

# The Correlation between Dreams, Moods and Feelings in Young Adults

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## ABSTRACT

“Dreams can be defined as a series of images, events, and feelings that happen in the mind while an individual are asleep” as defined by Oxford Dictionary. The current study focused to comprehend the relationship between dreams, moods and feelings in young adults. The objective of this study was to investigate the relationship between dreams, moods and feelings in young adults. A sample of N= 120 young adults (76 females, 43 males, 1 prefer not to say) aged between 18 to 30 years were taken for the study. The participants were asked to fill a questionnaire that consisted of The Mannheim Dream Questionnaire developed by Dr. Michael Schredl and The Moods and Feelings Questionnaire developed by Adrian Angold and Elizabeth J. Costello. Data was analyzed using Pearson Correlation.

The findings of the study revealed that there is a significant and positive relationship between dreams, moods and feelings in young adults.

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## I. INTRODUCTION

### 1.1 Overview

Sleep is an important part of our lives that lets the body and mind to rejuvenate. The importance of sound sleep for healthy emotional well-being and social well-being is now being widely acknowledged. Without enough sleep the brain can't function properly and efficiently. This can impair the abilities to think clearly, process memories and concentrate.

According to various studies, adults require seven to nine hours of sleep on average. Children and teenagers whereas need substantially more sleep (especially if they are younger than five years).

A study by Chaput et.al (2018) discussed the ideal sleeping hours and impact of age on this. The results indicated that the ideal sleep hours may differ based on individuals due to various factors, such as genetic.

Dreaming is a part of a healthy sleep schedule. According to the American Psychological Association, dream can be defined as “a physiologically and psychologically conscious state that occurs during sleep and is often characterized by a rich array of endogenous sensory, motor, emotional, and other experiences.”

Dreams that happen during the non-rapid eye movement (NREM) sleep are characterized by thoughts and emotions. On the other hand rapid eye movement (REM) dreams are characterized by: (i) visual imagery (ii) intense emotion (iii) belief that dream character, events and situations are real (iv) sudden discontinuity in characters, plot etc.

Human beings spend nearly two to three hours dreaming per night and every dream lasts for around five minutes to twenty minutes.

The APA describes mood as “any short lived emotional state, usually of low intensity (eg- a cheerful mood, an irritable mood)”. Moods have a considerable influence on our day to day activities. They affect an individual's perception, attention, learning, memory, reasoning and problem solving. An adequate understanding of the mood can help in better management of our emotions and lifestyle choices.

A research by Malinowski in 2017 discussed the importance of dream rebound. When emotions are suppressed they tend to show up in dreams. Participants who repressed negative thoughts had more negative emotions showing up in their dreams in the form of sadness, anger, fear and anxiety. These participants also had sleep troubles and poor sleep quality, difficulty in falling asleep. They also showed higher levels of depression, anxiety and stress.

## **1.2 Definition of Dream**

The Oxford Dictionary describes dream as “a series of images, events and feelings that happen in the mind while one is asleep”. Carl Jung (1984), a famous dream theorist of the modern era claimed that the purpose of dreams is to reimburse for those parts of the entire personality that are not fully developed in waking life, however Calvin Hall's (1953) studies strongly suggest that dream content is continuous along with waking thought and behavior. Sigmund Freud refers to dreams as a royal road to the unconscious. Freud's theory (1899) mainly focuses on two points – (a) what are the materials of a dream (b) how do these materials work together?

## **1.3 Types of Dream**

Monica Chinsami, a certified sleep science coach discussed in an article written by puffy that there are 5 main types of dreams. Whether one remember the dreams or not, people usually dream every night during REM sleep.

- i. Normal Dreams – These are the common dreams about people or experiences that an individual usually forgets.
- ii. Day Dreams – When an individual escapes from reality and visualizes the past, present or future throughout the day. Daydreams usually are fantasies or series of pleasant thoughts that help an individual to escape reality.
- iii. Lucid Dreams – A state of complete awareness and in control of the dream when one is asleep is known as Lucid Dreams. The most usual reason for generation of lucid dreams includes wish fulfillment, overcoming fears and healing.
- iv. False Awakening Dreams – A vivid dream type that feels like one has woken up but is actually asleep. Usually after a false awakening the individuals dream that they are doing the morning routines such as cooking, cleaning, eating etc.
- v. Nightmares– Nightmares are the least liked type of dream. These are scary and disturbing. Themes of nightmares vary from person to person; common themes include death, ghosts, death of a loved one, kidnapping etc.

## **1.4 Theories of Dreaming**

### **1.4.1 Freud's Theory of Dreams (1899)**

Sigmund Freud (1899) believed that dreams permit an individual to express their unconscious desires that they find unreasonable in real life. Freud made a differentiation in the manifest content and latent content of dreams. Manifest Content is about who is in the dream and what happens in the dream whereas Latent Content is about the hidden meaning of the dream. According to Freud, a lot of psychological problems occur because of oppressed sexual desires/urges. In the dream theory, certain objects symbolize genitals or sex.

