

The Relationship among College Students' Trait Anxiety Level, Self-esteem and Risk Taking

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Abstract

As we all know, risk taking is an indispensable link in our lives, ranging from individual career choices to national decision-making, which cannot be separated from decision-making. Risk taking affects daily life as well as the direction of national development. Decision-making is a common negative emotion in people's daily life, and its role in risk taking deserves the attention of psychologists. Similarly, Self-esteem factors in personality traits also affect risk taking. This article reviews the three concepts of risk taking, trait anxiety, and Self-esteem in the form of a review, summarizes their pairwise relationships, and proposes a prediction of the direction of development.

Keywords

Risky Taking; Trait Anxiety; Self-esteem.

1. Introduction

Decision-making in risk situations is a problem that cannot be underestimated in daily life, and it is a hot topic in the field of Economics and Psychology. Kahneman (2003) believes that risk taking refers to the process by which decision-makers make decisions by measuring and evaluating the subjective expectations of different alternatives in uncertain scenarios where the options and probabilities are known. Chinese scholars believe that risk taking refers to the decision-making that can estimate or predict the probability of future events and adopt the best plan with the expected effect as the optimal plan (Xiao Yunru, 2003). Numerous studies at home and abroad divide the risk taking influence factors into the personal factors of the decision-maker and the task characteristic factors of the decision-making object. Among them, personal factors include risk preference (Liu Yongfang et al., 2010), emotions (Yang Zhaoning et al., 2011), personality (Raghunathan et al., 1999), etc.

Among them, anxiety is one of the basic human emotions (Bloch, Lemeignan, aguiler-T, 1991), which is an anticipation of future threats and misfortunes, accompanied by nervous fidgets or certain physical symptoms (Lang, Davis, s.2000). The theory of state-trait anxiety divides anxiety into two forms: state anxiety and trait anxiety. Trait anxiety is a relatively persistent stable personality trait with individual differences (Spielberger, Gorsuch, 1983). Self-esteem is one of the core factors of individual personality traits and a stable self-evaluation and emotional experience (Tian Rumei, 2005).

2. Research Actuality

In the field of social decision-making, people with high-trait anxiety are more likely than those with low-trait anxiety to adopt risk-averse strategies (Gurore et al., 2015). In the study of college students' coping style and anxiety, it is found that people with high-trait anxiety are more likely to choose the coping style of risk aversion (Song Baoping, 2005). There was a significant correlation between trait anxiety and individual risk propensity, with individuals with high trait anxiety choosing less risk-making behaviors than low trait individuals (Maner, 2006), and highly anxious decision makers preferring risk aversion (Charpentier, Aylward,

Roiser, robinson, 2017). But studies have found that people with high-trait anxiety are more likely to seek risk (Robinson, Bond, and Roiser, 2015), which shows inconsistent results. As a relatively stable personality trait, the main effect of trait anxiety in fair decision-making is not significant. But people with high trait anxiety were significantly more receptive to high-face attraction proponents (Bear Red Star et al., 2020).

There is a close relationship between an individual's Self-esteem level and risk taking behavior. Josephs (1992) used traditional framework tasks to find that low Self-esteem tended to be risk averse. College students with high implicit Self-esteem are less affected by negative feedback in career decision-making, showing the tendency of "active career choice". College students with low implicit Self-esteem, faced with negative information, felt threatened by Self-esteem, and tended to reduce their importance to career programs (Chen Shi equal, 2012). But there are also studies that have found less consistent conclusions, and Zhang (2009) found that when individual Self-esteem is directly threatened, decision makers act highly irrationally, invest constantly, ignore losses, and have a higher risk-taking tendency. The researchers explain that the effects of Self-esteem are mainly reflected in motivation and cognitive processes, in which people with high Self-esteem levels show more avoidance of loss, and in the cognitive process more consider maintaining previous decision-making choices (Liu laughs, etc., 2020). At the same time, Chen Jianwen (2007) research found that in the benefit situation, high Self-esteem is riskier, and in the loss situation of high and low Self-esteem test risk taking difference is not significant, all show the benefit situation risk aversion, loss situation risk seeking tendency, low Self-esteem in the two situations of risk-taking difference is more significant. Some researchers from the self-psychological defense mechanism to explain the level of Self-esteem has an impact on decision-making preferences, high Self-esteem test compared with the middle and low Self-esteem test, more easily fuzzy circumvention, supporting a more defensive response theory (Zhang Fenghua, etc., 2012).

If the initiation of psychological defense mechanisms makes it easier for high-esteem people to make defensive risk decisions, then anxiety itself can also produce motivational avoidance responses, which may be a variable that induces Self-esteem.

Most studies have shown a significant negative correlation between Self-esteem and anxiety, with people with higher Self-esteem tending to have lower levels of anxiety, and people with lower Self-esteem developing a fragile state of mind and anxiety (Greenberg, 1992). Brown et al. (2001) found that facing failure, individuals with low Self-esteem are more likely to develop negative emotional problems such as anxiety and depression, and low Self-esteem is an important factor in inducing bad emotions in individuals. Zhang Xiangkui et al. (2005) explored the buffer effect of Self-esteem on depression and anxiety response after failure, and verified that Self-esteem has the function of buffering anxiety.

3. Summary

In summary, there are many achievements in the research on the various fields and the combination of two variables of idiosyncratic anxiety level, Self-esteem and risk taking currently, but there are still few studies that combine the three. In view of the correlation between anxiety and Self-esteem, as well as the inconsistency of conclusions about the effects of trait anxiety and Self-esteem on risk taking, it is of great theoretical practical significance for researchers to focus on the relationship between trait anxiety, Self-esteem and risk taking in a particular group, and to verify the intermediary and regulation through the experimental paradigm of various risk decisions.

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