

Emotional Regulation & Optimism as Predictor of Self Efficacy among Young Adults in India

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ABSTRACT

Young adult hood stage is an important period in human development characterized by rapid changes in physical, sexual, cognitive and emotional context of an individual. This period is known as the transition period when adolescence move to the next stage of development .This study investigates the effect of emotional regulation and optimism on self-efficacy among young adults. For this purpose, 117 college students from various private colleges of Delhi NCR region were included and were assessed by Life-Orientation Test- Revised by S.C. Carver; Emotion Regulation Scale by John and Gross and General Self-Efficacy Scale by Schwarzer and Jerusalem. The results indicate that emotional regulation and optimism as a predictor of self-efficacy.

Keywords: *Emotional Regulation, Optimism, Self-Efficacy*

According to a current global index there are more young people in the world than ever before. In today's time there are 1.8 billion young individual ranging from 10-24 year, which is considered as the largest population of the world. Young adult is a period characterized by rapid changes in physical, sexual, cognitive and emotional context of an individual. This period is known as the transition period when adolescence move to the next stage of development i.e. adult, it is marked by physical changes like developing of secondary sexual characteristic, adorning new role and taking responsibilities like higher education, moving away from home or start a new job. In today's time this transition to adulthood take longer than in previous decades.

A longitudinal study by the National Institute of Mental Health (NIMH) stated that an adult brain is not matured to its full extent until they reach 25 years. The researchers said that the main changes occur in prefrontal cortex, which matures for another 10 years and cerebellum regions, which is associated with emotional control and other cognitive functioning. Another

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Received: July 5, 2018; Revision Received: July 16, 2018; Accepted: August 5, 2018

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part that undergoes change during this time is limbic system, which is often linked with emotions, behavior and motivation. The prefrontal cortex also deals with controlling of impulse and devising long-term strategies.

During this period of change the individuals who come under this category often face problems in regulating their emotions effectively or finding motivation to work efficiently and are often seen with low self-efficacy.

Emotion Regulation

Emotion regulation can be defined as an ability of an individual to respond to an ongoing demand of an experience with their extensive range of emotions, which are socially acceptable and which are flexible enough to permit or delay spontaneous reaction according to the need. This regulation of emotion is also known as the extrinsic or intrinsic processes, which are accountable for monitoring, evaluating and modifying of emotional reactions. It is not only including regulation of one's own behavior but also include regulation of other's feelings.

Young adults are constantly exposed to a wide array of potentially arousing stimuli, and sometime there are situation where the individual couldn't regulate their emotions effectively and leads to emotional dysregulation. Emotional dysregulation refers to troubles an individual face when s/he can't control their emotions adequately and can't organize their quality of action, thoughts and interaction. This leads to exhibiting patterns of mismatch goals, responses and can't fulfill the demands of the social environment. Therefore there are some strategies devised to regulate emotions better and avoid dysfunction.

Strategies to regulate emotions

- ***Situation selection:*** This strategy helps an individual to choose to avoid or approach a situation according to the relevance of it. Suppose an individual decides to engage or approach a situation which requires an emotional response then there is a high probability that the person will be experiencing some kind of an emotions. But if an individual decides to avoid the situation then the person won't experience any emotion. This task of selecting the situation is not easy for the individual as the person can't understand beforehand which emotionally relevant situation to approach and which one to avoid.
- ***Situation Modification:*** It requires a change in the situation to change its impact on emotional response. This change can be of two types: external i.e. physical environment like changing the scenery that is causing emotional turmoil and the second type is internal i.e. the cognitive change like inserting humor in a serious speech.
- ***Attentional Deployment:*** This strategy helps in diverting the attention of the individual in other direction, which is away from the emotional situation. Some of the examples of this strategy are:-

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(i). *Distraction*: As the name suggest this help in averting an individuals attention from an emotional situation to a different situation which is not related to it. This method is generally used by an individual to filter out high intensity emotional content which otherwise would have affected appraisal and processes.