### **1.4.2 Hobson's Activation-Synthesis Theory (1977)**

This theory is a neurobiological description of why an individual dreams. This theory was proposed in 1977. The model suggested that dreams happen because of the physiological processes of the brain. Hobson's theory discussed three major assumptions which were – a. high levels of anxiety in brainstem are necessary for dreaming to take place.

b. activation of brain in these results in REM sleep and dreaming and by corollary, dreaming happens during REM sleep.

c. the forebrain tries to place different meaning on random signals originated from activation of brainstem that results in logical dreams.

### **1.4.3 Expectation-Fulfillment Theory (1993)**

This theory was proposed by Joe Griffin in 1993. The hypothesis was that dreaming serves to discharge emotional arousals that have not been demonstrated in the daytime. This act makes space in the brain to deal with emotional arousal of the next day. In a metaphorical way the expectation is fulfilled so that any false memory is not formed. The expectation-fulfillment explains why dreams are forgotten instantly.

## **1.5 Definition of Mood**

Mood can be described as ‘a temporary state of mind or feeling’ according to the Oxford Languages. It can also be referred to as a generalized, internal state of feeling. Mood affects how an individual responds to the stimuli. Moods are often misunderstood as emotions however they are different since they are not caused by internal or external factor.

Moods can be affected majorly by the sleep pattern of a person. People suffering from lack of sleep are highly prone to having depressed moods. A study by Neckelmann et.al (2007) about 10,000 adult people with insomnia

was five times more likely to develop depression. The same study also discussed that people with insomnia are at a greater risk to develop anxiety disorder.

Mood involves a mechanism which tends to monitor our mental and physical energies in return of the energies perceived by the demands of the environment.

The Britannica Dictionary defines mood as ‘the way someone feels: a person’s emotional state’.

### **1.5.1 Theories of Mood**

#### **1.5.1.1 Cannon-Bard Theory (1920s)**

The Cannon-Bard theory proposed in the 1920s and early 1930s by Walter B. Cannon and Philip Bard suggested that emotions are a result of a process when the lower part of the brain (Thalamus) sends the brain a message in order to respond to a stimulus, which then gives rise to a physiological reaction. The brain at the same time receives signals that trigger the emotional ordeal. This theory states that both psychological experience and physiological experience of emotion happen at the same time.

#### **1.5.1.2 James-Lange Theory(1800s)**

This theory was given by psychologist William James and physiologist Carl Lange in the 1800s. It discussed that emotions occur as a consequence of our bodily responses to events. Here an exterior stimulus directs us towards a physiological reaction. For example when an individual sees a snake, their heart rate increases. The James-Lange theory here proposes that the increased heart rate is what informs us about our emotion at the moment. This is an important theory since it helps in better understanding of emotion.

#### **1.5.1.3 Cognitive Appraisal Theory (1966)**

Cognitive Appraisal Theory, also known as Lazarus theory of emotion was given by psychologist Richard Lazarus (1996) suggested that thinking must occur before experiencing the emotion. There is a sequence of events which involve a stimulus first, then thought which directs us to a coinciding experience of the physiological response.

#### **1.5.1.4 Facial Feedback Theory of Emotion (1884)**

Charles Darwin and William James (1884) noted that sometimes bodily responses had a direct impact on the emotion, so they discussed this particular theory of emotion which says that the facial expressions of an individual are connected to the emotions they are experiencing. The believers of this theory suggest that emotions are directly connected to the changes in facial muscles.

### **1.6 Emotional regulation**

Emotional Regulation as described in an article by Psychology Today refers to ‘the capacity of an individual to exert over his/her emotions or emotional state’. There exist various ways to influence an individual’s emotional state. Emotional regulation involves down-regulation and up-regulation. Down regulation can be referred to the process of reducing the magnitude of emotions. Someone who is grieving will possibly down-regulate their emotions by thinking of something pleasant. Whereas up-regulation is boosting up one’s emotions which is useful in dangerous situation.

Emotional regulation is important in order to maintain one’s sanity. Individuals are expected to display their emotions in a manner that is socially acceptable, and especially emotions like anxiety or anger. Emotional dysregulation can have an adverse impact on an individual’s personal well-being and social relationships. Emotions like anger, resentment and disappointment are experienced universally. Variety of factors prevents emotional regulation. Uncertain or threatening conditions may make emotional flooding and diminished control likely.

#### **1.6.1 Process Model of Emotion Regulation(1988)**

The process model of emotion regulation was given by psychologist James Gross in 1988. This model helped in providing a framework for testing age differences in emotions. The process model discusses five main aspects of regulatory processes by which the responses are regulated. These five aspects are – situation selection, situation modification, attention deployment, cognitive change and response modification. Allen and Windsor (2017) assessed the differentiation in the use of emotional regulation strategies in young adults and older adults. Results indicated great use of situation selection and attention deployment in older adults. Notable differences were seen in cognitive change strategy. There was also considerable variation in age differences in specific situation modification subtype.

