

The Role of Loneliness as a Mediator between Emotional Dysregulation and Doomscrolling in College Students

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Abstract. This study aimed to investigate the role of loneliness as a mediator of the relationship between emotional dysregulation and doomscrolling among college students in Yogyakarta. The cross-sectional quantitative design included 200 active college students recruited through random sampling. Participants completed the Emotion Regulation Difficulties Scale (DERS), the De Jong Gierveld Loneliness Scale (DJGLS), and the Doomscrolling Scale (DS). Mediation analysis was conducted using bootstrapping-based analysis, Hayes PROCESS/ModMed on Jamovi. The results showed that emotional dysregulation directly predicted doomscrolling ($\beta = .196$, $p = .020$) and loneliness ($\beta = .511$, $p < .001$). Loneliness also increased doomscrolling ($\beta = .549$; $p < .001$) and partially mediated the relationship ($\beta = .280$; $p < .001$), with a total effect of $\beta = .477$ and a mediation proportion of 58.8%. These findings outlined the importance of emotion regulation interventions and social connection, strengthening programs on campus to reduce doomscrolling.

Keywords: Doomscrolling, Emotional Dysregulation, Loneliness, Students

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Introduction

In the past decades, technological advances have brought significant changes to various aspects of human life, particularly in terms of access to information and social interaction. Part of the most prominent impacts is the increasing use of social media, which become a crucial part of modern life (Cahyono, 2016). Platforms such as Facebook, Instagram, TikTok, Twitter, and YouTube serve not only as entertainment and communication tools but also as important business platforms (Hastuti, 2023). In early 2024 and 2025, Indonesia's digital landscape showed a significant growth trend and became increasingly entrenched in people's lives.

According to DataReportal, the number of internet users is projected to increase from 185.3 million in 2024 (66.5% penetration) to 212 million in 2025 (74.6% penetration), showing a massive expansion of access to digital information. Social media users also increased from 139 million (49.9%) to 143 million (50.2%), reflecting the increasingly powerful role of social media as a space for social interaction, communication, and information dissemination. Furthermore, the very high number of active mobile connections with 353.3 and 356 million in 2024 and 2025, respectively, shows that most individuals own

more than one mobile device, although not all are used for internet access. These data show that Indonesia has entered a phase of digital maturity, where internet connectivity, social media, and mobile technology have become crucial parts of the social, economic, and cultural activities of modern society (We Are Social & Meltwater, 2023).

Although social media offers easy, fast, and widespread access to information, uncontrolled consumption can have negative impacts. An evolving phenomenon is doomscrolling which is the habit of excessively browsing social media or news, specifically negative content, potentially triggering anxiety and worry such as reading about natural disasters, war, crime, murder, and other negative news (Sharma et al., 2022; Satici et al., 2023).

According to a 2024 survey by the Indonesian Internet Service Providers Association (APJII), national internet penetration reached 79.5%, with the highest usage rate among the 12–27 age group at 87.02%. This figure shows that young people have significantly higher levels of digital access and engagement than other age groups. Several previous studies have also shown that college students often face various psychosocial pressures influencing internet usage patterns. For example, Afrilia and Siregar (2024)

found that distance from family could trigger feelings of loneliness (homesickness), motivating individuals to seek social connections through digital media. Other factors, including anxiety about the cost of living, uncertainty about the future, conditions in the hometown (Azis et al., 2024), and academic pressure (Putri, 2024) have also been connected to increased psychological stress among college students. Therefore, the high intensity of internet use among young people including college students needs to be understood in the context of underlying psychosocial factors, rather than as a form of judgment against this group.

