

A Review on the Psychological Reactions after a Presidential Election

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Abstract: This paper is a review of the psychological reactions of young adults to any presidential turnout from 2006-2022. The studies generally revealed the occurrence of numerous psychological reactions and coping strategies after the election turnout. The existing literature is scarce in explaining the psychological reactions among voters, their coping strategies after the loss of their preferred candidate, their sense of fulfillment and life satisfaction after the victory of their preferred candidates, as well as their interpersonal and social relationships among family and friends. This review of literature then attempts to capture from existing studies the positive and negative psychological reactions of young adults following a Presidential election turnout and their coping reactions to the loss of their preferred candidates, and the possible impact on their well-being, their sense of fulfillment, and the sense of satisfaction when their preferred candidates won the election cycle. The review shows that voters of the losing candidate show signs of stress among other factors from the result of the elections with those who have maladaptive coping mechanisms showing higher overall levels; voters of winning candidates show signs of elation.

Keywords: psychological reactions, young adults, Presidential election, coping strategy, well-being, voters

I. INTRODUCTION

This review is an attempt to document and explore the varying experiences and psychological reactions both positive and negative, of young Filipinos after the Presidential election. Journal articles, online published research, online news articles and studies that focused on the psychological reactions, coping mechanisms and strategies of young adults from different parts of the world and their experiences both positive and negative, brought by the election cycle were reviewed. The findings from these various articles were then summarized and synthesized to provide some discussion of the psychological reactions and experiences of young voters on a Presidential election result.

For context, in the most recent Presidential election held in the Philippines, young Filipinos had become expressive towards their desire to support or object to certain political aspirants, and their preferences influenced a large portion of the total votes garnered by a certain political aspirant. This year's Presidential election has been observed as a heated discourse among Filipinos, particularly among the young Filipinos, who expressed that that 62-per cent of the respondents will surely vote in the 2022 elections, 75-percent agreed that the coming elections will be clean and safe, and 86-percent said they can make a change in society by voting.

After the election results turnout, based from the researcher's observance some young Filipinos have expressed regret for the loss of their preferred candidate, while others were evidently elated that their candidate won the major election cycle. Those whose preferred candidate was defeated, expressed that they experienced some psychological reactions such as anxiety, fear, depression, isolation, and other psychological problems due to the Presidential election result and reported strain in their relationships among family members, friends, with opposing political affiliations. Whereas voters whose candidates won were observed to have expressed some level of satisfaction as per researchers' observation.

This review then explores then psychological reactions and mental well-being, the manner of coping, of the voters after an election, as well as their interpersonal relationship among friends and families with they share similar and opposing political beliefs.

II. YOUTH INVOLVEMENT IN POLITICAL EXERCISES

Conventional wisdom suggests about the young being disinterested and indifferent in politics, however a study by Cabo (2018) contends that today's youths are a generation of empowered political activists, that they are not disconnected from the political affairs in the country and that they hold critical views about the behavior of politicians and political candidates.

Moreover, in an article written by Ching Jorge entitled "Understanding the Youth Vote" (2022), it was mentioned that there was great evidence that young Filipinos ages 18-34 had significantly contributed for a certain candidate to win any election cycle: According to exit polls on presidential preference conducted by Pulse Asia in 2010, this showed that votes from these age brackets represented 36 percent of the total votes cast. Whereas 77-percent of the 36-percent young Filipino voters voted for the late President Benigno S. Aquino III. In addition, other exit polls conducted in 2016 by the Social Weather Stations (SWS) show the majority of the votes for President Duterte also came from the 18-34 age bracket.

Additionally, in March 2021 Youth Leadership for Democracy, a program aimed to strengthen democratic participation among young Filipinos partnered with the SWS for a nationwide youth survey; where respondents demographic profile included youth ages 15-30 from all regions of the Philippines. Select cities and vote-rich areas were included as well, where 81-percent of the respondents were from class D

which represent the largest bulk of families in the Philippines. Results from the survey showed that 62-percent of the respondents will report that they will vote in the 2022 elections, 75-percent agreed that the coming elections will be clean and safe, and 86-percent said they can make a change in society by voting. Top sources for information on electoral candidates were TV news (45-percent), word of mouth (44-percent), and social media (31-percent). The platform that youth accessed the least for information on candidates were candidates' websites (6-percent), Ching Jorge (2022).

