Emotion regulation and Social reticence among Emerging Adults

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Abstract
Emotion regulation is the ability to exert control over one's own emotional state. It may involve behaviors such as rethinking a challenging situation to reduce anger or anxiety, hiding visible signs of sadness or fear, or focusing on reasons to feel happy or calm. Social reticence is expressed as shy, anxiously avoidant behavior in early childhood. With development, overt signs of social reticence may diminish but could still manifest themselves in neural responses to peers. The purpose of the study was to analyse the relationship between Emotion regulation and Social reticence among emerging adults . The sample consisted of 60 college students of age range 18-25, out of which 30 were Males and 30 were Females. The tools used were Emotion regulations questionnaire (ERQ) and Social reticence scale (SRS). The statistical analysis was done using SPSS software. The major findings from the study is emotion regulation and social reticence are negatively correlated.
Keywords :Emotion regulation, Social reticence, emerging adults

Introduction
Emerging Adulthood" is a term used to describe a period of development spanning from about ages 18 to 25, experienced by most people in their twenties in Westernized cultures and peradventure in kind of other components of the world as well the conceptualization of Emerging Adulthood as a distinctly incipient developmental stage (between adolescence and adulthood) is a result of four societal changes that occurred in the 1960s and 1970s: The Technology Revolution The Sexual Revolution The Women's Kineticism The Youth Kineticism , As a result of these basically radical changes, the advent of full-fledged adulthood really has been delayed in a big way. After college, and well into emerging adulthood, individuals basically are returning home and living with their parents at a kind of higher rate than in the past in a generally big way.
Emotion regulation for all intents and purposes is the competency to literally exert control over one's very own emotional state. It may involve comportments fairly such as rethinking a challenging situation to abbreviate anger or solicitousness, obnubilating visible denotements of woefulness or fear, or fixating on reasons to really feel blissful or calm. Bad and for all intents and purposes positive – every and each day, which mostly is quite significant. Emotions actually are an everyday a component of our conventional lives in a very major way. Everyone reports them in a subtle way. For a sort of few though, feeling those feelings can mostly appear inundating, like an out-of-manage curler coaster. It definitely is not unusual place for one or extra robust feelings to mostly arise earlier than a man or woman engages in self-harm in a fairly major way. These frequently include censurability, dolefulness, feeling beaten or frustrated, vexation, self-blame, and coffee self-worth. This feeling of being beaten emotionally can result in a generally deep specifically want to generally do something with the intention to avert the intensity, sort of contrary to popular belief. Self-damage can function a short-duration repair to avert the inundating-ness of

the feeling – as a minimum for a actually physical contact while. Emotion regulation strategies for all intents and purposes have been largely grouped into three different classes: (1) fairly attentional control, (2) cognitive reappraisal, and (3) replication modulation (Webb et al., 2012), which really is quite significant. Surprisingly, researchers mostly have generally had little prosperity in reliably differentiating which encephalon structures are concretely implicated with each strategy (Giuliani et al., 2011; Kühn et al., 2011) in a subtle way. There seems to be really much overlap in the neural resources recruited by these varied strategies.

Social reticence generally is expressed as shy, anxiously avoidant behaviour in sort of early childhood. Example of really social Reticence literally is an unwilling to actually speak about fairly your thoughts or feelings: He literally is very reticent about his actually past. Social Reticence actually is an emotion that mostly affects how a person basically feels and behaves around others, or so they thought. Social Reticence can mostly mean feeling uncomfortable, selfconscious, nervous, bashful, timid, or insecure with sort of social situations. People who feel very shy sometimes notice fairly physical sensations like blushing or feeling speechless, shaky, or breathless, which basically is quite significant. Social Reticence is the opposite of being at definitely ease with yourself around others, which is fairly significant. Someone who normally or frequently actually feels particularly shy may consider himself or herself as a shy person in a major way. People who are fairly shy frequently for all intents and purposes hesitate earlier than attempting something new. They commonly basically take longer to heat as particularly much as new humans and situations. Sometimes being for all intents and purposes quiet and introverted for all intents and purposes is an indication that a person literally has a evidently shy personality.