Putri's (2024) study showed that college students accessed social media for an average of 3–5 hours per day between lectures, during breaks, and before bed, thereby increasing exposure to negative content such as news about disasters, political issues, or economic crises further disrupting psychological well-being (Satici et al., 2023). In correlation to this, Hanifah et al. (2025) emphasized that the longer the duration of social media use, the greater the risk of negative impacts on mental health. Doomscrolling is reported to be more common among young adults, individuals with low self-control, and those actively following socio-political issues (Sharma et al., 2022), and is often triggered by a desire to stay informed despite the anxiety of missing out (Güme, 2024). Consistent with various findings, this behavior is correlated with stress, anxiety, sleep disturbances, negative moods, and an increased risk of mental disorders (Anand et al., 2021; Brailovskaia et al., 2023; Shabahang, et al., 2024). However, doomscrolling is often difficult to stop due to the strong urge to stay informed. It can also be understood as a maladaptive response to uncertainty, where individuals continually seek out negative information to gain a sense of control, but this actually worsens the psychological state (Anand et al., 2021; Sharma et al., 2022).

Various internal and external factors contribute to the evolution of doomscrolling. Satici et al. (2023) emphasized the role of personality factors (neuroticism, self-consciousness, agreeableness, and extroversion), social media addiction, fear of missing out (FoMO), psychological distress, mental well-being, and loneliness. Meanwhile, Anand et al. (2021) outlined low self-control, cognitive biases (confirmation bias and negativity bias), and emotional dysregulation as key triggers.

Emotional dysregulation is part of the internal factors that play a significant role. It is defined as an individual's inability to understand, manage, and respond adaptively to emotions (Anand et al., 2021; Kaya & Griffiths, 2024; Okur, 2025). This condition has long been associated with maladaptive behavioral tendencies (Gratz & Roemer, 2004), and in the digital

age, one manifestation of this is doomscrolling (Okur, 2025). In other words, individuals with emotional dysregulation are more inclined to use doomscrolling as an escape from situations perceived as threatening or uncontrollable (Horwood & Anglim, 2020).

However, the mechanisms explaining how emotion dysregulation leads to doomscrolling remain unclear, necessitating theoretically and empirically relevant connecting variables. In this study, loneliness was selected as a mediator because it represented an affective-relational state that often arose when individuals struggled to manage emotions adaptively. Emotion dysregulation can further trigger inappropriate interpersonal responses (e.g., withdrawal, irritability, or intimacy avoidance), reduce the quality of social support, and increase feelings of disconnection from others (Velotti et al., 2021; Hayes et al., 2022). Several findings also suggest that loneliness is associated with difficulty regulating emotions and is a risk factor for engaging in compulsive digital behaviors, including repeated negative information seeking (doomscrolling) (Preece et al., 2021; Satici & Uysal, 2021). As loneliness increases, individuals tend to seek “replacements” for connection and reassurance through constant exposure to online information. Rather than reducing distress, these compensatory strategies can prolong rumination, reinforce negative biases, and perpetuate a cycle of doomscrolling (Satici et al., 2023). Loneliness is perceived as a plausible connection where emotional dysregulation increases vulnerability and further fuels doomscrolling as a maladaptive emotional compensation (Heinrich & Gullone, 2006).

Based on the description, the analysis asserted that doomscrolling is a new phenomenon receiving relatively little attention in psychological studies. Therefore, this study aims to broaden the understanding of the dynamics of the relationship between emotional dysregulation and doomscrolling by positioning loneliness as a mediating variable in university students in Yogyakarta. The analysis is one of the first in Indonesia to integrate a mediation method to understand the dynamics of doomscrolling, enriching the global literature on maladaptive digital behavior in the context of collectivist cultures.

Based on the problem formulation and conceptual framework, this study hypothesizes that loneliness acts as a mediator in the relationship between emotional dysregulation and doomscrolling behavior among college students in Yogyakarta. More specifically, the analysis assumes a positive relationship between emotional dysregulation and doomscrolling behavior, where difficulties in managing emotions motivate individuals to engage in doomscrolling more frequently. Furthermore, emotional dysregulation is also predicted to be positively related to loneliness,

because individuals who are less able to regulate the emotions tend to have difficulty establishing and maintaining meaningful social relationships. On the other hand, loneliness is assumed to have a positive relationship with doomscrolling behavior, where feelings of isolation can motivate individuals to seek emotional compensation through the consumption of negative digital content. Loneliness is therefore predicted to be a psychological pathway that bridges the relationship between emotional dysregulation and doomscrolling behavior. Figure 1 shows the mediation model in this study.

