

The Effects of Value Style on Stress Coping -Mediating Effect of Communication Ability-

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Abstract

The purpose of this study was to investigate the effect of type of values on coping stress through communication ability. The data for the study were collected from February 1 to 15, 2019, and the participants were collected through online questionnaires in the twenties who voluntarily participated in the study. The final data used in this study were 324. The research method was cross-sectional questionnaire survey. The analysis was done using SPSS 18.0, descriptive statistics, Pearson correlation, multiple regression and median effect analysis. A total of 324 people participated in the study, 38% of men and 62% of women were female. The results of this study showed that the collectivism values were positively correlated with individualism values ($r = .224, p < 0.01$), emotional stress coping style ($r = .266, p <$), And emotion-centered stress coping was correlated with problem-oriented stress coping ($r = .369, p < 0.01$). Those who had a collectivist value had a significant influence on the type of problem-centered stress coping ($\beta = .271, p < 0.01$), and the communication ability showed a perfect mediating effect ($R^2 = .310, \beta = .113, p > 0.05$). According to the results of this study, stress coping in the twenties suggests a program that fosters individualized communication ability.

Keywords: *Communicating ability, Value style, Stress coping, Mediating effect.*

1. Introduction

In recent East Asian countries, stress has been pointed out as a deterioration of mental health. As a result of a survey on depressive disorders, which are closely related to stress, in 20 people in 23 countries in East Asia, it is reported that young people of East Asian countries are more depressed than other countries [1]. It has been suggested that people can face stress due to changes in life, serious loss or illness in relation to developmental change or social change and environmental pressure through life course. Especially, China, located in East Asia, Japan, and China share geographical proximity and share historical, cultural and economic influence. In Korea, suicide (47.2%) was the leading cause of death among 20-29 year olds [2], and it has recently been reported that stress has increased due to the increase in employment.

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Stress incidents can generally be classified into major life events and daily life events [3]. A major life event was not a frequent occurrence in most people, such as sudden illness, but it was a life event that causes significant change for the parties. A daily life event was a life event that most people experience in everyday life, such as fluctuations in school grades, problems with school friends, and disputes with family members. These life stresses represent a variety of somatic symptoms [4]. The degree of perceived stress was different in social support and psychological factors [5]. Physical symptoms have a positive correlation with daily life event stress [6]. It has been appeared that high stress causes digestive problems or nervous system problems [7-8]. In addition, it has been shown that under stress, self-esteem was lower or environmental response was lower [9]. If the negative emotions were not effectively resolved and were cumulatively or repetitively displayed in an inappropriate manner, they would develop into psychological maladjustment and psychosis [10]. When the person was unable to adjust to stress and becomes more severe or persistent, the person experienced psychological disturbances such as schizophrenia, depression, and neurological disorders [11-12]. Physically, they were directly affected by hypertension [13], coronary heart disease [14-15], ulcers and diabetes [16].

One of the greatest features of stress was that it was due to the subjective interpretation of the individual. A series of studies related to stress include the conscious involvement of stress-mediated interactions between individuals and environments [18-19]. In a study by [4], the tendency to appeal to physical symptoms was higher when the emotion was not clearly recognized, whereas the degree of attention to emotion did not show a significant correlation with the tendency to appeal to physical symptoms [5]. According to Ahn Yoon-suk's research, the physical symptoms of stress were often seen when emotional clarity was low and emotional intensity was high [20]. In addition, according to SE Heo's study, emotional clarity and somatization score were negatively correlated [21]. Other studies of stress suggest that emotional perceptual clarity controls stress and depression [22]. In other studies in Korea, JO Im reported that the clarity of emotional perception plays a mediating role between stress and life satisfaction [23]. Lazarus et al., who studied stress intensively, presupposes that stress undergoes a kind of personal evaluation process according to the demands of the environment [3], stress indicated that the evaluation process was judged to be in excess of the individual's resources and ultimately threatens the well-being of individuals. Based on the above results, it could be inferred that the more clearly the negative emotions caused by stress were, the more able to cope with stress and reduce the expression of somatic symptoms. Stress was often relieved by an unhealthy lifestyle of early adulthood. These behavioral habits were likely to lead to physical illness and mental problems in the second half of adults [24]. In this way, health behaviors that were formed in early adulthood were likely to be an important basis for improving the quality of life, so multidisciplinary efforts were needed to reduce the adverse effects of stress in their 20s.