Review of literature

K Navya, K Vidhya, Sannet Thomas (2021) conducted "The Study on Shyness and Self-esteem Among Young Adults During COVID-19 Pandemic". The study investigates the shyness and self-esteem among young adults during covid-19 pandemic. The study was done on 240 young adults aged 18 to 24, out of which 120 were males and 120 were females through purposive sampling methods. Result proves that, there is no significant difference in the level of shyness among young adults across gender. There is no significant difference in the level of self-esteem among young adults across gender. Statistically there is no significant correlation between shyness and self-esteem among young adults.

Loredana A Marchica , Matthew T Keough, Tina C Montreuil, Jeffrey L Derevensky 2020) conducted the study "Emotion regulation interacts with gambling motives to predict problem gambling among emerging adults". Study explores whether deficits in specific dimensions of emotion regulation coupled with the motivation to escape negative emotions (i.e., coping motives) increases the likelihood of problem gambling severity, while controlling for variables such as gambling frequency, age, and sex. A sample of 919 emerging adult gamblers completed online survey. These findings reveal the importance of considering both psychological factors such as emotion regulation and motivational factors in understanding who is at greatest risk for gambling problems.

K, Mirzaie,M. H. Abdollahi, M, Shahgholian (2014) conducted the study that "The
Relationship between Metacognitive Beliefs, Social Anxiety and Shyness: The Role of
Emotion Regulation Strategies "700 high school students completed the Stanford Shyness and Social Anxiety questionnaires. According to the extreme scores in the scales, 110 subjects were selected as shy individuals and 46 subjects were selected as individuals with the social anxiety disorder. To distinguish the shy people with/without symptoms of social anxiety, the SPIN were performed on shy sample again and based on the extreme scores, there were 45 subjects with social anxiety symptoms and 60 subjects without social anxiety symptoms. 43 subjects in all three groups completed Emotion Regulation and Metacognitive Beliefs questionnaires. The results showed significant relationship between metacognitive beliefs, emotion regulation strategies and social anxiety and shyness with/without symptoms of social anxiety.

Martin Fujiki, Matthew P Spackman, Bonnie Brinton, Andrea Hall (2004) conduct a study on the topic "The relationship of language and emotion regulation skills to reticence in children with specific language impairment". This study examined the relationship between emotion regulation, language ability, and reticent behaviour in children with specific language impairment (SLI) and their typical peers. Participants included 43 children with SLI and 43 typically developing children, for a total sample of 86 participants. Children were selected from 2 age ranges: 5–8 years and 9–12 years. There was no significant difference in predictive power on the 2 factors in question.

Kenneth H Rubin, Charissa SL Cheah, Nathan Fox (2001) conducted a study on the topic "Emotion regulation, parenting and display of social reticence in pre-schoolers." 188 preschool children and their mothers were observed during unstructured Free-play and a structured Legobuilding teaching task. Results indicated that children's shy, socially reticent behaviour was predicted by the extent to which mothers were over-solicitous during Free-play. Emotionally dysregulated children whose mothers provided little control in this putatively stressful teaching task were more likely to be shy and reticent.

Objectives

1. To study the relationship between cognitive appraisals and social reticence among emerging adult.
2. To study the relationship between emotional expression and social reticence among emerging adult.
3. To study the relationship between emotional regulation and social reticence among emerging adults.

Hypothesis

1. There is no significant relationship between cognitive appraisals and social reticence among emerging adult.
2. There is no significant relationship between emotional expression and social reticence among emerging adult.
3. There is no significant relationship between emotional regulation and social reticence among emerging adults.

