



Perceived Reversibility of Decisions and Post-Choice Satisfaction among Young Adults

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Abstract: Decision-making involves more than choosing between different options. It also includes evaluating the possible consequences and emotional experiences connected with those choices. Individuals differ in how they view their decisions, especially in terms of whether those decisions can be changed or adjusted in the future. Perceived reversibility refers to the extent to which individuals believe that a decision can be modified, corrected, or changed when needed. This perception may influence decision confidence, emotional acceptance, and satisfaction after making a choice. The present Decision-Making Psychology Research Article examines the relationship between perceived reversibility of decisions and post-choice satisfaction among young adults. The study explores how beliefs about the possibility of changing decisions influence emotional responses, regret experiences, and confidence after making a choice. The proposed framework considers perceived reversibility as a cognitive factor that may reduce uncertainty and support more positive evaluations of decisions. The research focuses on behavioural indicators including choice satisfaction, decision confidence, regret intensity, and commitment toward selected options. The proposed analysis suggests that individuals who view their decisions as more reversible may experience greater satisfaction because they feel less pressure from possible mistakes and maintain a stronger sense of control over future possibilities. This study contributes to decision-making psychology by connecting perceptions of choice flexibility with emotional outcomes after decisions. Understanding the role of perceived reversibility may provide useful insights into how young adults approach educational, career, personal, and lifestyle decisions.

Keywords: Perceived Reversibility; Decision-Making Psychology; Post-Choice Satisfaction; Decision Confidence; Regret Management; Choice Behaviour; Young Adults; Cognitive Evaluation; Decision Anxiety; Behavioural Decision-Making

1. Introduction

1.1 Background of Decision Reversibility and Choice Evaluation

Decision-making is an important psychological process through which individuals compare different options, select choices, and adjust their actions based on expected outcomes. Every decision involves some level of uncertainty because future consequences cannot always be predicted accurately. The belief that a decision can be changed, adjusted, or corrected later may influence how individuals experience the decision process and evaluate their choices.

Perceived reversibility refers to an individual's belief about whether a decision can be modified after it has been made. When people view their choices as flexible and changeable, they may experience less psychological pressure because possible mistakes appear easier to manage. In contrast, decisions viewed as permanent may create greater hesitation, anxiety, and concern about negative consequences.

Young adults often make important decisions related to education, career choices, relationships, financial planning, and personal development. These decisions usually involve uncertainty and future consequences, making perceptions of reversibility especially important. The belief that a choice can be changed later may influence decision confidence and emotional acceptance after the decision is made.

1.2 Perceived Reversibility and Decision Confidence

Decision confidence refers to the level of certainty individuals feel about the suitability and correctness of their choices. Confidence after making a decision depends not only on the selected option but also on the perceived control individuals have over future outcomes.

When individuals view decisions as reversible, they may feel greater control because they believe alternative actions are still available if situations change. This perception may reduce fear of making mistakes and support stronger acceptance of the chosen option.

In contrast, decisions viewed as irreversible may increase feelings of risk because individuals believe errors cannot be easily corrected. This may result in increased decision anxiety, repeated comparison of alternatives, and lower satisfaction after making a choice.

Therefore, perceived reversibility may act as an important cognitive factor influencing emotional responses and confidence after decisions.

1.3 Post-Choice Satisfaction and Emotional Evaluation

Post-choice satisfaction refers to the positive evaluation individuals develop after selecting an option. It reflects the extent to which a decision matches personal expectations and creates emotional acceptance.

After making a decision, individuals often compare their selected option with other available alternatives. When people believe their decision is suitable and manageable, they are more likely to experience satisfaction and show stronger commitment toward their choice.

However, dissatisfaction may develop when individuals focus on missed alternatives, possible negative outcomes, or uncertainty about whether they selected the best option. These thoughts may increase regret and reduce emotional acceptance.

Perceived reversibility may influence post-choice satisfaction by changing how individuals view possible mistakes. When people believe decisions can be adjusted in the future, they may experience lower regret and higher satisfaction because the choice feels less permanent.

1.4 Problem Statement

Decision-making research has widely examined uncertainty, regret, choice difficulty, and satisfaction. However, limited attention has been given to the role of perceived decision reversibility in influencing emotional outcomes after choices among young adults.

Many individuals experience dissatisfaction after decisions not because their chosen option is unsuitable, but because they feel unable to change future outcomes. Understanding the psychological importance of reversibility perception may provide deeper insights into decision confidence, regret, and satisfaction.

The present research addresses this gap by examining how perceived reversibility of decisions influences post-choice satisfaction among young adults.