### **1.7 Emotional coping**

Emotion- focused coping is what can referred to as ‘focusing on regulating negative emotional responses to stress such as anxiety, sadness, fear, anger etc.’ as mentioned in an article by Very Well Mind. Waselewski et.al (2020) aimed to discuss the needs, emotions and coping behaviors of young adults based in the U.S. during Covid-19 pandemic. Qualitative responses were recorded using thematic analysis and data was summarized using descriptive statistics. The results specified that a significant population size has been experiencing unmet needs and negative emotions due to the pandemic. It suggested that additional youth outreach is necessary to ensure that the basic needs are met. Coping includes adjusting to demands or stressors that are unusual in nature.

### **1.8 Definition of Feelings**

Feelings are the response to emotions, but the emotions are limited. Dr. Ekman had identified 6 basic emotions, which are – anger, surprise, enjoyment, disgust, fear and sadness. The human brain and body evolve to produce particular emotional and physical response to different stimuli. Feelings emerge as a reaction to our emotional responses and they vary person to person.

Robert S. Woodworth (1918), described feelings and emotions as the characterization of an individual’s inner state.

### **1.9 Theories of Emotions**

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### **1.10 Rationale**

Dreams were meant to help the mind process emotions, incorporate memories and also help in problem solving. Dreaming served as an important cognitive functioning of strengthening memory and information recall. According to various studies, it was understood that dreams reflect the recent life concerns of an individual. The rationale of the research was to understand the relationship between Dreams, Moods and Feelings in young adults as there are only limited researchers who have analyzed the relationship between these variables altogether. There are only a few researches that have the young Indian population as their sample in the study of Dreams, Moods and Feelings.

## **II. REVIEW OF LITERATURE**

Cong et.al. (2022) aimed to investigate the attitudes, themes and negative emotions associated with dreams. A selection of 1,242 Chinese college-going students was used to collect the data using an online questionnaire survey. The results displayed that the attitude of Chinese college students towards dreams in post epidemic period was positive and the count of dream memories had significantly increased.

Conte et.al. (2021) did a research on the effects of sleep quality on dream and waking emotions. 23 ‘good sleepers’ and 27 ‘poor sleepers’ were identified through the PSQI cut off score. The results showed that different day/night expression of emotions between groups depend on a relative impairment of sleep-related processes.

Fränkl et.al. (2021) analyzed how our dreams changed during COVID-19 Pandemic and effects on dream recall frequency. 19,355 individuals participated in a cross sectional web survey from May to July 2020. Data was collected on COVID-19, DRF, mental health and sleep during the pandemic. Chi-square tests and Logistic Regression were conducted. The results concluded that DRF was higher than the pre-pandemic in the younger participants. Those aged 55-64 reported less high DRF.

Malinowski and Josie (2017) replicated and extended a study that high thought suppressor’s dream more of emotional waking life experiences than low suppressors. This study was conducted on 62 individuals who completed the White Bear Suppression Inventory, Pittsburgh Sleep Quality Index and Depression, Anxiety and Stress Scale. The results showed a negative relationship between train thought suppression and well-being

Kammerer et.al. (2021) studied the relationship between nightmares and psychotic experiences in young adults through an online survey in a community sample size of young adults between the age group 18-27 (N= 486). The survey identified various aspects such as nightmare frequency, nightmare distress, nightmare contents that are related to specific psychotic experiences. Results showed a significant association between nightmare frequency, distress and paranoid thoughts, hallucinations. The most common nightmare content that was reported was being chased, falling and losing a close relative

Mallet et.al. (2021) explored the range of reported dream lucidity. Participants were asked to report their awareness of dream on a 5-point Likert scale. They implemented a combination of mnemonic training lucid dream induction methods at home for a week and provided detailed reports about their experiences each day. Therefore, lucidity levels were directly correlated with dream control, dream bizarreness and next-morning positive affect.

Parrello et.al. (2021) analyzed adolescent’s dreams under COVID-19 isolation. A sample size of 235 Italian adolescents was taken who completed the MADRE Questionnaire. The participants were asked to report their most recent dream by responding to some specific dream content questions. The results specify that girls recall, share and record their dreams more as compared to boys. They also reported higher emotional intensity, primarily negative emotions and more nightmares. Results also displayed that people who recall their dreams more frequently tend to show more interest in dreaming and dream-related interpretations.

Scarpelli et.al. (2021) investigated the consequences of lockdown on the oneiric activity in a large Italian sample of 5,988 adults who completed a web survey during lockdown. The sociodemographic and COVID-19 related information sleep quality, mental health, dream and nightmare frequency and related emotional aspects by MADRE. The findings showed that the predictors of high dream recall and nightmares are consistent with the continuity between sleep mentation and daily experiences. According to the arousal-retrieval model, we found that poor sleep predicts a high nightmare frequency.

