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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.*

1. INTRODUCTION

Emotions are often depicted as irresistible forces that have a broad impact on conduct. However, there is evidence to think that individuals are far more adaptable when it comes to coping with their emotions. People can influence almost every element of emotional processing, including how emotion directs attention, the cognitive evaluations that form emotional experience, and the physiological repercussions of emotion, as it turns out. Emotion regulation refers to these and other mechanisms by which individuals control their own emotions. Emotion regulation has been related to a variety of key outcomes, including mental and physical health, relationship satisfaction, and job performance. As a result, it seems that learning more about the psychology of emotion regulation is critical. Emotion-regulation research has exploded in the last ten years. According to the PsycInfo database,

more than 700 journal papers have appeared with the phrase "emotion regulation" in the title or abstract since the previous review on the subject was published in *Cognition and Emotion*. When work on closely related subjects like mood regulation, affect regulation, and coping is taken into account, the number of relevant articles increases by several times. The study of emotion regulation has become one of the most active fields of modern psychology due to the enormous rise in research output. Simultaneously, integrating the fast accumulating results and ideas has become more essential. The interdisciplinary character of emotion regulation research, which encompasses developmental, cognitive, social, personality, and clinical psychology, as well as, more recently, cognitive and affective neurosciences and psychophysiology, adds to the need for integration. The current article is a comprehensive overview of recent studies on the psychology of emotion regulation. The amount of relevant literature is much too vast to be addressed in detail.

As a result, the current paper prioritizes concepts and results having wide significance for emotion regulation psychology. The development and diseases of emotion regulation have already been discussed elsewhere, therefore the focus of this article is on emotion regulation in healthy people. In the next few lines, I'll go over what emotion regulation is and how it differs from other types of emotion processing[1]. Following that, I examine empirical studies on emotion-regulation methods and explore various ways to categorizing emotion-regulation strategies. Finally, I summarize the major points of the paper and propose directions for future emotion regulation research[2].

1.1 Emotional Control:

People are constantly exposed to a range emotion arousing stimuli in their daily lives, ranging from internal feelings like an upset stomach to external events like juicy gossip about a coworker or music played in supermarkets. People participate in some kind of emotion regulation nearly all of the time, based on the fact that these types of inputs only rarely elicit full-blown emotions. Emotional regulation psychology 5 Regulation may also show itself in more overt ways. Individuals may quickly shift their attention away from dangerous stimuli, people may heal painful events by writing about them, and people may choose to strike a pillow rather of striking out at the real source of their anger, according to trustworthy observations. People resist getting swept away or "hijacked" by the situation's initial emotional effect in each of the aforementioned situations. Emotion regulation may therefore be described as a collection of mechanisms through which individuals attempt to alter their emotions' natural flow. The external environment has also been addressed in certain methods to emotion control. For example, developmental research suggests that caregivers may play an important role in regulating children's emotional states, while environmental research suggests that natural environments promote faster stress recovery than urban settings[3].

People may enhance, maintain, or reduce good and negative feelings during emotion management. As a result, emotion regulation often entails alterations in emotional responses. These changes may occur in the kind of emotions individuals' experience, when they experience them, and how they feel and express them. Notably, the emotional alterations induced by emotion management may or may not get individuals closer to the intended emotional state. Indeed, some techniques of emotion control have the unintended consequence of causing the exact emotional consequences that individuals are trying to avoid. Emotion regulation may also go wrong in other ways, resulting in individuals displaying unpleasant feelings despite their best attempts to prevent them. When there are People who are persistently unable to control their emotions may severely impair psychological functioning. Chronic emotional regulation deficiencies do, in fact, play a role in all main types of psychopathology[4].