III. YOUTH VOTERS' PREFERENCE/INFLUENCE

According to Batara et al. (2021), there are certain variables in determining young and educated voters' preference in the 2019 Philippine Senatorial Elections. Using a quantitative approach, this review analyzed the extent to which party identification issue orientation, candidate orientation and pre-election surveys in relation to voting preferences of the respondents. Research population included a total of 210 respondents from youth voters of Iligan City, Philippines. Results of the study supported the hypothesis that party identification and pre-election surveys have a positive relationship with the voting preferences of the respondents, while issue orientation and candidate orientation give the impression to have insignificant influence on voting preference. It can be inferred that the candidate's political alignment to a political party or parties that is/are supportive of an administration which is gaining popular support from the majority is favored by youth voters. The candidates secure positive standing in pre-election surveys is likewise preferred. It can then be said that a candidate's stand or position on key issues of the country as well as their personal background are also important because the electorate is also composed of non-youth voters. Additionally, the study also showed that party affiliation and status on pre-election surveys does not guarantee a candidate's winnability in an election or ensure ability to optimally perform his/her duties and function as an elected official.

Some studies focused on the influence in Filipino youth's decision on who to vote for in the national and local elections. Results indicate that the endorsement of one's family (54-percent) had the greatest influence. This is consistent in most areas and socio-demographic groups. Youth also looked to their family as a guide on their stance on political issues (59-percent) and support for government policies and activities (57-percent). This exhibits the youth's strong family ties and the potential for youth to become influencers within their own families and communities (Inquirer, 2022).

Politics and its Impact on Public Health

In a study conducted by Smith (2022) examined it was noted that political polarization significantly worsened in the United States during the administration of President Donald J. Trump. Indeed, polls suggest that during his term partisan discord escalated to the point where opposing political camps disagreed not just on policy and governing preferences but even

on "basic facts". Those deepening divisions almost certainly exacerbated a pre-existing tendency for politics to take a toll on the physical, psychological, and social health of Americans. More so, it was reported between Trump's 2016 election victory and his 2020 re-election campaign psychotherapists reported a significant jump in patients reporting that politics negatively affecting their mental health. It was then that the American Psychological Association identified politics as a major source of stress for American young adults, and there were sizeable increases in rates of depression, anxiety, loss of sleep, and emotional reactivity among groups with high levels of opposition to President Trump such as Democrats, racial minorities and students. Furthermore, this study assessed how political engagement affects physical, psychological and social health among adults in the United States, to establish whether those health impacts increased or decreased across the period of the Trump administration, and to isolate the effect, if any, of the 2020 election and its associated shift in partisan fortunes on those same dimensions of health. The first used a survey taken shortly after Trump's inauguration in March 2017 (N = 800) and a second taken approximately two weeks prior to the November 2020 election (N = 700). Both surveys were designed to be nationally representative of the adult population in the United States and include an identical 32-item political health battery developed and psychometrically validated by Smith (2022).

Results suggest that a large number of young adults—depending on the health item, estimates run from tens of millions to more than a hundred million—attribute a range of significant physical, psychological and social health costs to politics, that those numbers stayed high and, in some cases, almost certainly increased over the course of the Trump administration, and that the 2020 election and its aftermath increased rather than decreased those negative health impacts (Smith, 2022). While it is a universal phenomenon, this research found the negative toll politics takes on health is consistently correlated with being younger, identifying with the Democratic Party, being actively engaged in politics, disdaining political opponents, and having lower levels of political knowledge.