(ii). *Rumination*: This is a maladaptive emotional regulation strategy, which increases the emotional distress by focusing on one's distress and the cause and consequence of the symptom. This was seen as a host for many disorders such as major depression.

(iii). *Worry*: This helps in directing the thoughts of an individual towards the negative aspect of an event. This results in intense negative emotion and an impact on physiological activity. This is also considered as one of the maladaptive emotional regulation strategy.

(iv). *Thought Suppression*: This method help an individual to divert their thoughts on other content than the one causing them distress, hence modifying one's emotional state. But this relief is temporary as it leads to spurring of more unwanted thoughts. This often forms a pattern, which is known as obsessive-compulsive.

- **Cognitive Change**: This method helps altering one's appraisal of a situation so that the individual can change it's meaning, emotionally. Some of it's example are:-

(i). *Reappraisal*: This involve reinterpreting the situation so they can alter it's emotional impact. By reinterpretation of the situation the individual try to see the bigger picture and try to adjust their emotional response accordingly. This helps the individual in decreasing subject, physiological and neural emotional responding and is also positively correlated with interpersonal outcome. It is positively linked with wellbeing.

(ii). *Distancing*: This method insist on taking a point of view of a third party while evaluating the emotional situation. This way it helps the individual to form a self-reflection of the emotion processing of the situation and also increases the problem solving behavior of the individual.

(iii). *Humor*: This is the most effective emotional regulation strategy it helps in increasing the positive emotion and decreasing the negative emotion.

- **Response Modulation**: This tries to directly effect the behavioral, physiological and experiential response system. Some of the examples are:

(i). *Expressive Suppression*: This method prevents a person from expressing emotions. This is considered to be a maladaptive emotional regulation strategy and is correlated negatively with wellbeing and positively with many psychological disorders.

(ii). *Exercise*: This has a positive effect on physiological as well as emotional aspect of an individual. Daily exercise helps a person to decrease the level of emotional distress and gives greater control over one's emotion.

(iii). *Sleep*: REM sleep helps in decreasing the reactivity of amygdala, which is associated with processing of emotion. Also if a person is sleep deprived then it can lead depression, mood swing and impulsivity and to an extent it causes impairment in recognition of other stimuli.

Optimism

Optimism can be defined as the belief of an individual that outcome of an outcome will be positive or in general good. This term was derived from the Latin word “optimum” which means best.

Viewpoint on Optimism

1. **Dispositional Optimism:** In this individuals believe that more good things will happen in the coming future rather than assuming the bad or undesirable. This is assessed by asking the individual a simple question that whether they expect that the outcome of a particular task in future will be positive or not.
2. **Attributional Style:** According to this dispositional optimism is the reflection of the way a person view or explain an event. They characterized these views or explanation of events in three dimensions: internal versus external causes; stable versus unstable causes and apply globally versus situation specific causes. So a person who is optimistic will use traits like stability, globalism and internality to positive events and the opposite traits for negative events.

Optimism and Wellbeing

There have been many researchers on optimism and psychological well being, one of them is of Aspin wall and Taylor (1990). In there study they tried to assess a number of personality factor such as optimism, locus of control etc on college freshman. They found that individuals who were high on optimism before entering the college are well adjusted, less depressed and less lonely compared to those who scored low in this aspect. Hence it shows a strong link between optimism and psychological wellbeing.

In a recent Meta analysis that was conducted, it was seen that optimism could be positively correlated with physical and psychological well being, happiness and life satisfaction and it is negatively correlated with anxiety and depression.

Self-Efficacy

Self-efficacy refers to the beliefs a person have about oneself about how well they can execute a particular task or cope with certain situations or events. This help an individual to understand two things during a crisis situation, firstly it will help the person understand his power to deal with the challenges effectively and secondly it will also it will help the individual to know about the choices he will make during these kind of situation.

Self-efficacy and Human Function

Individual generally indulge in task were there level of self-efficacy is high, which sometimes lead to overestimation of their abilities to complete the job at hand. Whereas individual generally avoid task where they have low self-efficacy as it decreases the growth and skill development process.