1.2 Emotion Regulation's Scope:

Emotions are made up of many components, including a more or less cohesive cluster of valence (positive or negative) behavioral and physiological reactions, as well as particular thoughts and emotions. Because emotion regulation affects people's emotions, it's no surprise that its impacts may be seen in all aspects of emotional response, including behavior, physiology, thoughts, and feelings. Each emotion, according to certain traditional theories of emotion, causes a distinct pattern of behavior, physiology, thoughts, and emotions. The data does not, however, support the existence of distinct emotional states. Instead, emotional responses seem to be structured around a few key characteristics, such as valence, arousal, and avoidance of contact. As a result, the impact of emotion regulation on people's emotional states is likely to be multidimensional[5]. To put it another way, emotion regulation may be less concerned with moving individuals into and out of distinct emotional states like anger, sorrow, or pleasure. Emotion regulation, on the other hand, may alter people's emotional states along dimensions including valence, arousal, and avoidance of confrontation. Mood control, stress management, and affect regulation are all closely linked to emotion regulation. Although these notions may be distinguished linguistically, they have a significant amount of substantive overlap. Core affect, or fundamental states of feeling happy or unpleasant, invigorated or enervated, is at the center of all emotional states. Changing core affect is always the goal of regulating particular emotions, moods, stress, and diffuse affect. Furthermore, the empirical boundaries between these many emotion categories are hazy. Given these reasons, it appears most useful to think of emotion regulation as including the control of all emotionally charged states, such as distinct emotions, mood, stress, and affect. Eventually, more fine-grained differences between various kinds of emotional states that are controlled may be feasible. However, for the time being, a comprehensive understanding of emotion regulation holds the most promise in terms of revealing the fundamental principles that underpin different emotion regulating actions[6].

1.3 Emotional Sensitivity vs. Emotion Regulation:

The difference between emotion regulation and other types of emotion processing has long been a point of contention. Observing the distinctions between controlled and unregulated emotions seems to be a simple method. Unfortunately, making this comparison is not always easy. People have a remarkable ability to control their emotions. As a result, it's not always apparent "where an emotion stops and regulation starts." The time development of an emotional reaction provides a conceptual answer to this issue. Figure 1 depicts the evolution of an emotional reaction over time to demonstrate the difference between emotional sensitivity and emotion control. To keep things simple, the graph simply depicts one emotional reaction with a single maximum intensity. The entrance gradient, or the steepness with which the emotional reaction achieves its full intensity, represents emotional sensitivity[7].

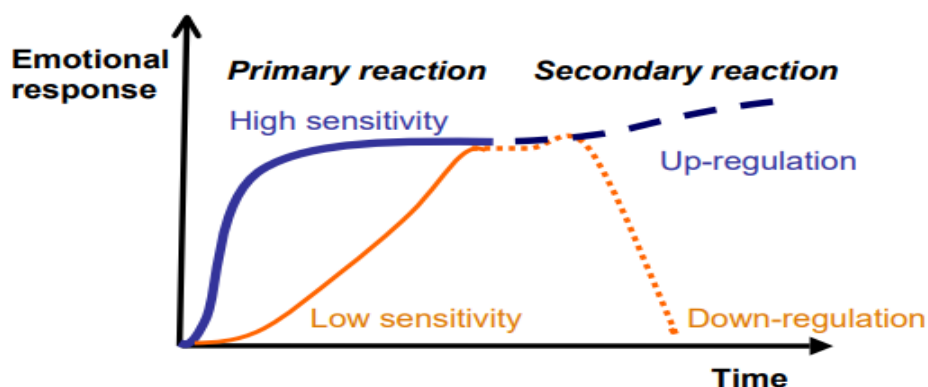


Figure 1. Model of emotional sensitivity vs. emotion regulation.

Any element that affects people's first emotional response to a situation, such as the type of the stimuli they encounter, personal traits, and the wider scenario, determines emotional sensitivity. The exit gradient, or the steepness with which the emotional reaction returns to a neutral baseline, is represented in Figure 1 as the offset of the emotional response. The exit gradient is influenced by variables that are part of the emotion regulation process. Emotion regulation, like emotional sensitivity, is influenced by the person's qualities, the stimuli they experience, and the larger context[8].

1.4 Person-oriented emotion regulation:

Person-oriented emotion regulation preserves the integrity of a person's whole personality system, which includes all of a person's wants, objectives, and emotion regulation psychology. 25 Motives, and other self-aspects were downloaded. The comprehensive emphasis of person-oriented emotion regulation is one of its initial distinguishing features. Person-oriented emotion regulation is directed toward the functioning of the entire person, while need-oriented and goal-oriented emotion regulation concentrate on elements of emotional or task-related functioning. Contextual sensitivity, which is manifested in the capacity to switch between various motivational, cognitive, or emotional components in a context-appropriate way, is a second hallmark of person-oriented emotion regulation. Integration is a third hallmark of person-centered emotion regulation, as evidenced by the coordinated functioning of personality systems that have traditionally been considered mean spirited, including such positive versus negative emotions, body vs mind, passion vs reason, and top-down versus bottom-up processing[9].