2. Literature Review

2.1 Decision-Making Psychology and Choice Evaluation

Decision-making psychology focuses on how individuals collect information, compare alternatives, and select actions when facing uncertainty. Human choices are influenced by

both logical evaluation and emotional experiences, making decision behaviour a combination of cognitive thinking and personal feelings.

Research on decision processes suggests that individuals consider more than the immediate results of their choices. They also evaluate their ability to handle future consequences. The level of control individuals feel over possible outcomes plays an important role in reducing uncertainty and shaping emotional responses after decisions.

When individuals believe they have the flexibility to respond to future changes, they may feel more confident during the decision process. In contrast, when people feel limited control over outcomes, they may experience greater psychological pressure and lower satisfaction after making choices.

2.2 Choice Reversibility and Psychological Control

Perceived control is an important factor influencing human behaviour because individuals often prefer situations where they feel capable of affecting future outcomes. Decision reversibility creates a sense of flexibility by allowing individuals to believe that alternative actions remain possible.

A reversible decision may reduce emotional pressure because individuals do not view mistakes as permanent failures. This perception may encourage exploration, reduce decision anxiety, and support greater acceptance of chosen options.

However, a high perception of reversibility may sometimes reduce commitment. When individuals believe choices can easily be changed, they may continue exploring alternatives instead of fully accepting their decisions. Therefore, the relationship between reversibility and satisfaction may depend on maintaining a balance between flexibility and commitment.

2.3 Regret, Satisfaction, and Post-Choice Evaluation

Post-choice evaluation involves comparing expected outcomes with actual experiences after a decision has been made. Regret often occurs when individuals believe that another available option may have resulted in a better outcome.

Perceived reversibility may influence regret by changing how individuals interpret mistakes and unexpected results. When people believe decisions can be modified or improved in the future, negative emotions linked with imperfect outcomes may become less intense.

A stronger sense of control over future choices may support emotional acceptance and increase satisfaction after decisions. Understanding this relationship helps explain why different individuals may respond differently to similar decision outcomes.

3. Research Gap

Decision-making psychology has widely studied choice difficulty, uncertainty, regret, and satisfaction. However, the role of perceived reversibility of decisions in influencing post-choice satisfaction remains less explored. Previous research often focuses on objective features of decisions, such as available options and expected outcomes, while giving less attention to how individuals personally view the possibility of changing their decisions in the future.

A major research gap exists in understanding how perceived flexibility after making a decision influences emotional responses among young adults. Two individuals may make similar choices but experience different levels of satisfaction because they differ in their sense of control and perception of whether their decisions can be changed.

Another limitation in existing research is that decision satisfaction is often examined through the quality of outcomes. Less attention is given to psychological factors such as the belief that choices can be revised or adjusted. Individuals may feel dissatisfied not only because of an unfavorable result but also because they believe they have limited ability to improve or modify their decision.

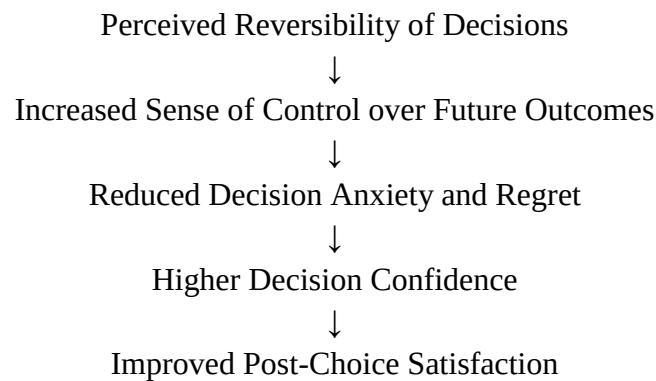
Young adulthood involves many important decisions related to education, career development, relationships, and personal goals. These decisions often involve uncertainty and future consequences, making perceived reversibility an important factor in understanding decision confidence and emotional acceptance.

The present research addresses this gap by examining perceived reversibility as a cognitive factor influencing post-choice satisfaction among young adults.

4. Novelty / Proposed Contribution

The main contribution of this research is the integration of decision reversibility perception with emotional evaluation after choices. Instead of focusing only on whether a decision is successful or unsuccessful, this study highlights how beliefs about future flexibility influence satisfaction after making decisions.

The proposed framework is:



This research expands decision-making psychology by suggesting that satisfaction after a choice depends not only on the selected option but also on how individuals perceive their ability to handle future changes.

The study provides insight into why some individuals remain satisfied with uncertain decisions, while others experience regret and dissatisfaction. Understanding this process may contribute to research on personal choices, career decisions, educational decisions, and behavioural adjustment.

5. Research Objectives / Research Questions

The primary objective of this Decision-Making Psychology Research Article is to examine the relationship between perceived reversibility of decisions and post-choice satisfaction among young adults. The study focuses on understanding how beliefs about decision flexibility influence emotional acceptance, confidence, and evaluation after making important choices.