Dewe (1992) argued that the process of assessing an individual's stress is 'Interpretive Style' and suggested new research methods to analyze it. Thomas et al., (1990) argued that the process of identifying the various processes of stress was a process of interpreting the individual, and the interpretation process was composed of three things: first, the vision of future possibilities; second, to assess the current incidents, and third, to blame the causes of stress. They assumed that the interpretation process could improve or deteriorate the individual's competence. In other words, stress coping appeared to be a positive or negative response behavior [25].

In order to minimize the damage that an individual receives in a stressful situation or situation, he or she refers to a stress coping action [3], which stresses the person according to his or her psychological, cultural, and a tendency to choose different coping strategies [26]. Lazarus & Folkman (1984) classified stress coping strategies into problem-oriented coping and emotional coping. Problem-based coping refers to defining the problem, making alternative solutions, and weighing the alternatives in terms of benefits and burdens, and making effective choices and actions. Emotion – centered coping includes cognitive processes such as avoidance, minimizing distance, and positive comparison. It is a method to avoid the cause of stress or to pay attention to only positive aspects. Problem-centered coping that acts on the source of stress and changes the problematic behavior is an active coping method.

Modern people have to communicate with a lot of the public around them. It was reported that most of the stress people experience was in interpersonal relationships [27]. Communicating was the key to solving the various problems facing people in interaction. Communication is an important means of effectively connecting recipients and reciprocal relationships, and communication could not be separated from personal life [28]. Communication skills have a great impact on the development of interpersonal relationships, and communication is also a fundamental means and condition for human beings to acquire identity as social beings and to interact effectively with other organisms including others [16]. Gilley et al., [17] Effective communication is not a matter of acquiring knowledge through learning but a habit that is formed over a long period of time through constant self-reflection, and communication is very important in conflict management [29]. Familistic human relations was a traditional cultural characteristic of Korea, tends to focus on relations with students, close relationships, and blood relations. In other words, due to differences in cultural values, Korea in particular regards values as an important determinant of human behavior [34]. Values generally mean perspectives, opinions, thoughts, etc. of individuals or society [36]. Value is an important variable that meets individual needs through self-realization, control, and adaptation [37]. Values are also a criterion for choosing and acting in one direction in many situations [33].

The dictionary definition of a value means that the value is the economic value of money or goods, services, or equivalents to something received for the exchange of an object [38]. For people, values are the discipline of their own actions [39]. Thus, values can be a variety of behavioral alternatives, or an individual's norm, which is better, which is more dislikable or frozen, and which is more correct [27]. Furthermore, Rokeach [27] defined personal values as a specific mode of behavior or the end-state of existence in which they live. As mentioned above, value determines the behavior and intensity. Culturally learned value of individual value not only determines the morality and competence of the individual in comparison with other people's internal standards, but also expresses his /And to further justify their beliefs, attitudes, and behaviors [35]. Based on the above literature review, it can be seen that values affect stress coping. Therefore, this study investigates the influence of the type of values on stress coping and analyzes the effect of communication ability. The purpose of this study was to identify the mediating effects of communication skills on stress coping and to find a more effective coping method for stress. First, identify the general characteristics of participants. Second, examine the stress level according to the characteristics of participants. Third, identify the correlation between types of values and coping with stress. Fourth, analyze the mediating effect of communication ability in situations where values affect stress coping.

2. Method

2.1. Research Design

This study is a cross-sectional study that confirms the effect of type of value on stress and communicative competence in mediating role in twenties. The data collection period was from February 1 to 15, 2019, and the final data used in the analysis was 324 copies. The collected data were analyzed using descriptive statistics, ANOVA, regression, and mediating regression analysis using SPSS 18.0.

2.2. Research tool

2.2.1. Values Style.

The value tool for research is a tool developed by Kwon, Mi-ae [40] and this tool consists of 31 items and 3 points likerts. This tool was made in consideration of Korean characteristics. The collective value was divided into 17 items and the personal value propensity was divided into 14 items. The higher the score, the more the collective value level is interpreted. At the time of development, the reliability of the values of collectivism was Cronbach's alpha = .798 and the value of individualism was Cronbach's alpha = .706. The reliability of the collectivist values in this study was Cronbach's alpha = .716 and the individualism value was Cronbach's alpha = .873.