Additionally, Smith (2022) discussed, that the mechanism by which politics can harm health is relatively well understood; it was then reported that findings suggest politics is a chronic stressor, saturating popular culture and permeating daily life through social media, various entertainment platforms and a 24-hour news cycle. More so, politics shapes social networks and individual identity, and is a well-documented source of negative emotions that predict self-reports of decreased psychological and physical well-being. Elections and their associated lengthy campaigns act as cyclical accelerants to what are already high levels of politically sourced stress.

The negative effects of politics on social well-being—be it through passive attention or active engagement—is documented by several existing studies. For example, in a survey, a fifth of Americans report being targets of online

harassment as a result of expressing political views and according to Smith (2022), more than two-thirds report recent elections as a significant source of stress in their lives of losing candidates engage in more stress-related behaviors such as increased alcohol consumption, and greater exposure to political campaign ads also increases the odds of being diagnosed by a health care professional with a psychological health condition such as anxiety or depression. In addition, Smith (2022) stated that to being measurable attitudinally and behaviorally, politically-induced stress is detectable physiologically. Moreover, the negative health implications of stress, especially chronic stress, for a range of psychological and physical conditions is well documented. The notion that politics as a chronic source of stress could exact a toll on public health not only seems entirely plausible, but there is also increasing evidence that it manifests itself clinically in a range of health conditions, Smith (2022).

In summary, although the mechanism by which politics could negatively affect the health of large numbers of people seems well-understood, the larger public health ramifications are not. Relatively few studies have directly addressed the toll politics takes on public health and, there were published studies that have tracked the public health impacts of politics across significant time periods, nor analyzed how significant changes in the political environment might change health measures over the long-term.

Stress, Anxiety, Depression and Election Cycle

There is a large body of literature that has established a clear link between an individual's health status and electoral participation Gagné et al (2020). Some work has focused more specifically on the link between mental health and voting (Johnson 2017; Bernardi 2020a; Bernardi and Johns 2020). For example, Denny and Doyle (2007) showed that poor mental health negatively influences voter turnout, while Sund et al. (2017) showed that neuro-degenerative diseases, alcoholism, and mental health issues likewise tend to reduce electoral participation. Stress has received special attention in these analyses (Booth and Welch 1978), based on the idea that people who experience high levels of stress in their daily lives are more likely to be the same people who do not participate regularly in elections (Hassell and Settle 2017). Mental health is generally linked to the notion of well-being, and so stress is likely to affect the quality of mental health (Thoits 2013). However, it is still unknown whether stress is likely to influence vote choice

In addition, in 2018, DeJonckheere and Chang aimed to address and investigate the physical and emotional impacts of the 2016 presidential election on the youths. The researchers acknowledge that stress in youth is more likely linked to poor emotional and physical health effects, specifically it is linked to cardiovascular disease, anxiety, depression, aggression, substance abuse and even behavioral problems in adolescence as well as poor outcomes in adulthood. Subsequently, during this era youth are increasingly dependent on social media for news and communication, thus, the constant presence of

information related to election and any political events may further impact the influence on youth according to the researchers.

DeJonckheere & Chang (2018) adopted a longitudinal mixed methods design with three time points: 1-week pre-election, 2-weeks post-election, and 4-months post-election to understand youth experiences during and following the election. Additionally, eligible participants were from the age brackets of 14-24 with access to a phone with SMS capabilities, wherein they were recruited at community events and through social media, consented, and sent a link to an online demographic questionnaire. Qualitative probes were developed to be open-ended and elicit narrative responses about participant beliefs, attitudes, and behaviors during the election season as well. Furthermore, after gathering and interpreting the necessary data, results showed that a large proportion of youth were affected by the election, either emotionally (86% pre-election; 71% post-election; 63% 4-months post-election) and/or physically (20% pre-election; 19% post-election). Female participants were more likely to experience emotional responses at all three time points (82% pre-election; 80% post-election; 51% 4-months post-election; $p < .05$).