Shillington et.al. (2021) investigated the sleep quantity, sleep quality and sleep disturbances of young adults of Ontario in the early months of COVID-19 pandemic (april-july 2020). This study was undertaken by 2192 individuals who completed an online survey that included demographic information and Pittsburgh Sleep Quality Index (PSQI). The results showed that the PQSI score displayed poor sleep quality globally also the adults of Ontario encountered sleep disturbances in the early months of COVID-19 pandemic.

Worley et.al. (2021) conducted a study on the epidemiology of disturbing dreams in a diverse US sample. The study was conducted on 20,013 adults and three different variables were included, i.e. trauma dreams, dreams of the worst event and dreams of separation. The results suggested that women had higher rates of disturbing dreams in all variables. Older adults reported lower rates of disturbing dreams in comparison to younger and middle-aged adults.

Bon (2020) did a research on the association between REM and NREM in the NREM-REM sleep cycle: a review on competing concepts. There is a broad perspective, historical review of the connection between REM and NREM sleep. REM sleep is potentially viewed as an evolutionary remnant of ectoderms sleep.

Hermos et.al. (2020) studied the influence of sleeping patterns in health and academic performance among university students. A total of 855 students participated in the study. They took the Pittsburgh Sleep Quality Index, the Nightmare Frequency Scale, Nightmare proneness scale and the Composite Morningness Scale. The results showed that women show a greater risk of poor sleep quality, higher tendency for nightmares and higher risk for sleep disorder related to nightmares. The relationship between academic performance and sleep quality indicates that students with poorer sleep quality score low in academics.

Sikka and Pilleriin (2020) discussed the phenomenology and correlated of dream affect and how results regarding these are influenced by study methodology. The results indicated how the theoretical and methodological issues in the study of dream affect may limit the validity, generalizability and replicability of findings and consequently pose challenges to theory building and testing.

Stocks et.al. (2020) did study on dream lucidity and its association with positive waking mood and whether lucidity is related with dream emotional content and subjective sleep quality. A sample size of 20 participants was collected who were asked to complete the lucid dream induction techniques along with an online dream diary which had 19 item lucidity questionnaire and subjective ratings of sleep quality for a week. The results suggested that high lucidity was associated with more positive dream content and positive waking mood. Whereas, dream lucidity did not show any relationship with subjective sleep quality.

Torred et.al. (2020) did a study to understand the relationship between tobacco use and negative moods such as anxiety, depression and stress between men and women. The information was collected using a questionnaire on a sample size of 350 individuals. The results showed that both men and women who used tobacco products reported higher depression scores as compared to the nonsmokers. It also showed that women reported stronger attitudes for restriction of cigarette sales and marketing of tobacco products.

Bulkeley (2019) in an article presented proofs that supported the theory that dreaming is imaginative play in sleep. The article mentions that the play theory of dreaming is capable of integrating various sources of evidence into clear and conceptual framework.

Schredl et.al. (2019) investigated the dream recall frequency and attitude toward dreams. The study included 925 participants who were tested twice in a 5-year period and showed that DRF and attitude toward dreams is very stable over time. There was a slight decrease in the DRF and increase in attitude toward dreams was found. There was a positive relationship between changes in DRF and changes in the Attitude towards Dreams Scale.

Aviram and Dudek (2018) studied lucid dreaming; its intensity is inversely related to psychopathology. 187 undergraduate students self-reported trait LD, psychopathology and also completed a dream diary every morning for two weeks. The research concluded that lucidity should not be taken into consideration as necessarily suggestive of well-being; LD may be positive or negative, depending on lucidity characteristics.

Schredl et.al. (2019) studied the factors influencing the frequency of erotic dream through an online study. A sample of 2907 Germans was taken to collect the data. Results revealed that 18 percent of the dreams were erotic-related. Men's dreams contain erotic themes more often than women's.

Schredl et.al. (2019) conducted a longitudinal study to discuss nightmares and stress. The sample included of 406 pregnant women who were followed up 6 months later after giving birth (N= 375) and 4 years later (N=302). A nightmare frequency scale and several stress-related questionnaires were presented. The results indicated that despite the major life events, nightmare frequency was very firm over this time period and decreased slightly.

Hodgkin (2008) discussed dream meanings – some early modern dream thoughts. Two major issues, we tend to assume, distinguish early modern from contemporary approaches to the interpretation of dreams: subjectivity and time. And if dreams are now supposed to illuminate what has happened to the dreamer in past – casting new light on old emotions –early modern dream interpretation, by contrast, is concerned with the future.

Yuen et.al. (2019) examined how Facebook activity affects mood in adults, specifically undergraduates. 312 participants were randomly assigned to complete a 20-minute activity, i.e. browse the internet, passively browse other's Facebook profiles, and actively communicate with others on Facebook via messages/posts.

Glaskin (2015) discussed dreams, perception and creative realization. The results discussed that creativity cannot be separated from the relational context in which dream material is understood and elaborated.