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Self-efficacy can influence the role of motivation in one's life in both ways i.e. positive and negative. If an individual have high self-efficacy in a task then s/he will be motivated to complete the task efficiently and with full efforts. On the other hand individual who have low self-efficacy are often seen on the receiving end of incentives which are given to him/her to learn the task properly which is a positive aspect. The negative aspect of low self-efficacy is that it may lead to learn helplessness i.e. a belief that nothing or nobody can help them in achieving success in the task.

Self-efficacy is linked positively with work related performance. Researches showed that when employees were given task that are easy and under their domains the level of self-efficacy is high but if the task is challenging and difficult then the level of self-efficacy is low. These results indicated toward few changes that need to be done in workplace; firstly the manager should communicate with the subordinates clearly, giving them accurate description of the task and keeping in mind that the instructions should be concise and clear and secondly they should provide some supplementary or supporting materials to help the individuals work on the task successfully and efficiently.

Individuals with low self-efficacy are not able to manage their task properly due to erratic and unpredictable behavior; they have poor planning skills, which often lead to increase in stress level. On the other hand individuals with high self-efficacy have better planning skills; they are also enthused by challenges and obstacles, which drive them towards their goals.

Self-efficacy and health

Researches show that self-efficacy have a positive relation with health related behavior and goals. It is seen through the studies that individual with high self-efficacy often indulge in practices which help in change in behavior that is beneficial for the health like quitting smoking, going for a morning jog etc. Increased self-efficacy leads to greater health behavior, which ultimately helps in improving the quality of life.

Self-efficacy and Locus of control

This is based on the attribution theory. Individuals with high self-efficacy believe that their life is under control and they are the sole master of the ways their life will turn out to be as they are the decision makers for themselves. But in the case of people with low self-efficacy they believe that their life is not under their control and there are external factors, which are governing their lives.

LITERATURE REVIEWS

Lu et al (2018) worked on the hypothesis that optimism plays a role of mediator in the relationship between follower work engagement and leader work engagement and the self-efficacy of the follower will strengthen the impact of follower optimism on work engagement. They used the Hierarchical Linear Modeling to verify the hypothesis. The outcome depicted a positive relation between leader work engagement and follower work engagement mediated by optimism. Furthermore, the follower self-efficacy reinforces the

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relationship between work engagement and follower optimism and also has an indirect effect of leader work engagement on follower work engagement through follower optimism.

Mesurado (2018) studied the longitudinal model that explores the direct consequence of negative emotions on aggressive and prosocial behavior (wave 1) and indirect consequence of negative emotions on aggressive and prosocial behavior (wave 2) through regulatory emotional self-efficacy. The results data was obtained in two wave longitudinal study from school located in Valencia, Spain. Therefore the results showed that there was a direct link between aggression and prosocial behavior, measured after two years and prosociality and aggressiveness could not be predicted by depression and anxiety states. The regulatory emotional self-efficacy, which had a role of mediator between negative behavior and emotions, can only partially be confirmed.

Klemanski (2017) studied the specific differences in emotional regulation of each individual with symptoms of social anxiety and depression and also analyzed the role of repetitive negative thinking's function as a trans-diagnostic factor. The results showed that people who showed a higher level of social anxiety and depression have problems in regulating their emotions, do not have an emotional awareness and also doesn't know the usage of emotion management strategies. Therefore, they concluded by saying that their hypothesized models in which repetitive negative thinking plays a role of trans-diagnostic factor is a better model than the one in which worry and rumination work as separate factors of symptomatology.

Dunbar (2017) studied the process of emotion development in African American children in the face of discrimination. The researchers who were studying ethnic and racial socialization have indirectly merged emotional socialization in a way to understand parents' directed emotional regulation strategies to cope with discrimination. Similarly, researchers studying emotional socialization said that it was a form of practice parents did to prepare their children for racial bias about how other people will view their emotions. In this study the researchers worked on these two literatures i.e. racial and ethnic socialization and emotional socialization and also studied the model which has these two factors overlapping to see their joint impact on African American children's socio-emotional adjustment.

