

The Power of Language: Exploring the Impact of Communication on Mental Health and Wellbeing of University Students

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Abstract

Language is a fundamental component of human communication, with profound implications for mental health and interpersonal relationships. This study examined the complex relationship between language use, mental well-being, and social interactions, emphasizing how language can either foster connection or cause harm. A mixed-methods approach was employed, integrating quantitative and qualitative data from 177 respondents. The study explored the prevalence of rude speech, the emotional consequences of such communication, and the principles guiding effective and empathetic language use. Findings revealed that a substantial majority of participants admitted to having spoken rudely to others at some point. The emotional aftermath of rude communication was commonly associated with guilt, remorse, and regret, underscoring the psychological impact of language choices. Additionally, six key themes emerged as guiding principles for empathetic communication: mindfulness and self-awareness, politeness, empathy and compassion, positive language use, caution and restraint, thinking before speaking, and sensitivity to others' emotions and mental health state. These findings underscore the critical role of politeness and polite expressions, mindful and empathetic language in promoting positive social interactions and psychological well-being. The study recommends that educators, parents, and caregivers actively foster politeness, empathy, mindfulness, positive language use, and effective conflict-resolution skills. In the nutshell, this research contributes to the ongoing debate on mental health issues among university students understanding of how intentional and compassionate communication can support healthier relationships in institutions of learning and other social environments.

Keywords: language, communication, mental health, politeness, relationships

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