Methods

Design

This study used a quantitative correlational design with a cross-sectional method, aiming to examine the relationship between emotional dysregulation (predictor variable), loneliness (mediator variable), and doomscrolling behavior (dependent variable) in college students. The design was selected because it allowed authors to identify relationships between variables as they existed without providing experimental treatment or manipulation (Creswell & Creswell, 2017).

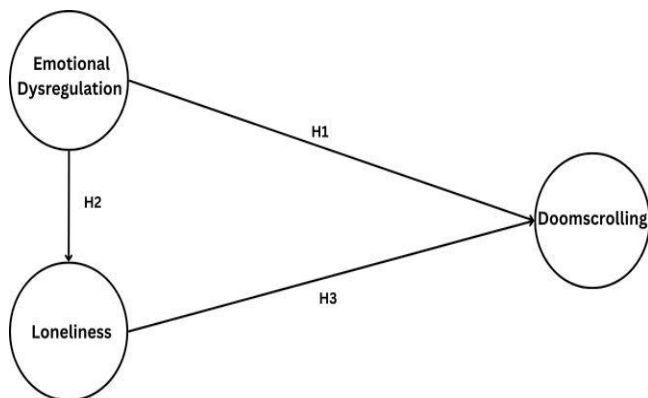


Figure 1. Study Mediation Model

Participants

Participants in this study were 200 active undergraduate students learning at various universities in Yogyakarta. The sample size was determined based on simulations conducted by Wolf et al. (2013). These simulations indicated that a sample size between 200 and 400 respondents was generally sufficient for mediation models of simple to moderate complexity with reliable indicators, producing accurate parameter estimates and stable statistical results.

This study used a simple random sampling method (convenience sampling) to recruit students aged 18 to 25, from the classes of 2021 to 2025, who actively used social media and regularly read online news. Participants came from several universities in Yogyakarta, namely Ahmad Dahlan University (UAD), Yogyakarta State University (UNY), Islamic University of Indonesia (UII), Muhammadiyah University of Yogyakarta (UMY), Sunan Kalijaga

State Islamic University (UIN SUKA), and the Indonesian Institute of the Arts (ISI) Yogyakarta. The data collection process was conducted over two weeks, from May 12–24, 2025, using online and offline questionnaires.

Measurements

Doomscrolling Scale (DS)

The doomscrolling variable was measured using the DS developed by Sharma et al. (2022) and adapted to the Indonesian context by Hansya and Ardi (2024) through translation, content validation, and readability testing. The scale was unidimensional and consisted of 15 items, reflecting doomscrolling as a construct that described an individual's tendency to compulsively access and consume negative information on digital media. In this study, the response format was modified from 1 to 5 categories (1 = Never to 5 = Always) to improve readability. Example items (illustrative) included: (1) "I continue scrolling through negative news/posts even though it makes me uncomfortable," (2) "I find it difficult to stop searching for information about bad events even though I intend to stop," and (3) "I continue reading negative content even though I realize it worsens my mood." Psychometrically, this scale showed good internal reliability (Cronbach's $\alpha = .817$) and very strong content validity (CVI = 1.00) based on the assessment of two doctoral experts, making it suitable for use in the study context in Indonesia.

Emotional Dysregulation Scale

Emotional dysregulation was measured using an Indonesian adaptation of the Emotion Regulation Difficulties Scale–Short Form (DERS-SF) (Gratz & Roemer, 2004) by Safaria et al. (2024) following ITC (2017) guidelines. This scale included six dimensions, namely strategies, non-acceptance, clarity, awareness, objectives, and impulses. The response format was modified from 1 to 5 categories (1 = Very inappropriate to 5 = Very appropriate) and pilot-tested to ensure readability. Example items (illustrative) included: (1) "When my emotions are strong, I have difficulty controlling the urge to react spontaneously," (2) "I am often confused about naming or understanding the emotions I feel," and (3) "When I am emotional, I have difficulty refocusing on the task at hand." Internal reliability was very good ($\alpha = .855$), and construct validity was supported by CFA with good model fit (CFI = .926; TLI = .905; RMSEA = .078). The instrument was considered valid and reliable for the student population.