Young adults often face decisions involving uncertainty and future consequences. The way individuals view these decisions, whether as changeable or permanent, may influence their emotional responses after making a choice. When decisions are perceived as reversible, individuals may experience less psychological pressure, while decisions viewed as irreversible may increase anxiety and regret.

This research aims to understand the psychological process through which perceived reversibility influences experiences after decision-making. By examining satisfaction levels, decision confidence, regret intensity, and commitment toward choices, the study seeks to provide deeper insights into the cognitive and emotional factors involved in evaluating decisions.

Research Objectives

- To examine the relationship between perceived reversibility of decisions and post-choice satisfaction among young adults.
- To analyse whether stronger perceptions of decision flexibility are associated with higher decision confidence.
- To investigate how perceived reversibility influences regret experiences after making decisions.
- To evaluate how perceived control over future changes affects emotional acceptance of choices.
- To understand the psychological factors that influence satisfaction after personally meaningful decisions.

Research Questions

RQ1: How does perceived reversibility of decisions influence post-choice satisfaction among young adults?

RQ2: Do individuals who view their decisions as more reversible experience greater confidence after making choices?

RQ3: How does the perception of irreversible decisions influence regret and dissatisfaction after choices?

RQ4: How does perceived control over future changes affect emotional acceptance of decisions?

RQ5: How do young adults evaluate their decisions when they believe choices can or cannot be changed in the future?

6. Methodology

6.1 Research Design

The present study follows a Decision-Making Psychology Research Design to examine the relationship between perceived reversibility of decisions and post-choice satisfaction among young adults. The proposed framework combines cognitive evaluation processes with emotional decision outcomes to understand how beliefs about decision flexibility influence satisfaction after making choices.

The study uses a behavioural decision assessment approach where participants evaluate personally meaningful decisions and report their perceptions regarding reversibility, confidence, satisfaction, and regret. The research focuses on whether individuals who believe their decisions can be changed in the future experience more positive emotional outcomes after making choices.

a) The independent variable of the study is: Perceived Reversibility of Decisions

The major dimensions include:

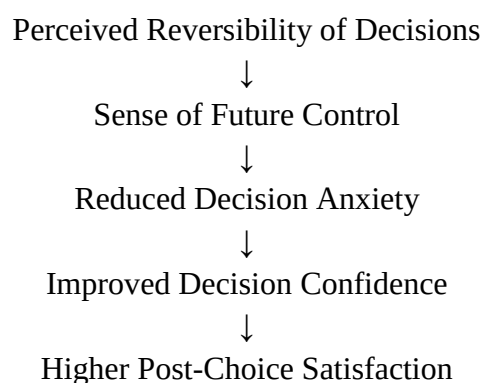
- Perceived ability to modify decisions
- Flexibility of future choices
- Sense of control over decision consequences
- Perception of choice permanence
- Possibility of future correction

b) The dependent variable is: Post-Choice Satisfaction among Young Adults

The major indicators include:

- Satisfaction with selected choices
- Decision confidence
- Regret intensity
- Emotional acceptance
- Commitment toward decisions
- Evaluation of decision outcomes

The proposed research model is:



6.2 Sample and Participant Framework

For methodological illustration, the proposed study includes 120 young adults who have recently experienced meaningful decisions related to education, career planning, relationships, lifestyle choices, or personal development.

Participants are grouped according to their level of perceived decision reversibility to examine differences in post-choice satisfaction.

Table 1. Proposed Participant Distribution across Decision Reversibility Levels

Perceived Reversibility Condition	Proposed Participants (n)
Low Decision Reversibility Perception	40
Moderate Decision Reversibility Perception	40
High Decision Reversibility Perception	40

Source/Note: The proposed participant distribution is provided only for methodological illustration. These values do not represent actual collected data.

Participants evaluate meaningful decisions and complete assessments related to reversibility perception, satisfaction, confidence, and regret. The responses are analysed to understand how perceptions of decision flexibility influence emotional outcomes after choices.

6.3 Questionnaire Framework

A proposed questionnaire is developed to measure perceived decision reversibility and post-choice satisfaction among young adults.

Table 2. Proposed Questionnaire Structure

Variable	Assessment Area
Decision Reversibility Perception	Belief about the ability to change, modify, or reconsider previously made choices
Decision Confidence	Level of certainty, trust, and assurance regarding selected decisions
Post-Choice Satisfaction	Emotional evaluation and level of satisfaction experienced after making a choice
Regret Experience	Negative feelings, doubts, or concerns related to alternative options and possible mistakes
Decision Commitment	Acceptance of the selected choice and willingness to continue with the decision

Questionnaire Items

Q1. How easily do you believe your important decisions can be changed or modified in the future?