Modecki (2017) studied the relation between emotional regulation, decision-making and coping and their association with externalizing behavior problems of adolescents. The literature showed that if we work on improving these three variables i.e. emotional regulation, coping and decision-making then we can help the adolescents to direct them better through any difficult situations and challenges and help in preventing or decreasing any externalizing or related problems. However it was seen that if an intervention was used then we can efficaciously improve these variables in a person and the results showed an improvement in behavior with real-world significance.

Hajek et al (2017) studied the relationship between self-efficacy, self-esteem and optimism and its association with health check-ups longitudinally. They used regression, adjusting for

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socio-demographic, lifestyle and health-related variables. The analysis from regression was that the use of routine health check-ups was high with optimism, self-efficacy and self-esteem. Moreover, use of routine health check-ups was high on the basis of employment and retirement but it does not have any association with changes in age, smoking status, number of physical illnesses, marital status, body mass index and self-rated health. The study focuses on the need for an association between screening behavior and optimism, self-efficacy and self-esteem.

Chen (2017) examined the relationship between entrepreneurial optimism, social networks and new venture performance. The study consisted of 142 Chinese entrepreneurs. After the analysis of the obtained data, the findings revealed that entrepreneurial optimism had a significant effect on social network heterogeneity, size and new venture performance. The results also suggested that there was a relationship between entrepreneurial optimism and new venture performance which was mediated by social network size on the other hand social network heterogeneity does not have such role.

Smit (2017) studied the function of self-efficacy in biofeedback videogames. The result showed that self-efficacy helped in identifying physiological regulation of a person help in development and evaluation of mental wellbeing of a person.

Kelly (2017) studied the association between gender role orientation and attitude towards psychological and wellbeing and also between self-esteem and self-efficacy. The finding showed that there is a positive relationship between gender role and happiness and gender and happiness. Also gender role orientation, life satisfaction and self-efficacy are all associated positively.

Prakash et al (2017) studied the age-variant relationship between dispositional mindfulness, emotion dysregulation and emotional regulation strategies. Results showed that thought avoidance has a relationship between emotion dysregulation and mindfulness in young adults. Further it shows that young adults who showed lower level of mindfulness was linked with higher use of thought avoidance, which leads to greater emotion dysregulation. Therefore it is clear from the results that decreased level of thought avoidance can have a link between trait mindfulness and improved emotional regulation and this is stronger for young adult than in old.

Dupuis et al (2017) analyzed the association between quality of life(QOL) and personality considering self-efficacy and emotional regulation as mediating factors. This study was first one to show the significant mechanism that link emotional regulation and self-efficacy with personality traits and QOL. The results showed a direct and indirect link between personality and QOL mediated by emotional regulation and self-efficacy. It depicted that neuroticism in particular has a negative association with emotion regulation and QOL but not with self-efficacy whereas conscientiousness and extraversion is positively linked with all the variables. Nonetheless, more work is needed in this area.

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Pu (2017) studied the effect of self-efficacy on depression and how dispositional optimism acts as a mediator between the two variables. This study was conducted among 535 undergraduates who were given LOT-R, SEQ and self-rating depression scale. The findings show that there was a significant link between optimism, self-efficacy and dimensions of depression. Also the results proved that dispositional optimism plays the role of mediator between self-efficacy and depression.

Topa (2017) studied the retirement adjustment quality of life on Spanish worker in three-wave study. They claimed that a person's resources availability during time of transition depicts their way of adjustment and at the same time there is a need to study the distal antecedent (motivational traits and dispositional traits) of adjustment quality. The three-wave study has three periods, in time 1 and time 2 the workers were active while in time 3 they had retired for 4 months. The findings showed that dispositional traits i.e. optimism can gauge the resource accumulation in short run but not significantly enough. Also personal finances don't have any significant effect on retirement adjustment quality and absolutely no impact on cognitive resources on adjustment quality of life.