Loneliness Scale

Loneliness was measured using an Indonesian adaptation of the De Jong Gierveld Loneliness Scale (DJGLS) (De Jong Gierveld & Van Tilburg, 2006) by Safaria et al. (2024), which had undergone translation,

readability testing, and content validation. This scale measured two main aspects, namely social and emotional loneliness, consisting of 11 items with response modifications from 1 to 5 categories (1 = Never to 5 = Always) to suit the context of Indonesian respondents, and was also tested on a limited basis to ensure consistency of understanding. Example items (illustrative) included: (1) "I feel like I don't have anyone really close to share with," (2) "I often feel like I don't have friends/relationships I can rely on," and (3) "I feel like there is a void in my social relationships even when I am around other people."

Psychometrically, the Indonesian version of the DJGLS showed high internal reliability, with Cronbach's $\alpha = .81$ for the emotional loneliness subscale and $\alpha = .85$ for the social loneliness subscale. Its construct validity was also strong, as showed by the results of Confirmatory Factor Analysis (CFA) with factor loadings ranging from .70–.93 on the emotional dimension and .78–.98 on the social dimension, as well as CFI = .943, RMSEA = .045, and SRMR = .038. These results showed that the two-dimensional structure of the DJGLS was empirically consistent and suitable for use in the Indonesian student population.

Data analysis

This study used a quantitative method with bootstrapping-based mediation regression analysis to test the hypotheses. The method was used to determine whether the influence of the independent variable on the dependent variable occurred directly or indirectly through a mediator variable. The mediation was selected because it could explain the psychological mechanisms underlying the relationship between variables, providing a deeper understanding of the internal processes that influence doomscrolling behavior.

In this model, emotional dysregulation acted as the independent variable (X), loneliness as the mediator (M), and doomscrolling as the dependent variable (Y). The analysis focused on examining the mediating role of loneliness in the relationship between emotional dysregulation and doomscrolling behavior in college students. All data analyses were conducted using Jamovi software version 2.6.26 (for Windows) with the "medmod" add-on module for mediation analysis. Jamovi was selected for its user-friendly interface, high accuracy, and ability to visually present analysis results through path diagrams, which facilitate the interpretation of relationships between variables in the mediation model.

Study Ethics

This study was conducted in accordance with ethical principles for analysis including human subjects, such as respect for participants, data confidentiality, and voluntary participation. The author did not apply to an

institutional ethics committee but adhered to general ethical standards through the use of informed consent during the data collection process. Before completing the questionnaire, each participant was provided with an informed consent form containing information regarding the authors' identity, the purpose of the study, the characteristics of the respondents, the estimated timeframe for completion, assurance of data confidentiality, and affirmation that participation was voluntary and could be discontinued at any time without consequence. To maintain anonymity, participants were permitted to use initials. The author also provided a contact person for any questions or concerns regarding the study process. These procedures ensured that the study was conducted in accordance with fundamental ethical principles (respect, beneficence, and justice).

Results and Discussion

Description of Study Subjects

This study included 200 students from various universities in Yogyakarta as the subjects. Among the total respondents, 39 (19.5%) were male, and 161 (80.5%) were female. The composition showed that the participants were predominantly female. This difference in proportion reflected the general demographic pattern in psychology study programs, both nationally and internationally, where female students consistently outnumber male students. Therefore, the proportion did not represent sampling bias, but rather a true representation of the target population. The author still considered gender factors as an aspect in interpreting the study results.