Male participants reported emotional symptoms, but with less prevalence (61% pre-election; 50% post-election; 32% 4-months post-election). White participants were more likely to report negative symptoms than non-white participants both pre-election and 4-months post-election ($p < .05$). For those that reported stress pre-election, negative symptoms remained 4-months after the election. In summary, most of the youth reported emotional stress during all three time points, and female participants were significantly more likely to experience emotional responses. White participants were more likely to report negative symptoms than their peers both pre-election and at 4-months post-election DeJonckheere & Chang (2018).

Based on the results, it can be inferred that the election season and subsequent political events have already had emotional and physical repercussions on youth, which makes it an ongoing major public health concern that must be addressed. Though, results of this research study indicate that feelings of stress, anxiety, and fear have persisted particularly on young women, in the months following the election; additional research is needed to investigate the long-term effects of political events on the emotional and physical health of youth. Thus, this research study adds to the limited evidence and exploration that election results can impact physical and emotional health among youth.

III. ELECTORAL RESULTS AND MENTAL HEALTH AND WELL-BEING

In elections, voters' mental health can be affected due to the defeat of their chosen candidate.

Garner (2021), for example, aimed to study the effects of Conservatism and the mismatch of political representatives during the 2016 US elections and the 2018 midterm elections.

Using an online platform, the researchers were able to gather their participants for the study and were able to administer their tests online. Their measures were a variety of surveys that were designed to measure the participant's political values and beliefs. The domains of mental health that were measured were those of depression, anxiety, and obsessive-compulsions. It was found that lower levels of Conservatism results in higher levels of stress and depression. A greater mismatch of political values of the participant with the chosen political candidate or party leads to an increase in depressive thoughts, political obsessions, and negative affect.

No correlation between political affiliation with levels of distress was found. Given the partisan nature of the election cycle at this time, it was expected that there would be more mental health symptoms coming from the losing political party. It potentially highlights the importance of these political values rather than binary labels like a political party. One limitation of Garner (2021) was the small sample size of their research may not necessarily be representative of the whole population. Further studies may investigate the news cycle and its influence on an individual's political beliefs, intolerance to uncertainty, and associated cognitions involved in anxiety and obsessive-compulsive experience in stress-related political discourse.

In a study by Maas (2020), researchers aimed to estimate the relationship between mortality rates and community support for the losing presidential candidate that is called a "partisan loss." The study shows that there is an increase in mortality rates among individuals whose political affiliation is that of the losing candidate. Using data for mortality rates and election results, the researchers used a country-year fixed effects model to estimate the effects of election outcomes. They found that there is an increase in mortality rates following a partisan loss. It is noted that this occurs in the years following the election and not in the election year itself. It is important to consider that this occurs in partisan countries.

Although the demonstrated statistical rigor, however the researchers indicated that it is limited in terms of the individual factors that would influence these death rates. Because the data was collected on an annual basis, the researchers were unable to detect any acute reactions in the aftermath of the partisan defeat. According to the same research, if the winning presidential candidate speaks of bipartisanship and unity, mortality rates following an election cycle are likely to be lower.

IV. SOCIAL AND INTERPERSONAL RELATIONSHIPS

Scholars argue that partisan loyalties extend beyond issue positions and disagreements over policy, bleeding into social interactions. For instance, survey evidence indicates that individuals do not want to be friends with, or have their children marry members of the opposing party (Iyengar et al. (2012). It is unclear, however, whether these survey responses predict people's behaviors outside of such a research setting. At the same time, there is longstanding evidence that social

relationships, including marriages, are more politically homogeneous than one would predict by chance according to Alford et al. (2011). But such research is not definitive on whether this pattern reflects political choice homophily—a preference for those who are politically similar—or is instead a side effect of attitude convergence, constrained partner markets, or partner choice based on other factors that are correlated with shared political orientations. Disentangling choice homophily from these alternative mechanisms is important because it suggests that ameliorating partisan divisions may be difficult if self-segregation is intentional rather than incidental.

