

Role of Emotion Regulation in Anxiety: A Study among Adolescents

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Abstract

The present study focuses on the role of emotion regulation and emotion regulation difficulties in anxiety among adolescents. Two questionnaires related to Cognitive emotion regulation (CERQ) and Difficulties in emotion regulation (DERS) were used to encompass the wider aspect of emotion regulation phenomena. Data were collected from 400 (212 females and 188 males) school going adolescents. The data were subjected to Pearson's Product moment correlation and Stepwise Multiple Regression analysis. The findings revealed significant positive correlation between maladaptive cognitive emotion regulation strategies, difficulties in emotion regulation and State and Trait anxiety whereas a significant negative correlation was found between adaptive emotion regulation strategies, difficulties in emotion regulation and State and Trait anxiety.

Keywords: Emotion Regulation, Anxiety, Adolescents