? (Do you often feel depressed, irritable, or nervous when you can't watch a TV series?)					
16. Ti capita di scegliere di passare più tempo a guardare una serie TV anziché uscire con gli altri? (Do you happen to choose to spend more time watching a TV series rather than hanging out with others?)					
17. Ti capita di sentirti bene quando riesci nuovamente a guardare una serie TV? (Do you happen to feel good when you are able to watch a TV series again?)					
18. Ti capita di pensare che le persone sovrastimino il tempo che passi a guardare le serie TV? (Do you happen to think that people overestimate the time you spend watching TV series?)					
19. Ti interessi alle nuove serie TV? (Are you interested in new releases TV series?)					
20. Pensare ai momenti in cui guardi la tua serie TV preferita ti aiuta a gestire i tuoi momenti di stress? (Does thinking about the moments when you watch your favorite TV series help you manage your stressful moments?)					



## APPENDIX D

**Mathew Maladjustment Inventory (MMI)**

Mark "Above Average" or "Below Average" about the characteristics described when compared to others.

- |   | <b>Above<br/>average</b> | <b>Below<br/>average</b> |
|---|--------------------------|--------------------------|
| 1. Does a meaningless obsessive thought come to your mind again and again ? |                          |                          |
| 2. Do you feel uneasy in the presence of superiors?                         |                          |                          |
| 3. Do you feel compelled to do meaningless acts again and again?            |                          |                          |
| 4. Do you worry a lot about past events ?                                   |                          |                          |
| 5. Do you feel an inadequacy before others ?                                |                          |                          |
| 6. A feeling that nobody understands your problems.                         |                          |                          |
| 7. Always the feeling of some impending danger .                            |                          |                          |
| 8. Do you find it difficult to sit quietly at one place ?                   |                          |                          |
| 9. Do you feel shy before the opposite sex ?                                |                          |                          |
| 10. Do some people deliberately try to irritate you ?                       |                          |                          |
| 11. Do you think of your mistakes again and again ?                         |                          |                          |
| 12. Do you do things which you think you should not do ?                    |                          |                          |
| 13. Do you find it difficult to stand some people making you look small ?   |                          |                          |
| 14. Do you become nervous on important occasions ?                          |                          |                          |
| 15. Do you find being noticed by others uncomfortable ?                     |                          |                          |
| 16. Do you experience fear while travelling in vehicles ?                   |                          |                          |
| 17. Do you find being alone unbearable ?                                    |                          |                          |
| 18. Do you feel uneasy before strangers ?                                   |                          |                          |

19. The thought that you do not get what you deserve from others
20. Do you worry about your defects ?
21. Do many people talk ill of you behind your back ?
22. If somebody scolds you, do you feel like weeping
23. Feeling that you are inferior to others.
24. Do other people tell you lies ?
25. Do you worry about many things?
26. Do you tell others all that comes to your mind ?
27. The belief that people are generally troublesome
28. Inability to stand somebody making fun of you
29. The thought that it would be better to die
30. Do other people quarrel with you easily ?
31. Do you worry over small things ?
32. Do you perspire without reason
33. Do people try to fool you .
34. Do you find it difficult to tolerate criticism
35. Do people try to take advantage of you ?
36. Feeling that the future is dark.
37. Are people unfair towards you ?
38. Do you feel that life is hell
39. Do you get into difficult situations
40. Do you hear sounds in your ears
41. Feeling that you are going to die.
42. Do people misunderstand you
43. Are your feelings easily hurt

44. Do you find life a burden?
45. Do you find it difficult to concentrate
46. Do you get into accidents?
47. Do you feel gloomy without reason?
48. Feeling that nobody sympathises with you
49. Feeling that life is empty
50. Habit of talking without forethought .
51. Feeling that you are alone
52. Do you hate everything .
53. Do people make fun of you .
54. Do you feel sad, thinking of many things?
55. Do you push yourself in, everywhere
56. Do you lose your mental balance?
57. The thought that people do not take you seriously.
58. Tendency to panic easily
59. Fear of insanity
60. Does your mental state shift rapidly?
61. Does the sight of blood scare you
62. Do you suspect people too much
63. Palpitation
64. Feeling that everything is like a dream
65. Do you become emotional quickly ?
66. Do you act impulsively
67. Not being interested in anything .
68. Uncontrollable energy

- 69. Anxiety about future
- 70. Mental restlessness
- 71. Lack of self-control
- 72. Undue feeling of guilt
- 73. Unreasonable fears
- 74. Mental Weakness
- 75. Becoming upset easily
- 76. Inferiority feeling
- 77. Daydreaming
- 78. Sense of Failure
- 79. Tremor of hand
- 80. Giddiness
- 81. Nightmares
- 82. Becoming upset easily
- 83. Boredom
- 84. Poor Memory
- 85. Emotional Turbulence
- 86. Feeling Irritable
- 87. Short Temper
- 88. Bad Luck
- 89. Mental Conflict
- 90. Feeling Jittery
- 91. Dissatisfaction
- 92. Dispiritedness
- 93. Withdrawal

- 94. Mental Unrest
- 95. Fatigue
- 96. Depression
- 97. Anxiety
- 98. Tiredness
- 99. Despair
- 100. Self-consciousness