The question on whether people form relationships based upon political similarity has been raised and investigated. It has been shown that social relationships are more politically similar than expected by chance, but the reason for this concordance is unclear. Is it because people prefer those politically like themselves or is it attributable to confounding factors such as convergence, social structures, and sorting on nonpolitical characteristics? Addressing this question is challenging because we typically do not observe partners prior to relationship formation. Consequently, the study leverages the domain of online dating. First, it conducted a nationwide experiment in which the data randomized political characteristics in dating profiles. Second, it analyzed behavioral data from a national online dating community. The study found that people evaluate potential dating partners more favorably and are more likely to reach out to them when they share similar political characteristics. The magnitude of the effect is comparable to that of educational homophily and half as large as racial homophily Alford et al (2011).

The analysis presented here provides strong evidence of purposive political sorting in the formation of social relationships finding that individuals seek out relationships with partners who share their political identities and degree of engagement with politics, and that this preference for political homophily can be distinguished from three forms of induced homophily: post-choice convergence, restricted partner markets, and sorting on non-political factors. No prior work can simultaneously rule out these three alternative explanations for the observed correlation of political orientations among already-formed social relationships. The experimental study revealed that people react more positively to ideologically congruent profiles and perhaps also to those that exhibit similar levels of political interest. The observational study of behavioral data demonstrated that the dyads in which men message women, women respond, and both men and women communicate, are all more politically similar than would be expected by chance. Political choice homophily is substantively large, rivaling the sizes of racial and educational homophily this is according to Alford et al (2011).

exists and is valued, people will often find themselves agreeing and disagreeing, supporting, and contradicting each other, and standing for and against one another. It may even hurt others' feelings unintentionally. That's how democracy

works. But it doesn't mean that there should be disrespectfulness, insult, and malign with one another, in order to defend the candidates that each support. Because at the end of any day, it should and will always be families and friends over politics. The difference in opinion gets louder when respect and understanding is left out of the field. The only intent should be that the best interest of the country is and only is the end vision that is being envisioned by all.

The result of the study shows that the preference to have homogeneity with equal or the same type of political choice can most of the time result in a more positive relationship with partners, family members, and friends. However, it does not specify any effect brought by the tendency of having opposing or of different choices.

Perceived political distance with family and peers

With the use of qualitative interviews (60 qualitative individual interviews with respondents drawn from the list of survey participants) and a questionnaire survey (involving a sample of 936 young Danes), Levinsen, K., & Yndigeegn, C. (2015) explored how young people discuss politics in their everyday life and how perceived political distance affect their level of political discussion. This inquiry also provides an avenue to examine if perceived political distance plays a role in political discussions among those who have a close relationship (youth, parents, and friends). Data shows that young people who feel that their father, mother, or friends, respectively, hold more distant political views are less likely to engage in political discussions with each of them and there also seems to be a consequence of negative experiences from prior discussions; when political discussions with parents turn into a fixed pattern of disagreement, there is a tendency to withdraw from the discussion.

In the qualitative sample, it was almost consistent that the respondents who expressed high levels of political engagement in the local and national societal environment view their family as a natural social arena for discussions about society and politics, they also seem to be much aware of the role of the parents in shaping their political skills and identity. The qualitative interviews and as well as the survey data also show that the father is a dominant figure in political discussions in the family. However, findings also show that young people tend to avoid discussions with their parents especially when they feel that they are not respected and when they do not stand on common ground. Some reported that the father has not stopped disagreeing but has accepted that he cannot influence his daughter while some reported opposing discussions end up with a fight this is according to Levinsen K., & Yndigeegn, C. (2015).

This study by Levinsen, K., & Yndigeegn, C. (2015) has been able to establish that perceived political distance matters in political discussions between the family and friends. However, the study focused much on young people's political orientation and involvement in political discussions at a general level, and further studies are needed on discussing certain

specific issues such as the impact of family systems and communication patterns in political discussions in the family and with friends.

V. COPING REACTIONS TO ELECTION RESULTS

Post-Election Coping Mechanisms

As the results of the election come, most of the voters celebrate as their desired candidate has been elected, while some voters grieve for the loss of their candidate. The following articles further discuss and explain what the different coping mechanisms are leading towards the acceptance of the newly appointed candidates.

