

Emotional Regulation and Well-Being in Adulthood

Bhawana Verma^[1]
 Dr. Nalini Totuka^[2]
 Dr. Jyoti Gaur^[3]

Abstract: Emotional regulation refers to a person's ability to understand and accept his or her emotional experience, to engage in healthy strategies to manage uncomfortable emotions when necessary, and to engage in appropriate behavior. Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion. The purpose of the present study is to assess the difference between Emotional Regulation and Well-Being in adults in the various age category i.e. 18- 35 years (early adulthood) and 45- 60 years (late adulthood). The sample of 120 adults (60 in early adulthood and 60 in late adulthood) was collected from various area of Jaipur city through convenient sampling. The data were collected using 2 tools, the first tool is an Emotional Regulation Questionnaire by GROSS, J.J., & JOHN, O.P. (2003) and second tool is Well-being Index by WHO. The data was statistically analyzed by student's t-test and SPSS 15 version 20 using mean, SD and t test. The result shows that the correlation between emotional regulation and well-being is not strongly correlated in adulthood. There is no significant difference in emotional regulation with respect of age and gender and in well-being with respect to gender. We found out extremely significant difference in well-being with respect to age.

Key Words: Emotional Regulation, Emotional Reappraisal, Emotional Suppression, Well-Being.

I. INTRODUCTION

Emotion regulation may be defined as individuals' deliberate or automatic attempts to influence which emotions they have, when they have them, and how these emotions are experienced or expressed.^[1] Emotion regulation involves changes to one or more aspects of the emotion, including the eliciting situation, attention, appraisals, subjective experience, behavior, or physiology.^[2]

People with good emotion regulation skills are able to control the urges to engage in impulsive behaviors, such as self-harm, reckless behavior, or physical aggression, during emotional distress.^[3]

Emotional regulation is at the core of emotional well-being. Individuals who possess adaptive emotional regulation skills are able to control their emotional reactions and express themselves in constructive ways when confronted with stress and challenging situations.^[4]

The process model of emotion regulation is based upon the modal model of emotion. The modal model of emotion suggests that the emotion generation process occurs in a particular sequence over time. This sequence occurs as follows:

1. Situation: the sequence begins with a situation that is emotionally relevant.
2. Attention: attention is directed towards the emotional situation.
3. Appraisal: the emotional situation is evaluated and interpreted.
4. Response: an emotional response is generated, giving rise to loosely coordinated changes in experiential, behavioral, and physiological response systems.^[5]



Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. Better living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life- i.e., their "well-being."^[6]

Well-being is associated with numerous health-, job-, family-, and economically-related benefits. For example, higher levels of well-being are associated with decreased risk of disease, illness, and injury; better immune functioning; speedier recovery; and increased longevity. Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities.^[7]

II. METHODOLOGY

The study is descriptive in nature and survey method was used.

2.1 Statement of the problem.

The present study is purposed to find out correlation between Emotional Regulation and Well-Being of adults of Jaipur city. The purpose of the present study is to assess the difference between Emotional Regulation and Well-Being in

^[1] Research Scholar, The IIS University, Jaipur, India, Email: bverma7321@gmail.com

^[2] Assistant Professor, The IIS University, Jaipur, India, Email: nalini.totuka@iisuniv.ac.in

^[3] Assistant Professor, The IIS University, Jaipur, India

adults with respect to age and gender, i.e. 18- 35 years (early adulthood) and 45- 60 years (late adulthood), comprising a sample of 60 in each category. Hence the present study is entitled as, "Emotional Regulation and Well Being in Adulthood".

2.2 Objectives of the study

The present study shall be undertaken with the following objectives-

- to examine the correlation between Emotional Regulation (ER) and Well Being (WB) in adulthood.
- to study the difference between ER and WB in adults in the various age category i.e. 18- 35 years (early adulthood) & 45- 60 years (late adulthood).
- to study the gender difference between ER and WB in adults in the various age category i.e. 18- 35 years (early adulthood) & 45- 60 years (late adulthood).

2.3 Hypotheses of the study

The hypotheses are as follows:

Ho1 There would be no correlation between Emotional Regulation (ER) and Well Being (WB) in adulthood.

Ho2 There is would be no significant difference between ER in the age category i.e. 18- 35 years (early adulthood) and 45- 60 years (late adulthood).

Ho3 There is would be no significant gender difference ER in the various age category i.e. 18- 35 years (early adulthood) and 45- 60 years (late adulthood).

Ho4 There is would be no significant difference between WB in the age category i.e. 18- 35 years (early adulthood) and 45- 60 years (late adulthood).

