

Emotion Regulation Questionnaire Validation and Psychometric Properties in Kuwait Teachers

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Description

Emotion has been identified as an important factor in many academic outcomes, and a great deal of effort has been made to clarify the influence of emotional regulation in academic and educational settings. Response-trend perspective, emotional responses/results are the product of individual emotional response-trends (ER strategies) that are considered adaptive reactions to a previous stressor (e.g., uncomfortable situation). The degree of teachers' burnout depends on whether he/she uses an adaptive or maladaptive ER strategy to control work-related stress. Emotion regulation encompasses both conscious and unconscious processes, positive and negative emotions, as well as the generation, reduction and maintenance of emotions. It is likely to have a central role in both severe and less severe forms of mental health and psychiatric disorders, such as anxiety, depression vulnerability, borderline personality disorder and anorexia nervosa.

Dealing with various emotions is especially important for employees in the health care field. Researchers have conducted numerous studies on how to best cope with feelings because emotions are essential elements that influence how effective people are in guiding their individual lives and careers. There are two primary research frameworks on emotion management. One is emotion regulation research, which focused on individuals' emotion regulatory processes to modulate emotions, and the other is emotional labor research, which focused on employees' emotion management to meet the organization's objectives. The concept of emotion regulation has received a lot of attention in studies with adults, children, and from a neuroscience standpoint. The growing popularity of emotion regulation is evidenced by the increasing number of popular and scientific books. Realizing that successful emotion management is the key to an individual's well-being, educational researchers have produced several studies using it. It is unclear how emotion regulation differs from other concepts such as self-regulation, emotional intelligence, emotion, and temperament.

The emphasis on internal and external context, monitoring and

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change is reflected in current influential definitions of emotion regulation. Only a few will be discussed here, as they are most relevant to the developmental neuroscience literature. There are two main strategies for emotional regulation; cognitive reappraisal altering the emotional significance of an emotional situation, such as by reinterpreting an unpleasant situation in general, while expressive suppression alters emotional expression, it may be less effective in modulating emotional experiences. Expressive suppression, when compared to cognitive reappraisal, carries physiological costs that may jeopardize health. Deficits in emotion regulation have been linked to symptoms of depression, anxiety disorders, borderline personality disorder, eating disorders, substance abuse, attention deficit hyperactivity disorder and bipolar disorder.

Conclusion

The emotional regulation deficits are not only symptoms of mental disorders, but also risk and maintenance factors for mental health problems such as depression, anxiety disorders, borderline personality disorder, or eating disorders. Psychological interventions that specifically target improving emotion regulation skills prove too effective for a wide range of mental disorders. Emotion regulation, for example, is a core skill taught in dialectical behavior therapy. Dialectical behavior therapy (DBT) is effective in reducing depression in people with BPD and has at least preliminary evidence indicating efficacy in the treatment of chronic depression, substance abuse, and eating disorders.