According to Ojeda (2020) in his article written in November entitled "post-election grief is real" he mentions that the common response to the electoral loss was the symptoms of Depression: sadness, loneliness and fatigue from the aftermath of the previous presidential elections of Obama in 2008 and Trump in 2016. He mentions that Kubler-Ross recognized depression as a frequent response to loss and being one of the five stages of grief. He noted that a website called Psych Central has experienced traffic by up to 210% on the website specifically on the loss of Clinton last 2016, viewing the page topic "Healing after the election".

The author lists following actions to cope with post-election blues:

1. Focusing on healthy living by having a short break from the news by getting enough sleep and doing exercise. According to Rockquemore (2016), it is important not to dwell on the disempowered energy, as one must move into an empowered energy to be able to move confidently that should bring changes and not imagine an awful future.
2. Limiting time on social media, too much time on Facebook or Twitter can intensify anxiety and feelings on depression. Rockquemore (2016) mentions to increase one's self-care
3. Seeking out social support. Setting up a virtual appointment with a mental health professional
4. Affirming the value of democracy. Accepting loss is part of democracy. By building a bridge with people with different political differences would help the transitioning stage to acceptance.
5. Getting involved in politics. Being able to accept the aftermath and fueling your passion from the latest elections being able to participate can help alleviate psychological distress by joining advocacy organizations of preferred electors.
6. Ojeda mentions as some voters may feel a distrust and dissatisfaction with democracy from not having their preferred candidate be elected, he is encouraging voters to use this hurt to fuel one's passion for the next elections.

The articles show similarities on how one can cope from post-election grief, through following these steps voters

who experience dissatisfaction with the outcome of the post-election results, they can be able to manage and adjust to the new cabinets and elected candidates as well as being able to accept the results from the election. Though there might not be a lack of statistical evidence that these coping mechanisms ought to be used by people, it is shown that there are people who experience dissatisfaction with the results, seek support based on the article of Ojeda (2020).

Post-election Response of Voters' with Winning Candidates Sense of Fulfillment and Life Satisfaction

A paper, with data obtained from the British panel (Gray, D., Pickard, H., Munford, L., 2018), showed the effects of political preferences and election outcomes both from the national and constituency level on the individual's well-being as measured by one's overall life satisfaction and psychological well-being. Through the implementation of approaches that address the potential endogeneity concerns and exploiting a quasi-natural experiment by employing a regression discontinuity to explore the robustness of the results.

With use of variables such as Support national as a measure of incumbency support at the national level based on the party's support, support local as a measure of incumbency support at the constituency level based on party support, with the use of election data to determine if the party supported won parliamentary seat, and lastly using time as a variant control to set standards in the well-being and voting literatures. The results of the study relate to the overall life satisfaction suggesting that when supporting the incumbent party at a national level shows a positive impact. In terms of psychological well-being men have more positive impact when the incumbent party is supported locally rather than nationally.

Furthermore, a study by Blais, A., & Gélinau, F. in 2007 studied the factors of the winner/loser gap with the use of the 1997 Canadian Election Study (CES). Building on previous work on the subject, researchers created a model that discriminates winners (variable identifying voters who won in at least one contest) and losers (variable identifying voters who reported voting for any of the losing parties in the federal contest) at the local and national levels, includes non-voters (variable identifying individuals who reported not voting) and considers voters' expectations about whether they will win or lose. In a theoretical sense, researchers argue that citizens who cast their vote for the winning party have more tendency to display faith in the way democracy works, because they like and/or trust the party/candidate who has been elected. On the contrary, citizens who cast their vote for any of the losing parties are more inclined to display lower levels of support for the political system, because they dislike and/or distrust those who have been elected to govern.

On employing a methodological front, the analysis included a control group (non-voters) and incorporated a control for the level of satisfaction prior to the election. The study includes a rolling campaign cross-section survey of 3,949

respondents and a post-election re-interview of 3,170 of them. The question measuring satisfaction with democracy was questioned in the campaign survey and repeated in the post-election questionnaire. By including pre-election measures in the model, the researchers were able to effectively measure change in satisfaction with democracy after the election. They were able to distinguish respondents' views before and after the election.