Yu (2013) analyzed the relationship between dreams, superego and instinctual affect. The data was collected by NEO Five-Factor Inventory, Affective Neuroscience Personality Scale, Marlowe-Crowne Social Desirability Scale, Dream Intensity Scale and the Dream Motif Scale. The results indicated that each instinctual emotion has a different pattern of associations with dreams.

Andrea et.al (2011) discussed the trauma-related dreams of Australian Veterans with PTSD. The study investigated the phenomenology of PTSD dreams in 40 veterans using structured interview and self-report measures. The results indicated that ANOVA indicated no difference between dream types on PTSD severity or nightmare distress.

Schredl & Reinhard (2010) analyzed the continuity between waking mood and dream emotions. 74 participants were asked to keep a diary for 14 days and were asked to write their daytime mood, emotional valence of daytime events and their dreams. The results showed equal positive and negative effects of daytime events.

### **III. METHODOLOGY**

#### **3.1 Aim**

The study aimed at understanding the association between Dreams, Moods and Feelings in young adults.

#### **3.2 Objectives**

The objective of this research was to find the connection between Dreams, Mood and Feelings in Young Adults.

#### **3.3 Hypothesis**

There will be a significant relationship between Dreams, Mood and Feelings in Young Adults.

#### **3.4 Sample**

A sample of N = 120 young adults (76 Females, 43 Males and 1 Prefer not to say) aged between 18-30 were taken for the study.

#### **3.5 Variables**

The study evaluated the following variables:

Dreams, Moods, Feelings and Young Adults.

#### **3.6 Research Design**

The research design may be defined as a framework of research methodologies or strategies that is implied in such a way that it incorporates all the elements of the study in a coherent and logical manner in order to address the research topic. The research design functions as a blueprint for collecting, measuring, and analyzing data. Before moving on to the main research study, a pilot study with N=20 participants was done. The hypotheses were determined using an empirical research design in this study. The data was collected using purposeful random sampling.

#### **3.7 Description of Tools employed**

##### **The Mannheim Dream Questionnaire (MADRE) – Dreams**

The Mannheim Dream Questionnaire was developed by Dr. Michael Schredl in 2014. The Mannheim Dream questionnaire (MADRE) is a comprehensive instrument that evaluates dream recall frequency, emotional aspects of dreams, nightmares, lucid dreaming, attitude towards dreams, effects of dreams on waking life and dream literature reading, with high reliability.

The validity ratio was determined to be 0.49 and validity index 0.79. Reliability of the instrument was assessed by a test-retest method. Persian scale demonstrated good test-retest reliability and cronbach's alpha coefficient was achieved 0.752 for the overall scale.

The score on The Mannheim Dream Questionnaire for an individual ranges from 0-117

##### **Mood and Feelings Questionnaire (MFQ) – Moods and Feelings**

Mood and Feelings Questionnaire (MFQ), developed by Adrian Angold and Elizabeth J. Costello in 1987. He MFQ consists of a series of descriptive phrases regarding how the subject has been feeling or acting recently. The questionnaire has been translated into various languages, such as Arabic, Filipino, Finnish, German, Norwegian, Portuguese and Spanish. MFQ also six versions, such as the long version, short version for adults, child and parents-report on child. In this research the Adult Self-Report – Short Version has been used. The

questionnaire consists of 13 questions. The score on the short version of the Mood and Feelings Questionnaire ranges from 0 to 26. If an individual scores 12 or higher on the short version it indicates the presence of depression in the respondent. In a Swedish sample, the test-retest reliability of the questionnaire was high after a three-week period (0.84,  $p < 0.01$ ) and a three-month period (0.80,  $p < 0.01$ ; Sund et al., 2001).

### 3.8 Procedure

The steps undertaken for the data collection were:

1. The respondents were introduced to the subject matter of the study and any queries they had were clarified.
2. The respondents were informed of the study's ethical codes and considerations, along with the confidentiality after which their informed consent was taken.
3. The respondents were given the questionnaire to be filled.

### 3.9 Statistical Analysis

Pearson Correlation was applied to measure the strength of the relationship between Dreams, Moods and Feelings in Young Adults.

## IV. RESULTS AND DISCUSSION

This chapter will discuss the results obtained. The purpose of the present research was to study the relationship between Dreams, Moods and Feelings in Young Adults wherein a sample of  $N=120$  was considered.

Keeping in view the objectives of the study both descriptive and inferential statistics were conducted. Mean and standard deviation has been calculated for descriptive statistics and correlation has been calculated for inferential statistics.

**TABLE 1: Mean and Standard Deviation**

*Descriptive Statistics*

	Mean	Std. Deviation	N
Dreams	54.2	14.94	120
Moods & Feelings	9.2	5.72	120

**Table 1** shows the Mean and Standard Deviation of Dreams, Moods and Feelings in Young Adults.

The results indicated that the average distribution of data, i.e. mean is 54.2 for Dreams with standard deviation of 14.94. This can be interpreted as below average on all parameters of the dream questionnaire which were – dream recall frequency, nightmares, lucid dreaming etc. Similarly, the average distribution of data for Moods and Feelings is 9.2 with the standard deviation of 5.72, which can also be interpreted as below average which can be interpreted the sample being more prone to depressive symptoms.