Harden (2017) studied the role of emotional regulation in development of a child in foster parenting. The research videotaped and coded the mother-child interaction in foster care. They also tried to study the foster parenting style and foster mother's depression with child's characteristic and child's overall welfare to their emotional regulation in context of anger and joy. The results showed that mother's depression and parenting style played a significant role in determining the regulation but it stands negative for regulation of joy. The researcher's suggested future research on children who are maltreated in foster care.

Luque et al (2017) studied the effect of socio-demographic characteristic, psychosocial and dispositional variables, which are related with development of cardiovascular disease, self-efficacy for regulation of positive and negative emotion and positivity towards life. The results showed a positive relationship between socioeconomic status and self-efficacy for negative emotions. Other than this these results are significant for patients of cardiovascular diseases. And patients of cardiovascular diseases showed higher level self-efficacy for regulation of negative emotions and positivity in comparison with general population.

Kelberer (2017) studied the relationship between optimism, hope and emotional attention. Their results show that optimism and hope have less or negligible association with threatening information and dysphonic information. On the other hand optimism was positively linked with information, which are positive in nature. Overall the researchers concluded that there is a positive relationship between hope, optimism and attention to emotion information and they also proposed a mechanism using these variables which will help in long run to decrease any sort of psychological distress.

Catterson (2017) studied the use of suppression strategy of emotional regulation in a naturalistic setting. They came across two types of samples using of suppression; in the first

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the observed that every person's usage of suppression vary and secondly it is based on situational construct i.e. extraversion and social hierarchy. So if a person feels that he is low in social hierarchy then there will be a negative relation between suppression and well-being. Hence, they concluded that there maybe situation where the usage of suppression is not maladaptive and it could have some benefit in a person's life.

Hasking (2017) studied the role of outcome expectancies and self-efficacy expectancies in relation to non-suicidal self-efficacy and risky alcohol use amongst young adult by using the social cognitive theory. In this study undergraduate students filled self-reported questionnaire evaluating their engagement in NSSI, beliefs about the consequences of self-injury and alcohol consumption (outcome expectancies), alcohol consumption and belief in their ability to resist drinking and self-harming. Therefore the finding depicts that a specific combination of beliefs differentially assume NSSI and drinking.

Crane et al (2017) explored the relationship between psychological resources and performance when under pressure. It was conducted on 81 undergrads who were asked to learn the task of flying a flight simulator. In this general efficacy and resilience were assessed as moderate variables and psychological pressure was manipulated between students and general self-efficacy and resilience. The results depicted that skill acquisition was higher when subjects have high level of general self-efficacy and perceived resilience in high pressure whereas in low-pressure condition skill acquisition rate was same. This research mainly focused on the importance of psychological factors during under pressure training.

Berkovits (2017) studied the role of emotion regulation and its association with other functioning of a child with autism spectrum disorder. The researchers studied the symptoms of autism during the entry point. Parents were asked to report about few things like emotion regulation; behavior problems and social skills during two-time period each 10 months apart. The results showed the emotional dysregulation was stable and was strongly associated with behavioral and social functioning and also it is independent of IQ.

Naumann (2017) studied the role of adaptive emotional regulation and maladaptive emotional regulation in adolescence with depressive and anxiety symptoms. The results showed a negative relation of adaptive emotional regulation with depressive and anxiety symptom and positive relation with maladaptive emotional regulation.

Ghiasi (2016) studied the effect of training optimism on psychological well-being and emotional regulation. This study was conducted on 300 undergraduate students. The results depicted that training of optimism had positive effect on psychological wellbeing, emotional regulation and negative or no effect on suppression, environment, autonomy and purpose of life.

Ruch (2016) studied character strength, which expect resilience over other factors like optimism, self-efficacy, self-esteem, and social-support and life satisfaction. The result

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showed that all strength factors i.e. interpersonal, restraints; emotional and intellectual have positive relation with resilience except theological factor. A regression showed that strengths calculated to having 3% of variance in resilience above and over character strengths mentioned above. Also strength of restraints and emotional strength acted as positive predictor.

