

Conference Name: *PsyCon London–International Conference on Psychology & Psychiatry, 21-22 February 2024*

Conference Dates: *21-22 February 2024*

Conference Venue: *The Tomlinson Centre, Queensbridge Road, London, UK*

Appears in: *LIFE: International Journal of Health and Life-Sciences (ISSN 2454-5872)*

Publication year: *2024*

Vaishali Choudhary, 2024

Volume 2024, pp. 47-48

DOI- <https://doi.org/10.20319/icrlsh.2024.4748>

This paper can be cited as: Choudhary, V. (2024). Exploring the Impact of Mental Boundaries: Stress Perception in Thick vs. Thin Boundaries. PsyCon London–International Conference on Psychology & Psychiatry, 21-22 February 2024. Proceedings of Healthcare and Biological Sciences Research Association (HBSRA), 2024, 47-48.

EXPLORING THE IMPACT OF MENTAL BOUNDARIES: STRESS PERCEPTION IN THICK VS. THIN BOUNDARIES

Vaishali Choudhary

Ph.D. Scholar, Department of Psychology, Galgotias University, Greater Noida, Uttar Pradesh

Vaishalichoudhary0175@gmail.com

Abstract

This study investigates the influence of mental boundaries, a personality dimension rooted in early psychological concepts, on the perceived stress levels of college students. Mental boundaries have been recognized as a barrier protecting against traumatic events (Harrison & Singer, 2014) and offer an intriguing avenue to explore differences in stress perception based on boundary thickness. The aim of this research is to assess the effect of thick and thin mental boundaries on perceived stress among undergraduate college students. A sample of 150 students was surveyed, using the Perceived Stress Scale (PSS) developed by Sheldon Cohen and the BQ-sh by David Rawlings. Results indicate that perceived stress was significantly higher among 3rd year students. Gender differences were observed, with female students exhibiting thinner mental boundaries compared to their male counterparts. Students with higher

scores on PSS were found to correlate with specific BQ-sh Sub-scales, including the need for order, sensitivity, and trust, while displaying lower scores on childlikeness and perceived competence. In conclusion, this study empirically establishes the impact of mental boundaries as a personality dimension on college student's stress perception. Furthermore, it advocates for a renewed focus on mental boundaries within research as a personality dimension.

Keywords

Mental boundaries, Boundaries in Mind, Perceived Stress, Personality