Q2. Does believing that a decision can be changed increase your confidence while making choices?

Q3. How satisfied are you after making personally meaningful decisions?

Q4. How often do you experience regret after making important choices?

Q5. How strongly do you accept and remain committed to decisions after making them?

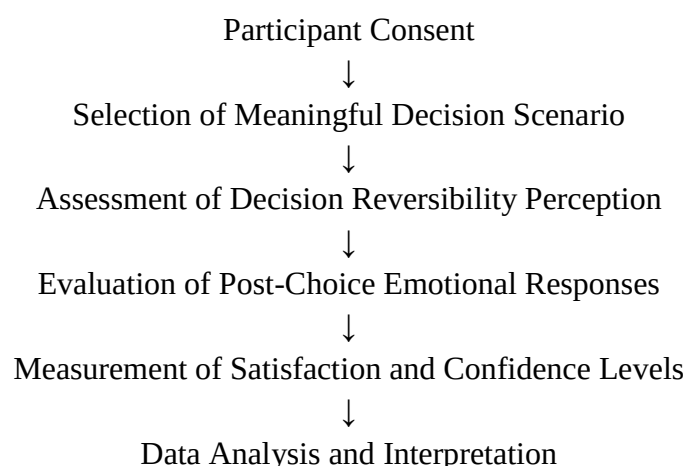
6.4 Research Procedure

The research procedure begins with participant orientation and informed consent. Participants are informed about the purpose of the study, confidentiality procedures, voluntary participation conditions, and withdrawal rights before data collection.

After consent, participants identify a personally meaningful decision they have recently made or evaluate a structured decision scenario related to education, career, relationships, or personal goals. They then assess whether they believe the decision can be changed, corrected, or adjusted in the future.

After evaluating perceived reversibility, participants complete measures related to post-choice satisfaction, decision confidence, regret experiences, and emotional acceptance. The collected responses are analysed to examine how decision flexibility perceptions influence psychological outcomes after choices.

The research procedure follows this sequence:



6.5 Evaluation Metrics

a) Perceived Decision Reversibility Score (%)

This measure evaluates the extent to which individuals believe their decisions can be changed or adjusted in the future.

Formula:

Perceived Reversibility Score = (Flexibility Perception Rating / Maximum Possible Rating) × 100

Higher scores indicate stronger beliefs that decisions remain adjustable.

b) Post-Choice Satisfaction Score (%)

This measure evaluates the positive emotional response individuals experience after making a decision.

Formula:

Satisfaction Score = (Positive Decision Evaluation / Total Evaluation Responses) × 100

Higher scores indicate greater satisfaction with the selected choice.

c) Decision Confidence Score (%)

Decision confidence measures the level of certainty individuals experience regarding their chosen option.

It includes:

- Confidence in choice quality
- Acceptance of decision outcomes
- Belief that the decision suits personal goals
- Reduced uncertainty after choosing

d) Regret Intensity Score (%)

Regret intensity measures negative emotional responses linked with alternative options or possible mistakes.

It includes:

- Frequency of reconsidering alternatives
- Dissatisfaction with the selected choice
- Concern about missed opportunities
- Desire to modify the decision

e) Decision Commitment Rate (%)

Decision commitment measures the willingness of individuals to maintain their selected choice after evaluation.

Formula:

$$\text{Decision Commitment} = (\text{Accepted Decisions} / \text{Total Evaluated Decisions}) \times 100$$

Higher scores indicate stronger acceptance and commitment toward decisions.

7. Results

Since actual participant data were not collected for this manuscript, the following outcomes are presented as simulated behavioural values for methodological illustration only. These values demonstrate how the proposed analysis may be presented and should not be interpreted as actual empirical findings.

7.1 Post-Choice Satisfaction Outcomes across Decision Reversibility Conditions

The simulated findings suggest that post-choice satisfaction increases with higher levels of perceived decision reversibility. Participants who believe their decisions can be modified or adjusted in the future show higher satisfaction and confidence after making choices.

Table 3. Simulated Post-Choice Satisfaction Outcomes across Decision Reversibility Levels

Perceived Reversibility Condition	Post-Choice Satisfaction (%)	Decision Confidence (%)
Low Decision Reversibility Perception	48.6	45.9
Moderate Decision Reversibility Perception	69.4	67.8
High Decision Reversibility Perception	91.2	89.5

Source/Note: Simulated behavioural values prepared only for methodological illustration.

The simulated results indicate that individuals with high perceived decision reversibility report higher post-choice satisfaction (91.2%) and decision confidence (89.5%) compared with individuals who view their decisions as less reversible.