Yu (2018) studied pathological narcissism, dream experience and personality dynamics on 160 young adults. Different scales were used to collect the data. The findings concluded that dream experiences measured by the two dream scales vary in direct proportion to narcissistic grandiosity and vulnerability, along with hypochondriacally and affective characteristics being other positive indicators and superego functions being the negative indicators

Alfio et al. (2016) discussed the dream contents of early adolescents, adolescents and young adults. The sample size consisted of 1,000 participants both male and female. A dream and waking life episode was collected from each participant and these results were collectively put under 5 clusters namely – fear and escape, school, competition and sport, attack & falling and spatial disorientation. This research shows a way of empirically finding typical dreams, without starting from an arbitrary list. Typical dreams are not only a description of similar contents in different dreams, but those contents that are typical of dreams compared with waking narratives. (PsycInfo Database Record (c) 2020 APA)



Liu yu Lin et al. (2016) analyzed the relationship between social media use and depression amongst U.S. Young Adults. 1,787 adults were surveyed aged 19-32. The social media was assessed by self-reported time per day, weekly visits and global frequency score based on Pew Internet Research Questionnaire. Depression was assessed using Patient Reported Outcomes Measurement Information System (PROMIS). The results suggested that that social media usage was significantly associated with increased depression in young adults.

Ribeiro et al. (2011) did a research on sleep problems outperform depression and hopelessness in young adults in military. Sample size of 311 military personnel was used to investigate the data. The results suggested that insomnia symptoms may be an important target for suicide risk assessment and treatment development.

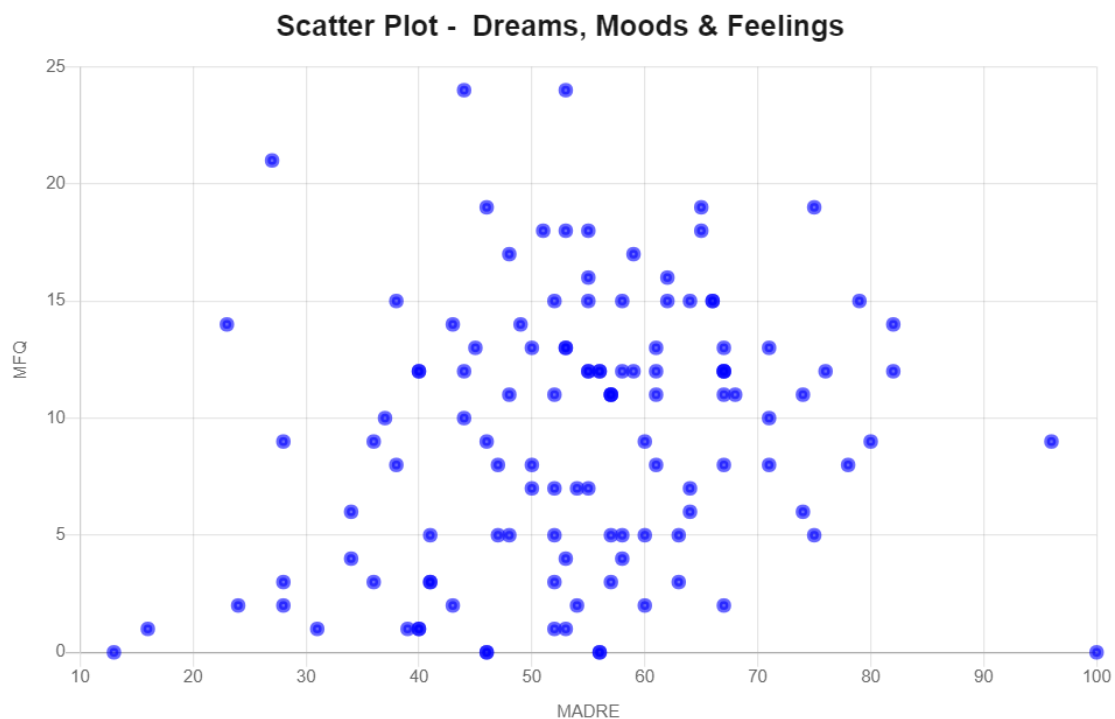
**TABLE 2: Correlation between Dreams, Moods and Feelings in Young Adults.**

Correlations

		MADRE	MFQ
MADRE	Pearson Correlation	1	.204*
	Sig. (1-tailed)		.013
	N	120	120
MFQ	Pearson Correlation	.204*	1
	Sig. (1-tailed)	.013	
	N	120	120

\*. Correlation is significant at the 0.05 level (1-tailed).

Table 2 shows Pearson’s Correlation between Dreams, Moods and Feelings in Young Adults. The results showed that the Correlation between Dreams, Moods and Feelings is positive and significant at the 0.05 level, which means that the dreams of an individual affect its moods and feelings in either negative or positive manner.