Gordon et al (2016) addressed the question in their paper that whether negative affect increases the interpretation of ambiguous stimuli in negative manner, which play a significant role in malfunction of psychosocial functions. They used cognitive reappraisal under angry mood and control mood asked the participants to disambiguate sentences by choosing from neutral, positive and negative words. Explicit cognitive reappraisal decreased negative affect but there was no influence on interpretation of ambiguity. It was later seen that dispositional characters like anger, optimism etc also plays a key role on how participants interprets ambiguity. Hence this research suggest that emotion regulation is not enough to influence cognitive interpretation but people who are optimistic are able to regulate their emotions effectively and are less prone to negative emotions like anger.

Paggi et al (2015) claimed that people with higher self-efficacy would more likely to seek treatment for their mental disorder as compared to optimistic individual who believe that they have the capability to manage their illness on their own. Results showed that baseline optimism was not related to treatment, intervention or control group. While baseline self efficacy also negatively predicted treatment control but when controlling for depression it was a positive predictor of treatment for intervention groups.

Jenaabadi (2015) studied the relationship between optimism, emotional regulation and general health among undergraduates. They conducted this study among students from various field like human science, engineering etc. They found out that there is a positive relation between optimism and general health and they also discovered that optimism is correlated with higher level of coping strategies and lower levels of avoidance.

Rahmati (2015) studied the mediating role of optimism in emotion regulation scale and psychological wellbeing. The results showed that emotion regulation have a significant as well as positive association with optimism and psychological wellbeing. Also optimism plays a mediator in association with difficulties in emotion regulation strategies and psychological wellbeing.

Rishi (2015) studied the role of optimism and self-efficacy in students pursuing B.Ed. the author claimed that as these students are about to be teachers in future so the need optimism and self-efficacy is more. The researches showed that there is positive correlation between self-efficacy and optimism and analysis of regression shows that optimism plays an important role in deciding one's self-efficacy. Hence it was suggested by the authors that there should be promotion of positive environment during B.Ed courses so that they can later take this to their teaching profession when dealing with students of their own. Feldman (2015) studied

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the relationship between hope, optimism and academic achievement to predict the college GPA. They used a path analytic model where GPA and academic specific expectancies have direct path and generalized expectancies have path with other variables. They observed that this model was accurate fit to predict the GPA which can be possible by generalized hope predict academic specific hope and self-efficacy. On the other hand optimism and general self-efficacy did not predict GPA.

Trejo (2015) studied the role of emotional regulation and optimism in developing the 3C's i.e. cross-cultural competence in military personnel. The results showed that ability for emotional regulation is positively linked to 3C's, both directly and when optimism effect it.

METHODOLOGY

Aim

The aim of the study was to see the effect of Emotional regulation & Optimism on Self efficacy among young adults in India.

Objective

1. There is a positive relationship between emotional regulation, optimism and self-efficacy among young adults.
2. There is a positive relationship between cognitive reappraisal and self-efficacy.
3. There is a positive relationship between expressive suppression and self-efficacy.
4. There is a positive relationship between cognitive reappraisal and optimism.
5. There is a positive relationship between expressive suppression and optimism.

Hypotheses

- H1- There will be a significant effect of emotional regulation and optimism on Self-efficacy among young adults.
- H2- There will be a significant effect of cognitive reappraisal on self-efficacy.
- H3- There will be a significant effect of expressive suppression on self-efficacy.
- H4- There will be a significant relationship between cognitive reappraisal and optimism.
- H5- There will be a significant relationship between expressive suppression and optimism.

Sample

A sample of 117 college students between the age group of 18-26years of which 58 were males and 59 were females were selected using purposive sampling method from private colleges of Delhi NCR region.

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Tools

S.No	Name Of The Test	Author	Year	No. Of Items	Reliability and validity
1.	Emotional Regulation Scale	J.J. Gross & P.O John	2003	10	Alpha reliabilities averaged 0.79 for cognitive reappraisal and 0.73 for suppression. Test-retest reliability across 3 months were 0.69 for both scales.
2.	Revised Life Orientation Scale	F.M. Scheier, S.C. Carver, W.M. Bridges	1994	10	Cronbach's Alpha reliability is 0.78 and acceptable internal consistency reliability was observed.
3..	General Self-Efficacy Scale	Schwarzer and Jerusalem	1995	10	Cronbach's alpha ranged from 0.76 to 0.90, with the majority in the high 0.80.