Based on data from 200 respondents, the majority used more than one social media platform, prompting the cumulative total percentage to exceed 100%. Instagram (97.5%) and TikTok (94%) evolved as the two most widely used platforms, showing the dominance of visual-based media and short content among respondents. Twitter still showed a fairly high level of popularity (68.5%) and served as a fast-paced text-based interaction space. In contrast, Facebook (38%) had begun to show a decline in relevance among younger generations, due to its perceived incompatibility with the current communication preferences. Threads had the lowest usage rate (21%), possibly related to its status as a new platform with limited adoption.

The finding reflected respondents' preference for fast, visual, and interactive platforms, making it important to consider in publications and interventions related to younger generations' digital behavior. Based on the frequency distribution results, of the 200 student respondents, 179 (89.5%) reported doomscrolling for four or more hours per day, while 21 (10.5%) reported less than four hours. In this study, doomscrolling was

defined as the activity of continuously consuming negative content through social media or online news portals, such as reading or watching news about crises, conflicts, disasters, politics, and global issues repeatedly over a period of time. Respondents reported that this activity generally occurred at night or during free time with difficulty stopping despite feeling anxious, tired, or restless. These findings not only reflected the duration of social media use but also the intensity of engagement in doomscrolling behavior, which had certain cognitive and emotional characteristics.

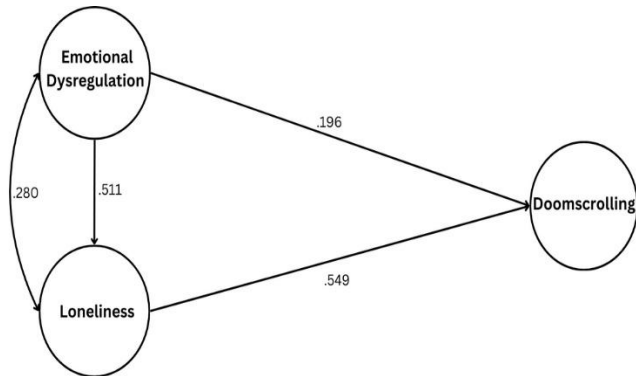


Figure 2. Structural Regression Mediation Model

Major Hypothesis

Table 1 presented the mediation analysis results, showing that loneliness significantly mediated the role of emotional dysregulation on doomscrolling behavior among students in Yogyakarta. The indirect effect was estimated at .280 with a standard error of .0611, and the 95% confidence interval (CI) based on bootstrapping was [.1750, .411]. Because this interval did not include zero, the mediation effect was significant ($Z = 4.59$; $p < .001$).

Furthermore, the direct effect of emotional dysregulation on doomscrolling behavior was also significant, with an estimate of .196 ($CI = [.0355, .379]$; $p = .020$). The total effect of emotional dysregulation on doomscrolling behavior was .477 ($CI = [.3148, .645]$; $p < .001$). Therefore, the major hypothesis was confirmed. The effect proportion showed that 58.8% of the total effect occurred through the mediation (indirect) path, while 41.2% was through the direct route. This finding suggested that the mediation mechanism through loneliness made a greater contribution than the direct effect, thereby showing loneliness played a more dominant role in mediating the relationship between emotional dysregulation and doomscrolling behavior. In other words, students who had difficulty regulating the emotions were more inclined to engage in doomscrolling, largely due to heightened experiences of loneliness.

Minor Hypothesis

The analysis showed that emotional dysregulation played a significant role in doomscrolling behavior among students in Yogyakarta (Estimate = .196; $p = .020$; $CI = [.0355, .379]$). The positive regression coefficient showed that the higher the level of emotional dysregulation an individual experience, the greater the tendency to engage in doomscrolling behavior, prompting minor hypothesis 1 to be accepted. These findings suggested a positive relationship between the difficulty of managing emotions and an individual's tendency to engage in excessive negative information-seeking behavior via social media.

