



**QUESTIONING REALITY, SILENCING VOICE: GASLIGHTING
AND ASSERTIVENESS AMONG COLLEGE FRESHMEN**

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ABSTRACT

Gaslighting has emerged as a subtle yet harmful form of psychological manipulation that may influence students' interpersonal communication and self-expression. This study aims to determine the levels of gaslighting experiences and assertiveness among college students and to examine the relationship between these two variables. Using a correlational research design, the study will gather data from college freshmen through validated and standardized measures of gaslighting and assertiveness. Descriptive statistics will be used to determine the respondents' levels of gaslighting experiences and assertiveness, while correlational analysis will examine the association between the variables. Additional inferential tests will assess differences in gaslighting experiences and assertiveness across selected profile variables such as gender, age, relationship type, and communication setting. The findings are expected to contribute to current discussions on interpersonal communication, psychological well-being, and student relational dynamics, offering insights for developing interventions that promote healthy communication and assertive behavior among college students.

Keywords: *gaslighting, silencing voice, assertiveness*

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