



ELSEVIER



Available online at www.sciencedirect.com

ScienceDirect

Procedia - Social and Behavioral Sciences 159 (2014) 142 – 146

Procedia
Social and Behavioral Sciences

WCPCG 2014

Personality, Family Correlates and Emotion Regulation as Wellbeing Predictors

Bujor Liliana ^a *, Turliuc Maria Nicoleta ^a

^a Alexandru Ioan Cuza University, Iași, 700 506, Romania

Abstract

This research integrates three concepts (personality, family correlates and emotion regulation) in a predictive model of wellbeing. We measured the impact of the personality structure, the adult attachment style, the style for socializing internalizing and externalizing emotions and the emotion regulation strategies (cognitive reappraisal, expressive suppression) on general wellbeing. A set of eight self-administered scales were filled up by 516 subjects, aged between 14 and 34 ($M = 18.62$; $SD = 3.32$). The results show that emotional stability predicts wellbeing on all four dimensions: positive affects, negative affects, emotional distress and life satisfaction. Emotion regulation strategies are predictors for (positive and negative) affects only, and not for emotional distress or life satisfaction.

© 2014 Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/3.0/>).

Peer-review under responsibility of the Academic World Education and Research Center.

Keywords: personality; emotion socialization; attachment; emotion regulation; well-being.

1. Introduction

Wellbeing takes shape under the action of several factors involved in the different stages of personal existence: personality factors such as innate dimension, family correlates and the strategies used by parents in the socialization of emotions in the early existence of the child, as well as the quality of interactions in adolescence or youth. Emotion regulation strategies that crystallize both the hereditary and environmental influence become a response in itself to the action of the emotional impacting events.

* Bujor Liliana, Tel.: +4-075-195-0316
E-mail address: bujorl@usv.ro

1.1. Theoretical fundamentals

The research concepts are integrated into the theoretical models based on which we selected both the working definition and operationalization method. The *Big Five model* provides a comprehensive representation of the personality structure, as defined by the following factors: extraversion, friendliness, conscientiousness, emotional stability and autonomy. According to the *Emotion Socialization Model* (Malatesta Maga, 1991 in Maga et al., 2004) there are five strategies that parents use in socializing emotions in early childhood: reward, punishment, avoidance, neglect and amplification. Each of these styles has a variable emotional impact depending on the type of emotion and also on the parent (the mother's answer has different consequences from the father's). Emotion regulation (ER), which is a complex and multifaceted concept that marks wellbeing and also the risk for psychopathology, is approached from the perspective of the *Process Model Of Emotion Regulation* (Gross & John, 2003) based on which two ER strategies are delineated : cognitive reappraisal (CR) and expressive suppression (ES). Although wellbeing is varyingly operationalized in the relevant literature, a comprehensive review of studies in this area found a number of constant variables: *life satisfaction, high levels of positive affects and low levels of negative affects* (Schutte, Manes & Malouff, 2009; Hague, Kraft & Corby, 2009). In this paper, wellbeing will be operationalized through: *positive affects, negative affects, emotional distress and life satisfaction*.

1.2. Empirical evidence

In terms of personality factors, extraversion and neuroticism are two fundamental traits that reflect individual differences in the positive and negative affects (Canli, Ferri & Duman, 2009). Recent studies have even managed to advance causal explanations in this direction: neuroticism and extraversion influence the positive and negative affects indirectly through cognitive reappraisal, while expressive suppression has no mediating role for neuroticism, nor for extraversion (Wang, 2009). The strategies that parents normally use in socializing negative emotions (sadness, anger, shame, fear) in different periods of development (childhood, adolescence) lead to mental health consequences (Mirabile, 2009). The significant correlations between the negative emotion socialization styles and the internalizing issues are a constant outcome of multiple research (Klimes-Dougan & Brand, 2010, Silk et al., 2011; Klimes-Dougan, 2007). Gullone (2005), Armsden & Greenberg (1987) found interesting results regarding the attachment to parents in late adolescence - the attachment of this period correlates with self-esteem, life satisfaction and affective status, and is associated with a tendency to use problem solving-oriented coping strategies. The data on the influence of emotions and emotion regulation strategies on wellbeing are consensual - emotions and especially the regulation of emotion are directly involved in reporting wellbeing (Khosla, 2012). However, the research results on specific ER strategies, such as suppression, are contradictory: ES is associated with a low level of satisfaction and wellbeing (John & Gross, 2004), whereas the behavioral modulation of the response through ES is associated with high levels of life satisfaction and positive moods (Schutte, Manes & Malouff, 2009). Cognitive reappraisal is positively correlated with wellbeing, life satisfaction, positive affects (independent effect of extraversion) and negatively with depressive mood and negative affects (Haga, 2009; Sheppes & Meiran, 2007).

2. Methodology

2.1. Participants

The lot comprises 516 subjects, 342 girls and 174 boys, 273 adolescents, 243 youngsters, aged between 14 and 34 ($M = 18.62 \pm 3.32$). In order to control the *type of family of origin* variable, we have only selected those questionnaires given by respondents coming from families in which both parents are biological.

2.2. Procedure

Participants completed the questionnaire individually, with no time limit. The application lasted 50 minutes on average and was conducted during seminars (for students) or classes (for pupils). Throughout the application and administration of the questionnaires, the researcher was present to answer any questions and to collect the completed instruments.

Download English Version:

<https://daneshyari.com/en/article/1112377>

Download Persian Version:

<https://daneshyari.com/article/1112377>

[Daneshyari.com](https://daneshyari.com)