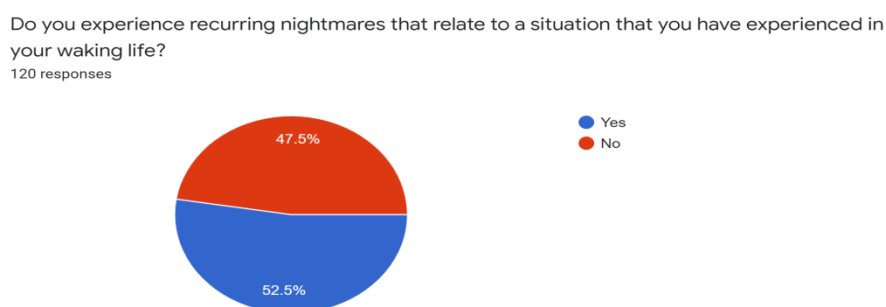


**Figure 1:** Scatter diagram for correlation between Dreams, Moods and Feelings

**Figure 1** represents the scatter diagram for the correlation between Dreams, Moods and Feeling in Young Adults. This has been proved in other studies as well. Nixon et al. (2017) studied the pre-sleep and post-sleep mood as a complementary evaluation of emotionally impactful dreams. The results showed that there was a

significant correlation connecting pre-sleep and post sleep positive mood in positive impactful dreams and mundane dreams. The results confirmed that dream mood and post-sleep mood are positively related, also suggested a potential effect of dreams on post-sleep mood. The threat simulation theory was also used to interpret results. Schredl (2000) discussed the effects of dreams on waking life. The findings suggested that the effects, such as dreams influence daytime mood, dreams help solve personal problems etc. occurred quite often. Factor analysis came down to three factors – general factor measuring dreams on waking life, spontaneous reminiscence and a social factor. The findings also suggested that women reported higher levels of emotional intensity of dreaming. BaHammam et.al (2022) focused on linking the REM-OSA to neurocognitive dysfunction and mood changes. The data was gathered through pre-examined PubMed and Google Scholar records. The available evidences indicated that REM-OSA may have neurocognitive repercussions and mood changes and could be linked to insomnia, increased dreams, and nightmares. It also discussed that it could affect the cognitive function and mood.

**Figure 2:** Recurring Nightmare Graph.



According to the data collected for the present study, 52.5% population experienced recurring nightmares that related to a situation they have experienced in their waking life. (Fig.2)

Researchers have discovered that there is greater tendency for negative emotions during waking hours to manifest within dreams.

Conte et al (2020) assessed the relationship between dream and previous wake emotions. The study was conducted on 212 healthy Italian participants. Results highlighted a discontinuity between wake and dream affect and suggest that positive and negative emotions experienced during wake may undertake distinct sleep-related regulation pathways.

Dreams can be called as the result of sensations, emotions, ideas and images that take place involuntarily in an individual's mind during the different stages of sleep. Dreams occur during the REM stage of sleep since that is when the brain is mostly active and resembles being awake. A research by Nir and Tononi (2010) discussed that dream enacting behaviors are more frequent during complex dreams, which means that dreams are more perceptual, dramatic and emotionally intense during DEB's. The duration of an individual's dream may vary in length. One major reason for dreamers to be able to recall their dreams is because they have been woken up during the REM sleep stage. A research by Vallat et.al (2018) discussed that the dream recall frequency is connected with medial prefrontal cortex white-matter density. The findings showed that the dream recall frequency is associated with neurophysiological traits and notably the regional cerebral blood flow at rest within the medial prefrontal cortex (MPFC) and temporo-parietal junction (TPJ). A sample size of 46 high dream recallers and 46 low dream recallers was collected. The results showed increased medial prefrontal cortex white-matter density in HR as compared to LR but no significant difference between the two groups.

Freud believed dreams to be a manifestation of anxieties and desires often relating to repressed childhood obsessions, memories etc. He also believed that every dream topic regardless of its content represented sexual tension. Freud's Interpretation of Dreams 1899, he developed a psychological technique where dreams could be interpreted with a series of guidelines to help understand the motives and symbols that appear in our dreams.

Carl Jung, on the contrary believed that dreams were direct expression of the mind. He thought dreams were expressed as an individual's unconscious state through a language of symbols and metaphors. He thought that dreams serve two functions – (i) compensate for imbalances in dreamer's psyche, (ii) provide prospective images of the future which allowed dreamers to predict future events.

Dreams gave us knowledge about what is keeping us engaged, upsetting us and is drawing in our thoughts and feelings. Dreams do both, shape and demonstrate to us our identity. Barbhaya and Khoja (2018) studied the impacts of dreams on daytime mood – factors and gender differences. A total of 200 people (103 men, 97 women) filled the Mannheim Dream Questionnaire. The age group was 16 to 26 years and the participants were undergraduates and graduate students. Pearson correlation coefficient was applied to find correlation. The results suggested that dream effects on daytime mood were experienced by majority of participants to some extent and the factor that affected it the most was nightmare frequency. The results also indicated that the dream recall frequency was almost same in males and females. Overall females reported more intense dreams, distressing nightmares and more interest in dreams,

Therefore, it can be understood through the current study that there's a significant correlation between Dreams, Moods and Feelings in Young Adults.