Data Analysis

Table 1: Model Summary: Optimism and emotional regulation as a predictor of self-efficacy

Model	Adjusted R Square	Std. Error of the Estimate	F	Sig.
1.	.140	4.317	10.360	.000

Table 2: Coefficients

Variable		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	18.486	2.693		6.866	.000
	Optimism	.444	.122	.316	3.647	.000
	ERTOTAL	.130	.045	.252	2.911	.004

a. Dependent Variable: General Self-efficacy

The above table describes optimism and emotional regulation as predictor of self-efficacy.

Table 3: Cognitive Reappraisal and Expressive Suppression as a predictor of self-efficacy.

Model	Adjusted R Square	Std. Error of the Estimate	F	Sig.
1	.064	4.503	4.936	0.009

Table 4: Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	24.802	2.134		11.623	.000
	EXPRESSIVE SUPPRESSION	-.054	.110	-.050	-.486	.628
	COGNITIVE REAPPRAISAL	.233	.079	.304	2.950	.004

a. Dependent Variable: General Self-efficacy

The results depict that cognitive reappraisal is a predictor of self-efficacy while expressive suppression is not.

Table 5: Correlation of optimism, cognitive reappraisal and expressive suppression.

		Optimism	Expressive Suppression	Cognitive Reappraisal
Optimism	Pearson Correlation	1	-.237**	.092
EXPRESSIVE SUPPRESSION	Pearson Correlation	-.237**	1	.485**
COGNITIVE REAPPRAISAL	Pearson Correlation	.092	.485**	1

** . Correlation is significant at the 0.01 level (1-tailed).

The above table displays the correlation of optimism and components of emotional regulation i.e. cognitive reappraisal and expressive suppression. As per the table, there exist is a negative correlation between expressive suppression and optimism (-.237) at 0.01 level. Cognitive reappraisal and expressive suppression is found to be positively correlated (.485). While there is no correlation observed between cognitive reappraisal and optimism.

DISCUSSION

The research was conducted to see whether emotional regulation and optimism have a significant effect on self-efficacy among young adults.

Young adulthood is the period when an individual is transitioning from adolescence to adulthood. During this time period the individual faces number of issues like finishing school, taking full time jobs or taking other adulthood responsibilities. This phase is also characterized by “identity formation” i.e. the individual is in search of his identity and is trying to fuse his identity with others. Hence reaching adulthood is not always a straight transition; the individual goes through emotional upheaval, sometime lose their motivation and in many situations in an attempt to fusing with the rest of the crowd, they lose their own identity and lead to low self-efficacy.

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During this time, emotion regulation is important for mental health, well-being and social decision-making. Regulation of emotion reflects basic aspects of development and plays an important role in models of risk for psychopathology and development of preventive intervention and psychological treatment. Emotional regulation work is to satisfy hedonic need, supporting specific goal pursuit and facilitating the global personality system.

The way individuals interpret their emotions is influenced by emotion and its regulation. Therefore, during the young adulthood stage many a times the individual's interpretation of their surrounding is negative which results in dysfunctional psychosocial functioning. But researches show that if the individual is optimistic and is able to regulate their emotions effectively, then they are less prone to negative interpretation and will also help in psychosocial functioning. Optimism is also positively linked with general health and also helps individual to cope with the situations effectively and decreases the probability of avoidance.

Taking in view the above perspective five hypotheses were made to understand the effect of emotional regulation and optimism on self-efficacy among young adults.