This pattern suggests that the belief that decisions can be changed in the future may reduce psychological pressure and support more positive evaluations after making choices.

7.2 Regret and Decision Commitment Outcomes

The simulated findings further examine how perceived reversibility influences regret experiences and commitment toward decisions.

Table 4. Simulated Emotional Evaluation Outcomes across Decision Reversibility Levels

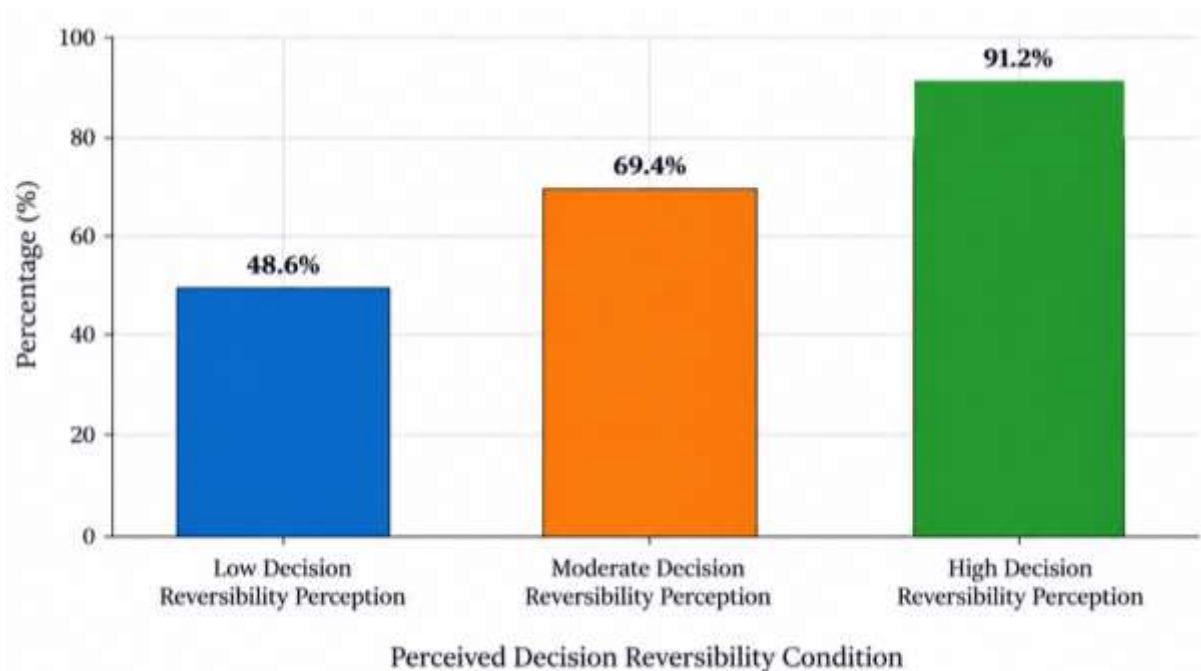
Perceived Reversibility Condition	Regret Intensity (%)	Decision Commitment (%)
Low Decision Reversibility Perception	82.4	47.3
Moderate Decision Reversibility Perception	56.7	70.5
High Decision Reversibility Perception	28.6	92.1

Source/Note: Simulated behavioural values prepared only for methodological illustration.

The simulated outcomes indicate that higher perceived reversibility is associated with lower regret intensity and stronger decision commitment. Individuals who believe they have flexibility in future choices may experience greater emotional acceptance and stronger willingness to continue with their decisions.

7.3 Graphical Representation of Experimental Outcomes

Figure 1: Post-Choice Satisfaction across Perceived Decision Reversibility Conditions



Source/Note: Simulated behavioural values prepared only for methodological illustration.