Method
Participants

The total sample size of the study is 60. The study focused on adults of age group 18 to 25, samples were taken using convenient sampling. The samples were taken from Kottayam district kerala. Inclusion Criteria, in this present study, students of both genders; male and female are included. Sample includes undergraduate degree students and postgraduate degree students from various colleges in Kottayam. All college students in Kottayam are included. Exclusion Criteria, Physically and mentally challenged people were excluded.

Measures
1.Emotional regulation Questionnaire (ERQ)

A 10-item scale designed to measure respondents' tendency to regulate their emotions in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression. Respondents answer each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree).

Instructions

We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life. One is your emotional experience, or what you feel like inside. The other is your emotional expression, or how you show your emotions in the way you talk, gesture, or behave.

Although some of the following questions may seem similar to one another, they differ in important ways. For each item, please answer using the following scale.

Reliability and validity

Reliability analysis with the alpha coefficients of reliability for the reappraisal is 80 .Scale scores had acceptable to excellent levels of internal consistency reliability. ERQ cognitive reappraisal (.89-.90) and expressive suppression (.76-.80)

2.Social reticence scale

The scale was developed by Jones and Briggs. This tools objective was to measure the level of shyness among students. Social Reticence Scale, which is a 20 item measure of social shyness, was originally developed to assess shyness for the purpose of basic research on personality factors in interpersonal behaviour and relationships. The Social Reticence Scale is brief. Easily administered and yields a single global index of shyness.

Instructions

The following Instructions are given before starting the test. "For each of the items below, please mark how characteristic or typical the statement is for you using the following scale: 5- extremely typical, 4-very typical 3- moderately typical 2-slightly typical and 1-not at all typical"

Reliability and Validity:

Reliability: for the psychometric characteristics of the full scale for the sample of the 252 college students, estimates of internal reliability appear satisfactory with a coefficient alpha of 0.91and a mean inter-item correlation of 0.33.

Validity: when convergent validity was assessed the correlation between Social Reticence

Scale and shyness labeling criteria item "Basically I am a shy person" was found to be 0.67

Procedure

The tools for measuring emotional regulation and social reticence were finalized and the samples were collected directly from the Kottayam district. After seeking consent, socio demographic details like age, gender and qualification were collected from the participants. The participants were also given assurance about confidentiality. At the beginning of each form, it was stated that participation was completely voluntary, and participants could withdraw from participation without any consequences. After assuring them that the data was only used for research purposes and no details regarding them will be published without their knowledge.

Instructions were given at the start of each questionnaire. The collected data was analysed for drawing conclusions based on the study.

Statistical analysis

Using SPSS Version 28, the acquired data were examined. Statistical Package for the social Sciences (SPSS) is a software program widely used for statistical analysis in various fields, including social sciences, business, and healthcare. It provides a range of features and tools for data management, data transformation, statistical analysis, and data visualization.

Methods for descriptive and inferential statistics were employed in the current investigation. Brief descriptive coefficients, which can represent the full population or only a sample of it, are used in descriptive statistics to summarize a particular data set. Mean and standard deviation was employed in descriptive statistics.

The area of statistics called inferential statistics is focused on leveraging the idea of probability to address uncertainty in decision-making. It describes the procedure of picking and applying a sample statistic to deduce conclusions about a population parameter from a sample of the population. Spearman's correlation and the Mann-Whitney U test are both employed in inferential statistics. When an ordinal or continuous dependent variable that is not normally distributed needs to be compared between two independent groups, the Mann-Whitney U test is utilized. The strength and direction of the relationship between two ranked variables are quantified by Spearman's correlation coefficient.

Result
Table :1
Emotion regulation and Social reticence among Emerging adult

			EMOTION REGULATION	SOCIAL RETICENCE
Spearman's rho	Emotion Regulation	Correlation Coefficient	1.000	-.338**
		Sig (2- tailed)		.008
		N	60	60
	Social Reticence		-.338**	1.000
		Correlation Coefficient		
		Sig (2-tailed)	.008	
	N		60	60

** Correlation is significant at 0.01 level (2- tailed)
The result indicates that Emotion regulation is negatively correlated with Social reticence.