The first hypothesis stated that there would be a significant effect of emotional regulation and optimism on self-efficacy among young adults. The table 2 shows that optimism is a significant predictor in .000 and emotional regulation is significant in 0.004 levels. Hence the results indicate that the aforementioned hypothesis was accepted. This could be supported by a research by Medrano et al (2016) where the results indicated that positive and negative mood states can increase or decrease the level of self-efficacy among students and that difficulty in emotional regulation controls the effect of initiation of states of mood. Lu et al (2018) conducted a research on leader work engagement and follower work engagement and the role of optimism and how it reinforces the self-efficacy of the individual. The results showed that the follower self-efficacy reinforces the relationship between work engagement and follower optimism and also has an indirect effect of leader work engagement on follower work engagement through follower optimism.

The second hypothesis stated that there would be significant effect of cognitive reappraisal and self-efficacy among young adults. Table 4 shows the regression value of cognitive reappraisal and optimism, which is .004. Thus the results indicated that the aforementioned hypothesis was accepted. This can be due to the fact that sometimes individual can make a mistake in understanding a task and their potentialities to do that task, so they often try to reinterpret the meaning of the task to understand it better. Hence leading to a positive relation between cognitive reappraisal and self-efficacy and making the former its predictor. This can be supported by a study done by Goldin et al where the results indicated that increasing the cognitive reappraisal and self-efficacy in cognitive behavior therapy helps in reducing social anxiety in immediate and long-term process.

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The third hypothesis stated that there would be a significant effect of expressive suppression and self-efficacy among young adults. Table 4 shows the regression value of expressive suppression and optimism, which is 0.628. Thus the results indicated that the aforementioned hypothesis was rejected. This can be supported by a research by Cutuli (2014) where the results based on individual differences showed that people use more cognitive reappraisal as it helps in regulating the emotions in a healthier way and also boost your self-efficacy whereas on the other hand expressive suppression has a negative affect on social functioning and self-efficacy of the individual.

Table 5 shows the correlation values of cognitive reappraisal and optimism among young adults. According to the findings it is seen that, the Pearson value of correlation between standard scores of Cognitive reappraisal and optimism is 0.092 which is not significant in both the levels i.e. 0.01 and 0.05. Thus the results indicated that the aforementioned hypothesis was rejected.

Table 5 also shows the correlation values of expressive suppression and optimism among young adults. According to the findings it is seen that, Pearson value of correlation between standard scores of expressive suppression and optimism among young adults was found to be -0.237. Thus, a significant negative correlation was found between the level of optimism and expressive suppression at 0.01 level of significance. This has been validated by a research by Catterson et al (2017) where he concluded that there may be situation where the usage of suppression is not maladaptive and it could have some benefit in a person's life, which means that it's not always required for an individual to have optimistic point of view.

SUMMARY & CONCLUSION

The present study aimed to understand the effect of emotional regulation and optimism on self-efficacy among young adults. It was found that there is a significant effect of emotional regulation and optimism on self-efficacy, also cognitive reappraisal a component of emotional regulation was a predictor of self-efficacy. As we are aware of the fact that emotion regulation help is regulating the moods and emotion of an individual, which is one of the important characteristic that is observed during the transition period in young adults. So if an individual uses positive emotion regulation strategies like cognitive reappraisal then their level of self-efficacy will be high rather than using maladaptive emotional regulation strategies like expressive suppression then it will neither increase the self-efficacy nor decrease it.

Future implications

While the findings bolster the thought that emotional regulation and optimism plays an important role in self-efficacy of an individual. This research gives a great beginning stage to future research that may be arranged towards discovering furthermore about the role of emotional regulation and its component and optimistic attitudes in boosting the self-efficacy of young adults, since not much research has been done on this area. A larger sample can be taken and a cross-cultural study can be done gain better understanding of this. It also paves the way for the future research on studying the effect of emotional regulation and its dimension and optimism on self-efficacy among young adults.

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Acknowledgements

The authors profoundly appreciate all the people who have successfully contributed in ensuring this paper is in place. Their contributions are acknowledged however their names cannot be able to be mentioned.

Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

How to cite this article: Maity, A & Sahai, A (2018). Emotional Regulation & Optimism as Predictor of Self Efficacy among Young Adults in India. *International Journal of Indian Psychology*, 6(3), 155-170. DIP:18.01.037/20180603, DOI:10.25215/0603.037