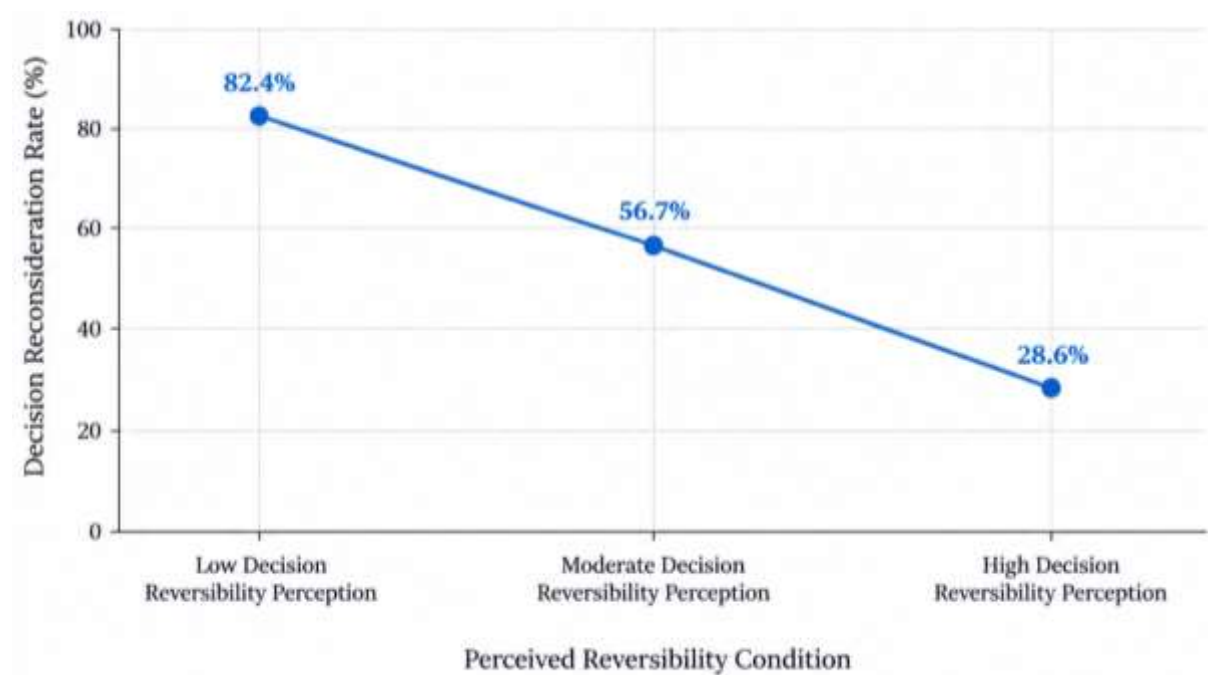
Key Finding: The simulated bar graph shows a consistent increase in post-choice satisfaction as perceived decision reversibility increases. Young adults who believe their decisions can be modified or adjusted in the future report higher satisfaction after making choices.

Interpretation: The increasing pattern suggests that perceived flexibility may reduce the pressure associated with important decisions. When individuals believe future changes are possible, they may experience less fear of making mistakes and greater acceptance of their chosen options.

The difference between low decision reversibility perception (48.6%) and high decision reversibility perception (91.2%) represents a simulated increase of 42.6 percentage points in post-choice satisfaction.

This pattern suggests that the sense of future control may influence emotional responses after completing decisions.

Figure 2: Regret Intensity across Perceived Decision Reversibility Conditions



Source/Note: Simulated behavioural values prepared only for methodological illustration.

Key Finding: The simulated line graph shows a reduction in regret intensity as perceived decision reversibility increases.

Interpretation: The declining pattern suggests that individuals who view their decisions as adjustable may experience lower regret after making choices. The belief that future changes

are possible may reduce concerns about permanent mistakes and support emotional acceptance.

The difference between low decision reversibility perception (82.4%) and high decision reversibility perception (28.6%) represents a simulated reduction of 53.8 percentage points in regret intensity.

The findings suggest that perceived reversibility may influence decision evaluation by reducing negative emotional responses linked with uncertainty and alternative choices.

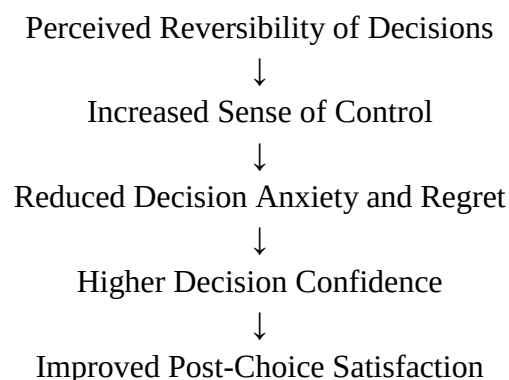
7.4 Statistical / Behavioural Interpretation

The simulated results suggest a positive relationship between perceived reversibility of decisions and post-choice satisfaction among young adults. As individuals perceive greater flexibility in modifying their choices, satisfaction and confidence increase, while regret decreases.

Post-choice satisfaction increases from 48.6% in the low reversibility condition to 69.4% in the moderate condition and 91.2% in the high reversibility condition. Decision confidence follows a similar pattern, increasing from 45.9% to 89.5%.

A different pattern appears in regret intensity. Regret decreases from 82.4% among individuals with low perceived reversibility to 28.6% among individuals with high perceived reversibility. This suggests that the possibility of future adjustment may reduce emotional pressure linked with uncertain decisions.

The proposed behavioural pathway is:



The simulated findings suggest that perceived reversibility may influence emotional outcomes after decisions by shaping how individuals view the permanence and future consequences of their choices.