Consistent with previous research, findings in this study also suggest that there was a clear increase in satisfaction after the election and this suggests that the election itself made people more satisfied with the way democracy works. The results also show that the effect of winning and losing on voters' satisfaction with democracy is significant even when controlling for ex ante (prediction) satisfaction before the election takes place, and that the outcome of the election in the local constituency matters as much as the outcome of the national election (Blais, A., & Gélinau, F., 2007).

Based on their rational expectations theory, it is explained that winners who did not assume to win would become more supportive of democracy after the election and losers who thought they would win would become more antagonistic about democracy. However, the analysis found little support for this theoretical claim. Further research is needed to establish that expectations in election outcomes plays a significant role in shaping satisfaction with democracy. Further inquiry is also needed to determine whether this is a universal pattern or not.

There are plausible theoretical reasons to suppose that one's reaction to the outcome of an election hinges on one's prior expectations as such mentioned by Blais, A., & Gélinau, F. (2007) those who did not expect to win should become more satisfied with democracy after the election, while those who 'knew' they were going to win should not change their assessment of democracy. Among losers, those who did not anticipate the loss should become more skeptical about democracy, while those who 'knew' they would lose should show little change and that those candidates won feel good and get a sense of satisfaction. A study by Gray, D., Pickard, H., Munford, L. however supported that there is a positive impact of supporting that incumbent party to the overall life satisfaction of an individual.

However, there seems to be a lack in this inquiry on the post-election sense of self fulfillment and life satisfaction of voters whose candidate won the election. There are a number of studies on voters' satisfaction with democracy, that is, they believe that the deserving winning party won, but there seems a lack in exploring the post-election factors that contribute or influence the life satisfaction and sense of self-fulfillment especially when their chosen candidate won. There was also a lack in establishing how self-fulfillment and life satisfaction will be measured in the study.

VI. HOPE

Post-Election hope

Voters may have different reactions from the aftermath of the elections, especially those whose candidates have not been elected by the nation. Some may have violent reactions, others may feel depressed, or some may even be indifferent, as this year's 2022 Philippine Presidential Election has taken a toll on a number of voters who were hoping for their preferred candidate to be elected. The following articles explore ways on how to have hope for the newly elected candidates.

In an article written by Santos (2022) she mentions that she will continue to choose hope, as the election poll predicted a candidate to be elected as the next president. Despite the campaign rallies giving a different outcome, due to the difference in the volunteer movement presented by her campaigns, giving hope to every supporter. The author states that drawing the courage and energy to a new movement. A movement that she mentions as "Hope." The author mentions hope as something being able to believe in the future by fighting for it every day.

Another article written by Ronquillo (2022) mentions that "losers do not grieve, even in the rare case of a depressing aftermath." In this article the author talks about how one can turn their grief into strength, by being in service to others. Through channeling the energies of the losing presidential campaign to a movement of change via acts of volunteerism, as the author states that pronouncements and plans are more important than the names of the incoming members of the new cabinet. This is supported by an article written by Lusterio, Manguerra and Osano (2022) that the 2022 elections have shown the intense passion of volunteering and campaigning for the preferred candidate. The activism and fulfillment with the use of social media can actualize the socio-political and cultural consciousness of societal obligations.

Through these articles it can be said that the youth's passion and acts of volunteerism can be a source of hope despite having their preferred candidate losing. Through their energies and grief can be used as fuel may it be creating awareness, inclusion and sustainability or even social services.

A 2015 study in Japan found that changes to people's levels of happiness following an election loss only lasted for a few days. But the people who feared the worst tended to have unrealistic expectations about how their party would perform. This suggests that those who hoped for the most tended to fall the furthest.

In an article written by Andre Spicer (2019), he specified that the sense of misery that comes from losing an election can have wider impacts. When a party we identify with loses, people are likely to start questioning the legitimacy of the election process itself. This can undermine the loser's trust in basic institutions of democracy. If supporters stop trusting the

political institutions, people often start looking for alternative forums such as social movements to make themselves heard.