## **V. SUMMARY AND CONCLUSION**

In summary, it has been assessed and understood that all the variables of the study, Dreams, Moods and Feelings are significantly and positively correlated with each other, which means that dreams affect the moods and feelings of young adults. This indicates a positive correlation between dreams, moods and feelings. The mean for the study came down to 54.2 for MADRE and 9.2 for MFQ. Therefore it can be stated that dreams affect the feelings and moods of young adults in both positive and negative ways. The dreams of an individual will affect the daytime mood.

### **5.1 Implications**

- Acquire enough amount of quality sleep to enhance the dreaming process of an individual.
- Improve diet in order to acquire proper nutrients. Intake of high carb foods to helps gain quick energy and makes it easier to remember dreams better.
- Stress can be hyper arousal and can misbalance sleep and wakefulness. So it is important to inculcate activities that help in reducing stress.
- Awareness regarding good sleep quality could be shared using various mediums. Good sleep has been connected with enhanced cognitive function and emotional health. An individual's dreaming is either a reflection or contributor to their quality sleep.
- Schools can involve programs or events that discuss the importance of dreams and how it affect the well-being of an individual

### **5.2 Limitations**

Our present study was able to fulfill its aim; however, it had few limitations as described below:

- A sample size of N=120 was small for this kind of study in India's vast population. For a broader perspective, a bigger sample size might have provided greater insight into the topic.
- The sample was unequal in terms of gender distribution & thus a comparative between males & females could not be established.
- Responses were self-administered by the participant in this study which creates room for bias in the results obtained.
- There was a lack of Indian researches to build base for the research topic.

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### APPENDIX

#### The Mannheim Dream Questionnaire

How often have you recalled your dreams recently (in the past several months)?	almost every morning several times a week about once a week two to three times a month about once a month less than once a month never
How intense are your dreams emotionally?	not at all intense not that intense somewhat intense quite intense very intense
What is the emotional tone of your dreams on average?	very negative somewhat negative neutral somewhat positive very positive
How often have you experienced nightmares recently (in the past several months)?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
If you currently experience nightmares, how distressing are they to you?	not at all distressing not that distressing somewhat distressing quite distressing very distressing

*The Correlation Between Dreams, Moods And Feelings In Young Adults*

Do you experience recurring nightmares that relate to a situation that you have experienced in your waking life?	yes no
How many of your nightmares are recurrent ones (in percent)?	
How often did you experience nightmares during your childhood (from 6 to 12 year of age)?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
Please list the topics of your childhood nightmares	
How often do you experience so-called lucid dreams?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
If you have experienced lucid dreams, how old were you when they occurred the first time?	— years
How much meaning do you attribute to your dreams?	not at all not that much partly somewhat totally
How strong is your interest in dreams?	not at all not that much partly somewhat totally
I think that dreams are meaningful.	not at all not that much partly somewhat totally
I want to know more about dreams	not at all not that much partly somewhat totally
If somebody can recall and interpret his/her dreams, his/her life will be enriched.	not at all not that much partly somewhat totally
I think that dreaming is in general a very interesting phenomenon.	not at all not that much partly somewhat totally
A person who reflects on her/his dreams is certainly able to learn more about her/him.	not at all not that much partly somewhat totally

*The Correlation Between Dreams, Moods And Feelings In Young Adults*

Do you have the impression that dreams provide impulses or pointers for your waking life?	not at all not that much partly somewhat totally
How often do you tell your dreams to others?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
How often do you record your dreams?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
How often do your dreams affect your mood during the day?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
How often do your dreams give you creative ideas?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
How often do your dreams help you to identify and solve your problems?	several times a week about once a week two to three times a month about once a month about two to four times a year about once a year less than once a year never
How often do you experience Déjà vu?	
Have you ever read something on the topic of dreams? [Books or magazine articles]	no one to two times several times
Did the literature about dreaming / dream interpretation help you to better understand your dreams?	not at all not that much somewhat quite very much

**Mood and Feelings Questionnaire**

<b>To code, please use a checkmark for each statement.</b>	<b>NOT TRUE</b>	<b>SOMETIMES</b>	<b>TRUE</b>
1. I felt miserable or unhappy			
2. I didn't enjoy anything at all			
3. I felt so tired I just sat around and did nothing			
4. I was very restless			
5. I felt I was no good anymore			
6. I cried a lot.			
7. I found it hard to think properly or concentrate			
8. I hated myself			
9. I was a bad person			
10. I felt lonely			
11. I thought nobody really loved me.			
12. I thought I could never be as good as other people			
13. I did everything wrong.			