

Call For Participants



Self-Perception of the Influence of Pop Psychology on Emotional Self-Regulation

5 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Webster University

This study explores how popular psychology on social media influences the way adult Gen Z perceives and practices emotional self-regulation. With more people turning to digital platforms for self-development, social media has become a major source of psychological content. Since the online self-help industry is unregulated, this study seeks to understand whether constant exposure to pop psychology supports emotional regulation or becomes overwhelming.

Find out more online

Poster printed on 04/04/2025 Study expires on 22/04/2025

More info
by scanning the QR code
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