2.2.2. Communication ability.

The communication ability tool for research was developed by Fritz et al. The instrument is composed of five step scales, and the higher the score, the higher the communication [3]. It was judged that there was a problem in 'communication' when it was in the range of 4.0-5.0 points, 'proper communication' in the range of 3.0-3.9 points, and in 'communication problem' in the range of 1.0-2.9 points. The Cronbach alpha for this study was 0.903.

2.2.3. Stress coping

The stress coping type tool was developed by KW Kim and AS Park [41] based on the tools developed by Folkman, S & Lazarus, R. S. [3]. This instrument consists of 10 items that distinguish between emotional-centered coping style and problem-oriented coping style for stress. One point is not at all and the other 7 is very high. The higher the score, the higher the stress coping .The reliability of this study was 0.704 for Cronbach alpha.

3. Result

1. General Characteristics

Frequency analysis was performed to confirm general characteristics (Table 1). A total of 324 people participated in the study, with 123 (38%) men and 201 (62%) women. The most common age was 20 years with 198 (61.2%), 54 (16.7%) with 21, and 27 (8.3%) with 23, and 42 (13%) with 22, and three (0.9%) were above the age of 24. There were 228 persons (70.4%) without religion, followed by Protestant (48.8%), Buddhism (6.5%), Catholic (4.6%) and others And 12 (3.7%). There were 42 smokers (13.0%), 264 people (81.5%) who did not smoke, and 16 people (5.6%) who quit smoking. There were 45 (13.9%) who did not drink alcohol, 81 (25.0%) drinking at least twice a week, 57 (17.6%) drinking once a month, and only drinking when someone recommended. The number of people was 141 (43.5%). 165 (50.9%) were regularly exercising, and 159 (49.1%) were not exercising. 105 people (32.4%) had one club activity, and 30 people (9.3%) had more than two activities, and 189 people (58.3%) did not.

Table 1. General Characteristics

Variable	Type	N (%)	Variable	Type	N (%)
Gender	Male	123 (38)	Smoking	Yes	42 (13.0)
	Female	201 (62)		No	264 (81.5)
Age	20	198 (61.2)		2/week	81 (25.0)
	21	54 (16.7)		1/month	57 (17.6)
	22	42 (13.0)	Alcohol	On offer	141 (43.5)
	23	27 (8.3)		No	45 (13.9)
	↑ 24	3 (0.9)			
Religion	Protestant	48 (14.8)	Exercise	Yes	165 (50.9)
	Catholic	15 (4.6)		No	159 (49.1)
	Buddhism	21 (6.5)		1	105 (32.4)
	Others	12 (3.7)	Club Activity	Over 2	30 (9.3)
	None	228 (70.4)		No	189 (58.3)

2. Correlation between Value Style and Stress Coping Type

Person correlation was used to confirm the correlation between the type of value and stress coping style

(Table 2). The results of the analysis showed that the collectivism values were statistically significant ($r = .224$, $p < 0.01$), emotional stress coping type ($r = .266$, $p < 0.01$). Individualism values were not correlated with emotion - centered stress coping and problem - oriented stress coping. Emotion - centered stress coping was correlated with problem - oriented stress coping at statistical significance ($r = .369$, $p < 0.01$).

Table 2. Analysis of Correlation between Value Style and Stress Coping Type

Variables	Mean	SD	1	2	3	4
1. Collectivism Values	2.31	.220	1	.224**	.266**	.276**
2. Individualism Values	1.89	.485		1	.105	.090
3. Emotional Stress Coping	5.19	5.19			1	.369**
4. Problem-oriented Stress Coping	6.64	6.64				1

** , The correlation coefficient is at 0.01 levels (both sides).

3. The effect of type of value on stress coping type

Regression analysis was conducted to analyze the effects of the type of values on stress coping styles (Table 3). As a result, the variables affecting the emotional - centered stress coping style showed that the group values value had a statistical significance ($t=4.654$, $p<0.01$). The variables affecting the problem-oriented stress coping type also showed that the group values value had a statistical significance ($t=3.914$, $p<0.01$).