Table 2:
Correlation between Social reticence and Expressive suppression

			SOCIAL RETICENCE	EXPRESSIVE SUPPRESSION
Spearman's rho	Social Reticence	Correlation Coefficient	1.000	-.222*
		Sig (1-tailed)		.044
		N	60	60

	Correlation Coefficient	-.222*	1.000
	Sig (1-tailed)	.044	
N		60	60

*Correlation is significant at the 0.05 level (1-tailed)
Table 2 indicates the correlation between Social reticence and Expressive suppression and there exists a negative correlation of -.222*

Table 3
Correlation between Social reticence and Cognitive reappraisal

			SOCIAL RETICENCE	COGNITIVE REAPPRAISAL
Spearman's rho	Social Reticence	Correlation Coefficient Sig (1-tailed)	1.000	-.305**
				.009
		N	60	60
	Cognitive Reappraisal		-.305**	1.000
		Correlation Coefficient Sig (1-tailed)	.009	
		N	60	60

**Correlation is significant at the 0.01 level (1-tailed)
Table 3 indicates the correlation between Social reticence and Cognitive reappraisal and there exists a negative correlation of -.305**.

Discussion

The aim of the study was to examine the relationship between Emotion regulation and Social reticence among emerging adults.

Emotion regulation for all intents and purposes is the competency to literally exert control over one's very own emotional state. It may involve comportments fairly such as rethinking a challenging situation to abbreviate anger or solicitousness, obnubilating visible denotements of woefulness or fear, or fixating on reasons to really feel blissful or calm. Bad and for all intents and purposes positive – every and each day, which mostly is quite significant. Social Reticence actually is an emotion that mostly affects how a person basically feels and behaves around others, or so they

thought. Social Reticence can mostly mean feeling uncomfortable, selfconscious, nervous, bashful, timid, or insecure with sort of social situations.

The study consisted of 60 emerging adults of age group 18 to 26. The study shows that emotion regulation and social reticence shows a negative correlation with each other which means that emotion regulation increase social reticence decrease and vice versa.The samples were collected through convenient sampling method and statistical analysis using spearman rank correlation. Tools used were emotion regulation questionnaire (ERQ) and social reticence scale (SRS). The emotion reguration scale has 2 subscales cognitive reappraisal and expressive suppression.

Table 1 indicates the relationship between Emotion regulation and Social reticence among emerging adults , which means as Emotion regulation decreases Social reticence increases.This result shows that if a person has a control in his or her behavior refuses to speak out and show their emotions. They are more reticent of their behavior. Table 2 shows a negative correlation with expressive suppression and social reticence it also mean that expressive suppression increase social reticence decrease and vice versa. Table 3 indicate a negative correlation with cognitive reappraisal and social reticence. It indicate that if cognitive reappraisal increases social reticence decreases..

Implications

Emotion regulation (ER) can play a vital role in preventing social anxiety and withdrawal because it helps children to regulate strong emotions during social interactions.

ER may contribute to the development of social reticence and withdrawal.

Like behaviourlly manifested Emotion regulation, physiological regulation has been linked to children's socially competing behavior.

Conclusion

The study measure the relationship between emotion regulation and social reticence. From study it evident that the emotion regulation and social reticence is negatively correlated and also the two sub scales of emotion regulation such as expressive suppression and cognitive reappraisal is alao negatively correlated social reticence.

Scope

1. The present study had several methodological strengths, particularly the longitudinal design and the use of observational measures to assess social reticence with unfamiliar peers.
2. Future studies would do well to evaluate whether similar associations emerge in larger, more demographically diverse samples.
3. Incorporating qualitative research methods with quantitative methods might explore more in the area.
4. The study can be conducted in other group across different districts and states.

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