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A REVIEW ON THE PSYCHOLOGY OF EMOTION REGULATION

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ABSTRACT

The current article provides an overview of recent research in the field of emotional dysregulation psychology. Emotion regulation controls when emotional responses begin and ends, as opposed to emotional sensitivity, which determines when emotional responses begin. The goals and purposes of emotion regulation are two of the most feasible categories for categorizing emotion control methods. Attention, information, and physical reactions are some of the emotion-generating systems that are addressed in emotion control. Emotion regulation serves a variety of purposes, including fulfilling hedonic wants, enabling the global personality system, and supporting particular goal pursuits. When it comes to emotion regulation, this means that an undesirable Emotional reaction must occur first before any emotion control can occur. Although people's main emotional reaction is not yet controlled, it is an important input for the monitoring and control mechanisms that make up emotion regulation. The goals and functions of emotion-regulation techniques are categorized, and relevant empirical evidence is examined. Emotion regulation appears as one of the most far-reaching and important processes at the intersection of cognition and emotion throughout this study.

KEYWORDS: *Emotion regulation, Affect regulation, Self-regulation, Coping, Psychological defense.*

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