2. LITERATUREREVIEW

Burkitt et al., who are addressed in this article, adopt a critical approach to emotion regulation, arguing that the notion has to be supplemented by a relational perspective on emotion production and restraint. The relational approach to emotion is charted, and the "two-step" paradigm of emotion regulation is challenged. As a result, a more multidisciplinary approach to emotion is created, focused on appraisal theory, utilizing ideas from social science to demonstrate the limitations of instrumental, individualistic, and cognitivist orientations in the psychology of emotion regulation. I propose an ontological perspective in which social connections create the basic settings in which emotions are produced, toned, and controlled, such that regulation is decentered and viewed as simply one instant or feature in the relational patterning of emotion, using a social symbolic interaction perspective[10].

3. DISCUSSION

Emotion management methods that are focused on the individual enhance the overall health of the personality system. Some person-centered emotion control methods depend on counter-regulation, a process in which people's attention is directed to information that has the opposite emotional valence as their present emotional state. Person-centered emotion management, on the other hand, may promote cognitive integration of unpleasant emotional experiences via activities like expressive writing. Integration of emotional events throughout time may result in a large autobiographical knowledge base, which may be used to further promote person-oriented emotion control. Controlled breathing and gradual muscular relaxation are examples of bodily types of person-oriented emotion management. Whether it addresses attention, knowledge, or the body, person-centered emotion management is linked to long-term benefits. A single stated objective, task, or standard drives goal-oriented emotion control methods. Some of the most successful goal-oriented techniques divert attention away from stimuli that may elicit negative feelings. Distracting activities that require the use of working memory resources have been found to be especially effective. Other moderately successful goal-oriented methods use cognitive reappraisal, a technique that alters the emotional impact of events by altering people's perceptions of them. Through

processes like expressive repression, reaction exaggeration, or venting, some of the least successful goal-oriented methods target physical manifestations of emotion. Overall, cognitive methods seem to be more successful than physical strategies in the area of goal-oriented emotion control.

4. CONCLUSION

The purpose of this article was to examine recent research and results in the field of emotion regulation psychology. Emotion regulation is a collection of mechanisms through which individuals attempt to regulate the natural flow of their emotions. Emotion regulation, in a general sense, refers to the collection of mechanisms by which individuals regulate all of their emotionally charged states, such as particular emotions, affect, mood, and stress. The ease with which individuals can exit a certain emotional state is determined by emotion management. It may therefore be differentiated from emotional sensitivity, which refers to how readily individuals can get emotionally involved. There is currently no agreed-upon and scientifically verified taxonomy of emotion-control techniques. Nonetheless, researchers have discovered a number of higher-order categories that may serve as the basis for such a classification. The emotion-generating systems addressed in emotion regulation and the psychological functions of emotion regulation are presently the most feasible higher-order categories for categorizing emotion control methods. Attention, cognitive emotion-relevant information, and physical the psychology of emotion regulation 29 downloaded expressions of emotion are among the main objectives of emotion control. The fulfillment of hedonic wants, the support of goal pursuits, and the preservation of the global personality system are all important psychological roles of emotion regulation. The research on emotion-regulation techniques was found to benefit from a dual categorization in terms of goals and functions. Turning attention away from unpleasant information or toward positive information; interpretive biases; and physical behaviors such as binge eating or smoking are all examples of need-oriented emotion regulation. Distraction techniques such as cognitive load and reappraisal, as well as physical behaviors such as expressive suppression, reaction exaggeration, and venting, are all part of goal-oriented emotion management. Finally, attentional counter regulation techniques such as expressive writing or accessing autobiographical memories, as well as physical actions such as regulated breathing and gradual muscular relaxation, are included in person-oriented emotion regulation. Each of these methods has strong empirical support, but additional research is needed to fully comprehend their underlying mechanisms. Some may be concerned that increasing people's ability to regulate their emotions would necessarily limit their emotional experience. In reality, evidence shows that the reverse is true. Emotional restraint leads to a deeper and more distinct understanding of one's feelings, according to Chinese poetics and Confucian philosophy. Empirical data supports this theory, indicating that people with strong emotion-regulation skills have higher self-reflexivity and a deeper understanding of their emotions. As individuals discover new and more powerful methods of controlling their feelings, their emotional lives are likely to be enhanced.

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