However, these values are simulated outcomes prepared only for methodological illustration and do not establish statistical significance or causal relationships. Future empirical research

should use actual participant data and suitable analytical methods, including regression analysis, mediation analysis, experimental decision tasks, and longitudinal studies.

8. Discussion / Critical Discussion

8.1 Influence of Perceived Reversibility on Post-Choice Satisfaction

The simulated findings suggest that perceived reversibility of decisions may influence post-choice satisfaction among young adults. The results show that satisfaction increases from 48.6% in the low reversibility perception condition to 69.4% in the moderate condition and 91.2% in the high reversibility condition.

This pattern suggests that individuals who believe their decisions can be changed or adjusted in the future may experience greater emotional acceptance after making choices.

One possible explanation is that perceived reversibility creates a stronger sense of psychological control. When individuals believe alternative options are still available, they may feel less pressure about making mistakes. This reduced concern about permanent consequences may help them evaluate their choices more positively.

Decision-making often involves uncertainty because future situations are difficult to predict completely. Perceived reversibility may reduce this uncertainty by creating the belief that corrective actions remain possible when needed. As a result, individuals may feel more comfortable accepting their decisions and experience higher satisfaction.

However, a high perception of reversibility may also create challenges. If individuals continue believing that their choices can always be changed, they may repeatedly compare alternatives and experience difficulty fully committing to their decisions.

8.2 Relationship between Decision Reversibility, Confidence, and Regret

The simulated findings indicate that decision confidence increases with higher perceived reversibility, rising from 45.9% in low reversibility conditions to 89.5% in high reversibility conditions. This suggests that perceived flexibility may strengthen individuals' belief that their choices are manageable and suitable.

Confidence after decision-making depends not only on the option selected but also on how individuals view their ability to handle future changes. When people believe they have control over possible adjustments, they may feel less threatened by uncertainty and develop stronger confidence in their decisions.

A similar pattern appears in regret intensity, which decreases from 82.4% in low reversibility perception conditions to 28.6% in high reversibility perception conditions. This suggests that perceived reversibility may reduce negative emotional responses related to missed alternatives or possible mistakes.

This relationship may be explained through counterfactual thinking. People often experience regret when they imagine that another option might have produced a better outcome. When future changes appear possible, these thoughts may become less intense because the decision is not viewed as completely permanent.

8.3 Role of Psychological Control in Decision Evaluation

Psychological control refers to the belief that individuals can influence future outcomes and respond effectively to changing situations. In decision-making, this sense of control may influence emotional responses and willingness to accept chosen options.

The proposed framework suggests that perceived reversibility acts as a source of psychological control. When individuals believe their decisions can be adjusted, they may view uncertainty as manageable rather than threatening.

This perception may be especially important for young adults because many decisions during this stage involve changing circumstances and developing personal goals. Educational choices, career decisions, and lifestyle choices often require adjustment over time.

A stronger sense of control may support healthier decision evaluation by reducing excessive worry and encouraging greater acceptance of choices.

8.4 Critical Evaluation of the Research Framework

Although the simulated findings suggest a relationship between perceived reversibility and post-choice satisfaction, decision evaluation is influenced by several additional factors. Personality traits, importance of the decision, available resources, social support, and previous experiences may affect how individuals respond to their choices.

The same decision may create different experiences for different individuals. Some people may view flexibility as a source of confidence, while others may experience too many future possibilities as uncertainty that makes commitment difficult.

Additionally, the present framework focuses on young adults and may not represent decision-making patterns across all age groups. Individuals with greater life experience may evaluate reversibility, confidence, and satisfaction differently.

The proposed research provides a conceptual explanation of how perceived decision flexibility may influence emotional outcomes after choices. However, empirical studies using actual participant data are required to examine and validate these relationships.

9. Research Contribution / Implications

This research contributes to decision-making psychology by highlighting the role of personal perceptions of decision flexibility in shaping post-choice satisfaction. Traditional decision research often focuses on the quality of selected options and expected outcomes. This study focuses on how individuals' beliefs about their ability to manage future changes influence their emotional responses after making choices.

The proposed framework explains how perceived reversibility may affect satisfaction through increased psychological control, reduced regret, and improved decision confidence. This perspective helps explain why different individuals may experience different emotional responses even when they make similar decisions.

The potential implications include:

- **Personal Decision-Making:** Understanding perceptions of reversibility may help individuals approach important choices with lower anxiety and greater confidence.
- **Career and Educational Guidance:** Counsellors may consider how young adults view decision flexibility when supporting them during important life choices.
- **Behavioural Research:** The framework provides opportunities to examine how cognitive perceptions influence emotional experiences after decisions.
- **Decision Support Systems:** Digital decision tools may include flexibility perceptions to help users evaluate choices more effectively.