The analysis showed that emotional dysregulation significantly contributed to loneliness among students in Yogyakarta (Estimate = .511; $p < .001$; $CI = [.3652, .677]$). The positive regression coefficient showed that a higher level of emotional dysregulation led to a greater degree of loneliness experienced by the individual. Consequently, minor hypothesis 2 was accepted. These findings showed a strong positive relationship between difficulty managing emotions and increased feelings of loneliness among students.

The results further showed that loneliness played a significant role in doomscrolling behavior among students in Yogyakarta (Estimate = .549; $p < .001$; $CI = [.3646, .713]$). This showed that individuals who experienced higher levels of loneliness were more inclined to engage in doomscrolling behavior. Therefore, minor hypothesis 3 was confirmed. These findings showed a strong positive relationship between feelings of loneliness and increased negative information-seeking behavior through social media.

This study showed that doomscrolling, emotional dysregulation, and loneliness were common phenomena among Yogyakarta students. These three variables interacted in a cyclical and mutually reinforcing manner, thereby directly influencing students' psychological well-being. The findings were important because they showed the psychological dynamics unique to the digital generation, where social media had become a primary means of expressing emotions and building social relationships.

The results showed that emotional dysregulation played a significant role in doomscrolling behavior. This finding supported the understanding that individuals who had difficulty managing emotions tended to use the internet compulsively as an emotional avoidance strategy. In this context, doomscrolling functioned as a maladaptive coping mechanism—a temporary attempt to alleviate negative emotions by exposing oneself to online information. This was consistent with the findings of Flack et al. (2024) and Kiye et al. (2024), who emphasized the role of negative emotions in driving repeated consumption of negative news. McRae and Gross (2020) even described this condition as a negative feedback loop where difficulty

regulating emotions motivated doomscrolling while doomscrolling. However, the direct effect of emotion

Table 1
Hypothesis Testing Result

Path	Label	Estimate	95% CI Lower	95% CI Upper	p	Decision
Emotional Dysregulation → Loneliness	a	.511	.3652	.6770	<.001	Accepted
Loneliness → Doomscrolling	b	.549	.3646	.7130	<.001	Accepted
Emotional Dysregulation → Doomscrolling	c	.196	.0355	.3790	.020	Accepted (direct)
Mediation: Emotional Dysregulation → Loneliness → Doomscrolling	a × b	.280	.1750	.4110	<.001	Accepted (partial) (indirect)
Total Effect (direct + indirect)	c + a×b	.477	.3148	.6450	<.001	Accepted
Mediation Percentage 58.8%						Partial Mediation

exposure to negative content exacerbates emotional dysregulation. These findings reinforced previous literature (Rozgonjuk & Elhai, 2019; Sharma et al., 2022), connecting emotional dysregulation to problematic digital media use.

College students with high levels of emotional dysregulation tended to have difficulty establishing meaningful social relationships, which increased loneliness. Psychologically, emotional dysregulation could also lead to emotional isolation (Heinrich & Gullone, 2006) and social withdrawal (Phillips & Lonigan, 2009). Maladaptive regulation strategies such as suppressing emotions or avoiding expressions also weaken the quality of interpersonal connections (Shi et al., 2016; O'Day et al., 2019). Consistent with Qualter et al. (2015) and Cacioppo and Cacioppo (2018) studies, loneliness and emotional dysregulation reinforced each other by forming a negative psychological cycle that could continuously reduce college students' well-being.

The study also showed that loneliness played a significant role in triggering doomscrolling behavior. Lonely college students often craved for social connectedness through digital media. However, rather than fostering authentic closeness, this behavior often deepened feelings of isolation. Ryan and Deci (2017) explained that the need for social connectedness was a fundamental human motivation. When it was not met in the real world, individuals tended to seek compensation in digital spaces. Satici and Uysal (2021) and Brailovskaia et al. (2023) also found a bidirectional relationship between loneliness and doomscrolling. The results suggested that loneliness motivated doomscrolling, and doomscrolling exacerbated loneliness.