Table 3. The Effect of Value Style on Stress Coping Type

Dependent Variable	Independent Variable	Non-standardization factor		β	t	p	Statistics
		B	SD				
Emotion-centered stress coping	Constant	2.124	.614	-	3.461	.001**	R ² =.076, Modified R ² = .070, F=12.681**, p=.000
	Collectivism	1.249	.268	.261	4.654	.000**	
	Constant	4.765	.241	-	19.768	.000**	
	Individualism	.230	.123	.105	1.863	.063	
Problem-Centered stress coping	Constant	2.875	.734	-	3.914	.000**	R ² =.076, Modified R ² = .073, F=26.532**, p=.000
	Collectivism	1.631	.317	.276	3.914	.000**	
	Constant	6.192	.298	-	20.750	.000**	
	Individualism	.244	.153	.090	1.599	.111	

4. The mediating effect of communication ability on the influence of the value type on stress coping.

The effect of type of value on stress coping was analyzed by mediating effect of communication ability (Table 4). The results of the analysis showed that people with a collectivist value had a full mediating effect on affective stress coping styles ($\beta = .271$, $p < 0.01$) and statistical significance ($R^2 = .310$, $\beta = .113$, $p > 0.05$).

Table 4. The Mediating Effect of Communication Ability on the Influence of the Value Style on Stress Coping

Classification	Step 1 Communication ability	Step 2 Stress coping	Step 3 Stress coping	Tolerance Limit
Constant	2.270	2.799	-.519	
Collectivism	.639(.312)**	1.604(.271)**	.699(.113)	.862
Individualism	-.012(-.013)	.080(.030)	.098(.036)	.950
Communication ability			1.462(.507)**	.904
R ²	.096	.078	.310	
Modified R ²	.090	.072	.304	
F	16.341**	13.090**	45.213**	

*p<0.05, **p<0.01, () is the standardized regression coefficient.

4. Conclusion

This study was a cross - sectional study investigating the effect of type of values in the twenties on stress coping through communication ability. As a result of the study, 324 people participated in the study, 38% male and 62% female. The results of this study showed that the collectivism values were positively correlated with individualism values ($r = .224$, $p < 0.01$), emotional stress coping style ($r = .266$, $p < .$), and it was found that the values of collectivism were related to coping with stress. This study is similar to the results of (). The effect of the type of value on stress coping type was analyzed. As a result of the analysis, the values of collectivism showed significant influence on problem - oriented stress coping ($t = 3.914$, $p < 0.01$). These results are similar to those of [30]. This study intensified further research whether communication ability plays a role in stress coping. The results of the analysis showed that people with a collectivist value had a full mediating effect on affective stress coping styles ($\beta = .271$, $p < 0.01$) and statistical significance ($R^2 = .310$, $\beta = .113$, $p > 0.05$). In other words, according to communication ability, people with collective values have a big difference in coping with problem-oriented stress.

In recent 20s, environmental stress is increasing more than developmental stress of 20s because of job hunting. Especially in East Asian countries, stress is indicated as the deterioration of mental health [1]. In particular, Korea, Japan, and China, located in East Asia, share Confucian culture and are geographically close to each other and have been influenced by history, culture and economy. In Korea, suicide (47.2%) is the leading cause of death among 20-29 year olds [2]. Therefore, this study intends to conduct an in - depth study on coping with values and stresses in Korea while various researches on stress coping are going on.

Values are more than belief, rather than truth. If I believe so, it becomes truth to me. If I do not believe it, it becomes not true. Shalom H Schwartz et al., [30] reported that all human values are different through the variable research. MH Yoon emphasized that values are the determinants of behavior and strength, and justify their beliefs, attitudes, and behaviors as well as determine the individual's morality and competence as opposed to other people's internal standards [31]. These suggested that the stress given to individuals is very different when compared to the results of Kim et al., research that health promotional behavior affected emotional happiness [32]. In addition, Rokeach [31] argues that personal values are either an end-state of existence in which a person behaves, as well as the belief that it is superior. Thus, scholars emphasize that values are the final determinant of choice of behavior. Shalom H Schwartz et al., studied the values and distinguished the values of collectivism and individualism [30]. In other words, the individualism value is to understand the world as a person-centered basis, and the foundation of the way of thinking refers to the individualism perspective rather than 'the individual created by the individual', but the collectivism is a way of thinking about the whole. Values, therefore, have a major impact on stress coping and its consequences. Therefore, this study analyzed the types of values and coping with stresses and tried to find out the factors that have positive effects in this process. The purpose of this study was to examine the effect of communication on stress coping and to prove the synergy effect of type of value and communication ability. As a result of the analysis, communication ability showed a very large mediating effect on people with collective values. If so, it is difficult to change the

values easily, but it will be a great help for the twenties who are in an inevitable stress environment if they try to raise their communication skills while supporting and providing various information about the values.

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