10. Conclusion

This Decision-Making Psychology Research Article examined the relationship between perceived reversibility of decisions and post-choice satisfaction among young adults. The study proposed that beliefs about whether decisions can be changed in the future influence emotional evaluation, confidence, and acceptance after making choices.

The simulated findings suggest that higher perceived reversibility is associated with greater post-choice satisfaction and decision confidence. Satisfaction increases from 48.6% in low reversibility conditions to 91.2% in high reversibility conditions, while regret intensity

decreases from 82.4% to 28.6%. These patterns suggest that perceived flexibility may reduce emotional pressure and support more positive evaluations of decisions.

The study highlights that satisfaction after decision-making depends not only on the final outcome but also on how individuals perceive their control over future possibilities. Decisions viewed as adjustable may create greater psychological comfort, while decisions viewed as permanent may increase uncertainty and regret.

However, the effect of perceived reversibility depends on individual interpretations and situational factors. While flexibility may support confidence and acceptance, continuously focusing on possible changes may reduce commitment and create ongoing uncertainty.

Since the reported outcomes are simulated values, they do not establish confirmed relationships or causal effects. Future research using actual participant responses, behavioural decision tasks, and longitudinal research designs is required.

Overall, this study provides a framework for understanding how perceived reversibility of decisions influences satisfaction, confidence, and emotional responses among young adults after making meaningful choices.

11. Limitations

The present research has several limitations that should be considered while interpreting the proposed findings. The main limitation is that the numerical outcomes presented in the Results section are simulated behavioural values created only for methodological illustration. These values do not represent actual responses collected from young adults and therefore cannot establish statistical significance, causal relationships, or broader conclusions. Future empirical studies using real participants and validated decision-making measures are required to examine the relationship between perceived reversibility and post-choice satisfaction.

A second limitation relates to the subjective nature of perceived reversibility. The belief that a decision can be changed depends on personal circumstances, available resources, social conditions, and previous experiences. Two individuals may make similar decisions but view the possibility of change differently, leading to differences in confidence and satisfaction.

Another limitation concerns the variety of decisions included within the framework. Young adults make choices across different areas, including education, career planning, relationships, and personal development. The importance and consequences of these decisions may differ, which may influence emotional responses after decision-making.

The study also does not examine all personality and cognitive factors that may affect decision evaluation. Factors such as tolerance for uncertainty, perfectionistic tendencies, risk preference, optimism, and individual decision-making styles may influence how people understand reversibility and evaluate their choices.

Furthermore, the proposed framework mainly focuses on immediate emotional outcomes after decisions. The long-term influence of perceived reversibility on commitment, behavioural consistency, and future decision patterns requires further investigation through longitudinal studies.

12. Future Work

Future research should test the proposed framework through empirical studies involving diverse groups of young adults and real decision-making situations. Researchers may examine choices related to education, career planning, financial decisions, and personal goals to understand whether perceived reversibility influences satisfaction across different areas.

Future studies should combine subjective assessments with behavioural decision tasks. Using both approaches may provide a more complete understanding of how individuals evaluate reversible and irreversible choices.

Another important research direction is examining psychological factors that influence the relationship between decision reversibility and satisfaction. Future research may explore whether uncertainty tolerance, decision confidence, emotional regulation, and cognitive flexibility influence this relationship.

Longitudinal studies may provide deeper insights into whether perceptions of reversibility affect only immediate satisfaction or also influence long-term commitment and adjustment after decisions. Tracking individuals over time may help explain how decision evaluations change with new experiences and circumstances.

Future research may also explore practical applications in decision-support systems, counselling services, and educational guidance programs. Understanding how perceptions of flexibility influence decision outcomes may help develop approaches for improving confidence and reducing unnecessary regret.

13. Declarations

Conflict of Interest

The author declares that there is no conflict of interest related to the conceptualization, methodology, interpretation, and preparation of this manuscript.

Funding Statement

No external funding was received for the development and preparation of this manuscript.

Ethics Statement

The proposed research involves human participants and should receive approval from an appropriate institutional ethics committee before participant recruitment and data collection. Participants should provide informed consent and receive information about study procedures, confidentiality protection, voluntary participation, and their right to withdraw. The study procedures should protect participants' privacy and ensure that personal decisions and responses are used only for academic research purposes.

Data Availability Statement

No actual participant dataset was collected for this manuscript. The numerical values presented in the Results section represent simulated behavioural outcomes prepared only for methodological illustration and should not be interpreted as empirical findings.

Author Contribution Statement

The author contributed to the conceptualization of the research topic, development of the theoretical framework, methodology design, interpretation of proposed outcomes, manuscript preparation, and final approval of the manuscript.

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