The despair of electoral defeat has even bigger consequences for those standing for election. Losing candidates are faced with a big challenge to their sense of self. They need to come up with a way of preserving dignity in the face of defeat. To do this, they often shift blame from themselves to circumstances which are outside their control. This may make someone feel better in the short term, but it may not help in the longer term. A recent study of closely run electoral races in the United States found that the losers live about one year less than the candidate who narrowly triumphed.

Dealing with the disappointment that comes from a political loss can be hard. The late sociologist and psychoanalyst Ian Craib (1994) noticed there were some big problems with the way we deal with disappointments in the modern world. When faced with disappointment, many people disengage. They would distance themselves from what they had previously cared about and shift their hopes elsewhere. For instance, following a political defeat, a party activist might switch their dreams for a better world from party work into community activism. While this would bring them a temporary sense of solace, Craib (1994) noticed that it often left many trapped in a pattern of disappointment. This meant they would go from project to project, relationship to relationship, without ever really questioning their own hopes and fantasies. Because they never faced up to their disappointments, they remained trapped in an endless cycle which often ended with despair, disengagement, and the search for something new.

The article specified that disappointment and the sense of dealing with defeat is the expected outcome. But at the end of the day, people could transform the disappointment of loss into an opportunity to reflect, recalibrate with the new reality and eventually move on. Further studies should be done to assess and document supporters' hope and will for a brighter future when their chosen candidate is defeated.

Synthesis

Any election cycle turnout plays a vital role in the development, progress, and future of the country for the preceding years, where its people choose its preferred candidate who would serve and play the most important role in governing the whole country. In fact, as noted by DeJonckheere and Chang (2018) in their study, the election season and subsequent political events have already had emotional and physical repercussions on youth, which makes it an ongoing major public health concern that must be addressed. More so, much of the research in this review has revealed that young adults, according to the American Psychological Association; identified politics as a major source of stress for American young adults, and there were sizeable increases in rates of depression, anxiety, loss of sleep, and emotional reactivity among groups with high levels of opposition to President Trump such as Democrats, racial minorities and students.

However, there also seems to be a noticeable lack of literature that explains the long-term effect of any Presidential election turnout on young adults with regards to their interpersonal and social relationships following the loss or victory of their preferred candidates; this may include positive or negative psychological reactions. Although challenges and difficulties were observed in young adults on how resilient they were to accept the election results, there seems to be a lack of literature exploring the factors which contributes to their resiliency whether it was due to their culture or norms; as well as factors which contribute to or influence the sense of fulfillment and life satisfaction of young voters whose candidate won the election cycle. Additionally, further research exploring young Filipinos' positive coping mechanisms and strategies followed by the loss of their preferred candidates needs to be provided. With this, the changes in psychological reactions of young Filipinos during the election turnout whether they pose positive or negative psychological reactions were not properly documented and explored deeply on the level of acceptance/resiliency during these transitions. Moreover, the methodologies used have limited data that can be gathered as it only provided descriptive and qualitative components. Most likely, a call for exploring mixed methods of quantitative and qualitative designs may be helpful in gathering and creating empirical evidence and possible causal explanations and effective interventions. For these gaps, this makes the study of young Filipinos' psychological reaction after the Presidential election a challenging endeavor and rich resources for researchers.

Generally, the review shows that there are different factors that influence a voter's decision. These come from a variety of sources like personal beliefs and social circles. In response to a given election result, different reactions and levels of said reaction vary from person to person. Thus far, the review implies that an individual's more personal disposition influences their more immediate reaction to an election cycle.

In sum, this article examined various literature about the young adults' psychological reactions, experiences and coping strategies brought by the Presidential election turnout. The literature revealed that the psychological reaction responses of young adults involve complex and sophisticated phenomena which may be explored further through advancing methodological limitations previously engaged and studied. Thus, a superfluity of research knowledge is yet to be achieved in this endeavor which could motivate researchers to engage in research on the topic.

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