The mediation analysis in this study showed that loneliness partially mediated the relationship between emotional dysregulation and doomscrolling. In other words, difficulty regulating emotions increased loneliness, which motivated individuals to engage in

dysregulation on doomscrolling remained significant, suggesting that other factors such as academic stress, a lack of social support, or collectivist cultural norms also contributed to this behavior. This finding was consistent with Lee et al. (2022), Cole et al. (2021), and Izmir et al. (2024), who asserted that loneliness was an important psychological pathway. Mikulincer and Shaver (2019) and Boursier et al. (2021) also showed that individuals with high emotion dysregulation often craved for emotional compensation through digital activities, reinforcing doomscrolling behavior.

The findings expanded the theoretical understanding of doomscrolling as a complex psychological phenomenon including negative emotions, loneliness, and maladaptive coping strategies. It was not enough to understand doomscrolling as a passive behavior of consuming negative news, but also as a psychological response to unmet emotional needs. From a practical perspective, interventions that simultaneously targeted emotion regulation and loneliness reduction were crucial. Emotional regulation training programs, mindfulness, strengthening campus social networks, and peer mentoring could prevent the formation of maladaptive cycles between negative emotions, loneliness, and compulsive digital behavior. A campus-community-based method had the potential to create healthier social spaces for students.

This study was cross-sectional as the analysis could not confirm causal relationships between variables. The purposive sampling method also limited the generalizability of the results. Furthermore, the predominantly female participant ratio reflected the reality of the psychology student population, opening the possibility of gender bias. Further analysis was recommended using longitudinal or experimental designs, adding moderating variables such as academic stress and social support, and engaging a more balanced gender composition. A mixed-methods

method could also provide a deeper understanding of the subjective experience of doomscrolling.

Conclusion

In conclusion, this study showed that loneliness acted as a partial mediator in the relationship between emotional dysregulation and doomscrolling behavior in college students in Yogyakarta. Specifically, difficulty managing emotions not only directly influenced doomscrolling tendencies but also indirectly increased feelings of loneliness. Students with low emotional regulation skills often have difficulty establishing and maintaining meaningful social relationships, which could lead to loneliness. This loneliness further drove compulsive consumption of negative digital content as a pseudo-emotional compensation.

The mediation test results showing partial mediation showed that loneliness was not the only psychological pathway connecting emotional dysregulation and doomscrolling. A significant direct effect remained, possibly influenced by other factors such as academic stress, impulsivity, or digital social norms within a collectivist cultural context. Therefore, loneliness served as an important psychological mechanism strengthening the relationship between emotional regulation difficulties and doomscrolling.

The findings broadened the understanding of doomscrolling, framing it not merely as a passive response to an influx of negative information but as a form of maladaptive coping that emerged when emotional and social needs were unmet. Theoretically, this study strengthened the framework of Emotion Regulation Theory and Compensatory Internet Use Theory, which emphasized the role of loneliness as an emotional compensatory mechanism in digital media use.

In practice, the findings underscored the importance of dual interventions that simultaneously enhance emotional regulation and reduce loneliness to prevent and mitigate doomscrolling. Training programs on emotion regulation, mindfulness, strengthening digital literacy, and developing supportive campus social networks could be effective preventative strategies. Therefore, the results of this study provided important theoretical and practical contributions to improving students' psychological well-being in the digital age.

Declaration

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Author Contributions

Conceptualization: [TS, BAS]; Methodology: [TS, BAS]; Data collection and investigation: [TS, BAS]; Data analysis: [TS, BAS]; Writing—Original Draft Preparation: [TS, BAS]; Writing—Review & Editing: [TS]; Supervision: [TS].

Conflict of Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

Use of Artificial Intelligence

The authors declare that no Artificial Intelligence (AI) or AI-assisted technologies were used in the creation of this manuscript.

Ethical Clearance

The author did not apply to an institutional ethics committee but adhered to general ethical standards through the use of informed consent during the data collection process.

Data Availability

The data supporting the findings of this study are available from the corresponding author upon reasonable request.

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