Ho5 There is would be no significant gender difference WB in the various age category i.e. 18- 35 years (early adulthood) and 45- 60 years (late adulthood).

2.4 Variables

Main variables

- Emotional Regulation
- Well-Being

Background variables

- **Gender**
Male Adults
Female Adults
- **Age**
18-35 years (early adulthood)
45-60 years (late adulthood)

2.5 Sample of The Study

The sample populations are 120 adults from the various age category (60 in each category) i.e. 18- 35 years (early adulthood), and 45- 60 years (late adulthood).

2.6 Tools Used for Data Collection

Sl. No.	VARIABLES	TOOLS	CONSTRUCTED BY
1	Emotional Regulation	Emotional Regulation Questionnaire ^[8]	GROSS, J.J., & JOHN, O.P. (2003)
2	Well-Being	Well-Being Index ^[9]	WHO (2006)

2.7 Statistical Analysis

The data was statistically analyzed by student's t-test and SPSS 15 version 20 using mean, SD and t test.

III. RESULT AND DISCUSSION

Data analysis divided in to two parts.

3.1 Part-1 Correlation test

3.2 Part-2 't' test

3.1 Part-1 Correlation test

1. Correlation between Emotional Regulation and Well-Being of adulthood.

Table 1 shows that the correlation between emotional regulation and well-being is not strongly significant most probably because of emotional regulation only manage or control emotions and emotional reaction but well-being includes various aspects like physical well-being, emotional & psychological well-being, social & economic well-being, life satisfaction, development and activity, engaging activities and work.

3.2 Part-2 't' test

2. Comparison of Emotional Regulation of adults with respect to age and gender.

Table 2 shows that there is no significant difference in the Emotional Regulation in Early and Late Adulthood at 5%. They are equal to each other in emotional regulation because Emotion regulation skills develop over the course of infancy and childhood and continue to mature during adolescence. In adulthood, they become able to understanding and balancing the emotions and managing or modifying emotional reactions too whether it is early or late adulthood. There is no significant difference in the Emotional Regulation in male and female Adulthood at 5%. They are equal to each other because emotion regulation skills developed equally in adulthood whether it is male or female. In adulthood, they become able to understanding, managing and modifying their emotions and emotional reactions effectively.

3. Comparison of Well Being of adults with respect to age and gender.

Table 3 shows that there is extremely significant difference in Well Being of early and late adulthood at 5%. The early adulthood has much better well-being as compared to the late adulthood, most probably because of better status of health, relationship, economic, living condition and less burden or life stresses. Also early adults with high levels of well-being are more productive at work and are more likely to contribute to their communities. There is no significant difference in the Well-Being in male and female at 5%. They are equal to each other because now days, whether it is male or female both are more productive at work and are equally contribute to their communities.

Table-1 Correlation between Emotional Regulation and Well-Being of Adulthood

Variables	N	Value of 'r'
Emotional Regulation and Well-Being	120	0.062

Table-2 't' value table of Emotional Regulation with respect to age and gender.

Age Group	Mean	N	S.D.	't' value	Level of significance
Early Adulthood (18-35 yrs.)	43.4	60	4.25	0.303	Not Significant
Late Adulthood(45-60 yrs.)	43.1	60	4.76		
Gender	Mean	N	S.D.	't' value	Level of significance
Males (18-60 yrs.)	43.2	60	4.52	0.101	Not Significant
Females (18-60 yrs.)	43.3	60	4.51		

Table-3 't' value table of Well-Being with respect to age and gender

Age Group	Mean	N	S.D.	't' value	Level of significance
Early Adulthood (18-35 yrs.)	56.0	60	9.14	5.57	Significant
Late Adulthood(45-60 yrs.)	48.0	60	6.34		
Gender	Mean	N	S.D.	't' value	Level of significance
Males (18-60 yrs.)	52.8	60	9.79	0.996	Not Significant
Females (18-60 yrs.)	51.2	60	7.68		

IV. CONCLUSION

- Both are differ to each other because emotional regulation only manage or control emotions and emotional reaction but well-being includes various aspects like physical well-being, emotional & psychological well-being, social & economic well-being, life satisfaction, development and activity, engaging activities and work.
- Emotional regulations in early and late adulthood are equal to each other because of emotion regulation skills are fully developed till adolescence.
- The well-being of early adulthood has much better as compared to the late adulthood, most probably because of better status of health, relationship, economic, living condition and less burden or life stresses.
- Male and female has equal well-being because both are more productive at work and are more likely to contribute to their communities in now days.
- Suggestion is given for the further study is that if we conduct a comparative study between lower-economic and high-economic status or literate and illiterate people so we get better result.

V. REFERENCES

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