

Exploring the Nexus: Exposure to Media Violence, Learned Helplessness, and Perceived Stress in Young Adults amidst the Israel-Palestine Conflict

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INTRODUCTION

In today's digital age, young adults are constantly exposed to media content depicting the Israel-Palestine conflict, raising significant concerns about its psychological impact.

This study investigates the relationship between exposure to media violence, learned helplessness, and perceived stress in young adults, hypothesizing that such exposure is related to significantly higher levels of learned helplessness and perceived stress.

MATERIALS AND METHODS

A cross-sectional, correlational study was conducted with 100 young adults (aged 18-30) using online surveys. Learned helplessness and perceived stress were measured using the Learned Helplessness Scale (Quinless & Nelson, 1988) and Perceived Stress Scale (Cohen & Williamson, 1988). Demographic and media consumption data related to the Israel-Palestine conflict were collected. Statistical analyses included descriptive statistics, Pearson correlations, t-tests, ANOVA, and Tukey's HSD test, conducted with SPSS software (version 21).

RESULTS

Comparison of Violent Media Exposure between Age Groups (Ages 18-24 vs. Ages 24-30)

An independent samples t-test comparing violent media exposure between young adults aged 18-24 and those aged 24-30 revealed a statistically significant difference ($t(98) = -2.64, p = 0.010$). The younger group watched 40.47 fewer minutes of violent media on average (95% CI [-70.87, -10.07]), with a moderate effect size (Cohen's $d = 0.58$), indicating a meaningful difference between the age groups.

Comparison of Learned Helplessness and Perceived Stress across Gender

The analysis showed no statistically significant differences in learned helplessness ($t(98) = -1.49, p > 0.05$) or perceived stress levels ($t(98) = -1.11, p > 0.05$) between male and female participants. These findings suggest that gender may not exert a significant influence on learned helplessness and perceived stress levels among young adults exposed to media violence related to the Israel-Palestine conflict.

Comparison of Learned Helplessness and Perceived Stress across Duration of Exposure

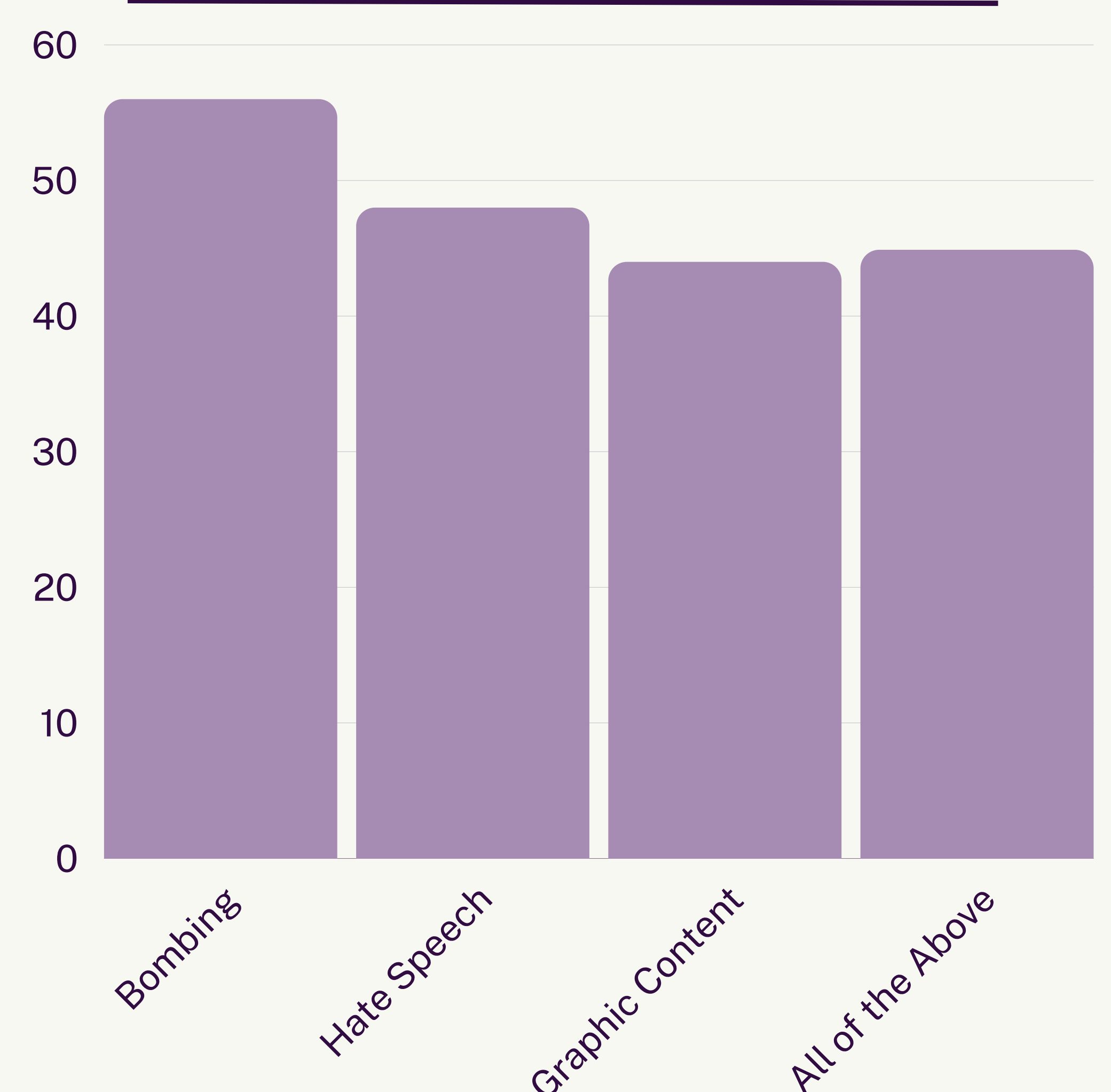
The results indicated that Learned Helplessness (LH) scores remained relatively stable across different time spent watching TV, while Perceived Stress (PS) scores exhibit more variation, peaking in the 180-240 minutes category.

Correlation between Age, Learned Helplessness and Perceived Stress

Age was significantly negatively correlated with Learned Helplessness ($r = -.260, p < .01$) but not significantly correlated with Perceived Stress ($r = -.09, p = .33$).

Comparison of learned helplessness and Perceived Stress across the type of media content among young adults

An ANOVA revealed that the type of media content related to the Israel-Palestine conflict significantly influences learned helplessness levels among young adults ($F(3, 96) = 4.43, p = .006, \eta^2 = 0.12$). Post hoc comparisons showed that participants exposed to "Bombing" content had significantly higher learned helplessness levels compared to those exposed to "Hate Speech," "Graphic Content," and "All of the above." In contrast, no significant differences in perceived stress levels were found based on the type of media content watched.



CONCLUSION

The findings revealed that while exposure to violent media is positively related with perceived stress, but it is not significantly related to learned helplessness. Younger adults consumed more violent media compared to older adults. There were no significant gender differences in perceived stress and learned helplessness. Viewed content indicated that bombing related media content was related to greater learned helplessness in comparison to graphic content.

In summary, the study underscores the link between media violence and psychological distress among young adults during the Israel-Palestine conflict. Exposure to media violence has likelihood of experiencing harmful psychological effects like stress or learned helplessness. There are also possibilities that people exposed to violence in the media may enjoy violence and thus, it may not result in the experiencing stress. Therefore, measures may be taken to limit the spread of such information on media sources.

CITED LITERATURE

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