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Research Paper

Impact of Interpersonal Emotion Regulation on Psychological Well Being and Perceived Stress

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ABSTRACT

The study aims to investigate the impact of interpersonal emotion regulation on psychological well being and perceived stress among young adults. A total sample of 162 young adults were selected through a convenient sampling method. The results revealed negative correlation between interpersonal emotion regulation and perceived stress and also psychological well being, indicating as interpersonal emotion regulation increases the other two variables decrease. Also, interpersonal emotion regulation does not have a significant impact on both psychological well being and perceived stress.

Keywords: *Interpersonal emotion regulation, Perceived Stress, Psychological well being*

At the nexus of social dynamics and emotional resilience, interpersonal emotion regulation (IER) provides insights into how people manage their emotional landscapes in the setting of relationships. Emerging research in recent years has highlighted the critical role that IER plays in determining young adults' subjective stress levels and psychological well-being. Through an exploration of the complex mechanisms underlying interpersonal interactions and emotional regulation, researchers have endeavored to elucidate the subtle linkages between social support networks and mental health consequences within this particular population. According to Butler et al. (2003), interpersonal emotion regulation refers to a wide range of techniques people use to control their emotions in interpersonal situations. These techniques include co-regulating emotions with others, seeking out emotional support, and listening with empathy. These tactics support emotional acuity and understanding between people in interpersonal relationships, acting as the cornerstone of social cohesiveness. Feeney and Collins' (2015) research revealed that young adults' perceived stress levels were considerably reduced and their relationship satisfaction increased when they received emotional support from romantic partners. This highlights the importance of interpersonal support in promoting emotional resilience. At the nexus of social dynamics and emotional resilience, interpersonal emotion regulation (IER) provides insights into how people manage their emotional landscapes in the setting of relationships. Emerging research in recent years has highlighted the critical role that IER plays in determining young adults' subjective stress levels and psychological well-being. Through an exploration of the complex mechanisms underlying interpersonal

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interactions and emotional regulation, researchers have endeavored to elucidate the subtle linkages between social support networks and mental health consequences within this particular population. According to Butler et al. (2003), interpersonal emotion regulation refers to a wide range of techniques people use to control their emotions in interpersonal situations. These techniques include co-regulating emotions with others, seeking out emotional support, and listening with empathy. These tactics support emotional acuity and understanding between people in interpersonal relationships, acting as the cornerstone of social cohesiveness. Feeney and Collins' (2015) research revealed that young adults' perceived stress levels were considerably reduced and their relationship satisfaction increased when they received emotional support from romantic partners. This highlights the importance of interpersonal support in promoting emotional resilience.

Despite the potential importance of IER in mental health treatment, there is a lack of specific theoretical insights in this field, particularly in the context of group therapy. This presents an opportunity for further research to explore the relationship between IER and well-being in clinical samples. Therefore, this study aims to uncover the impact between the interpersonal emotion regulation on psychological well being and perceived stress.

Theoretical Framework

Social learning theory and social cognition theory offer helpful frameworks for comprehending how people control their emotions in social situations. These theories place a strong emphasis on how social modeling, cognitive processes, and observational learning shape emotional reactions and coping mechanisms. According to Albert Bandura's social cognitive theory, people pick up new skills through imitating and studying the conduct of others. According to research by Bandura (1977), people pick up new behaviors—such as techniques for controlling their emotions—by watching and copying the actions of others. For instance, people might follow suit in their own life if they see a buddy employing positive reappraisal to effectively handle stress.

Social cognitive theory also emphasizes the role that cognitive functions like memory, attention, and self-reflection have in facilitating the development and application of emotion management techniques. According to research by Gross and John (2003), people use cognitive reappraisal to reinterpret emotional cues in their social context in a way that controls their emotional reactions. This process involves people paying attention to specific emotional cues in their environment. People are able to control their emotions during social encounters thanks to this cognitive restructuring process.

REVIEW OF LITERATURE

McFarland, SHay(2014) study aimed to investigate the effects of stress, anxiety, and depression on IER and to compare perceived IER efficacy and use in digital versus in-person environments. Participants in a sample of 93 undergraduate university students revealed that they thought in-person IER was more effective than digital IER, and that those with higher levels of stress, anxiety, or depression tended to utilize both IER modalities more frequently than those with lower levels of stress, anxiety, or depression. This research fills a significant knowledge vacuum regarding the control of emotions in digital settings and clarifies the connection between this, psychopathology, and the treatment process.

Suleman Q, Hussain I, Shehzad S, Syed MA, Raja SA (2018) conducted a research to investigate the correlation between psychological well-being and perceived job stress among

secondary school heads in Khyber Pakhtunkhwa. The results showed a significant inverse relationship between psychological well-being and perceived job stress.

Yang, Hongfei and Maccann, Carolyn, (2015) conducted a study on 331 Chinese and 166 Australian college students who were compared for cultural variations in interpersonal emotion regulation as a predictor of psychological well-being. These findings emphasize significant cultural variations between East and West while showing that various interpersonal emotion management mechanisms have varied correlations with psychological well-being.

Kwon, K., & López-Pérez, B. (2022) investigated children's use of interpersonal ER strategies in the peer group, based on a theoretically generated model of Interpersonal Affect Classification The results underline how important it is to extend the scope of ER to the interpersonal domain in order to foster children's ER and social competence development.

Coo, S., García, M. I., Prieto, F., & Medina, F. (2022). The purpose of this research was to investigate, in a sample of Chilean women, the relationship between maternal mental health, interpersonal emotion regulation, and emotion regulation throughout the transition to motherhood. Findings: The modulation of emotions by mothers played a role in the manifestation of sadness and anxiety in mothers both during and after childbirth. Certain interpersonal emotion management techniques mentioned by the participant's social support people affected the relationship between emotion regulation and maternal mental health.

METHODOLOGY

Aim: The aim of this current study is to find out if interpersonal emotion regulation influences psychological well being and perceived stress among young adults.

Objectives

1. To assess the relationship between interpersonal emotion regulation and perceived stress.
2. To assess the relationship between interpersonal emotion regulation and psychological well-being.
3. To study the impact of interpersonal emotion regulation on psychological well being.
4. To study the impact of interpersonal emotion regulation on perceived stress.

Hypothesis

- H1= There will be a negative correlation between interpersonal emotion regulation and perceived stress.
- H2= There will be a positive correlation between interpersonal emotion regulation and psychological well-being.
- H3= There will be a significant impact of Interpersonal emotion regulation on psychological well being.
- H4= There will be a significant impact of interpersonal emotion regulation on perceived stress.

Tools

- Interpersonal Emotion Regulation Questionnaire by Hofmann, Carpenter and Curtiss (2016).
- Psychological Well-Being (PWB) Scale by Ryff (2007).

- Perceived Stress Scale (PSS) by Cohen et.al (1983).

Description of the test

- **Interpersonal Emotion Regulation Questionnaire (IERQ):** The questionnaire demonstrated high Cronbach alpha coefficients for all subscales, along with good convergent and discriminant validity.
- **Psychological Well-Being Scale (PWB):** Internal consistencies varied between 0.87 and 0.96 and test-retest reliability coefficients ranged between 0.78 and 0.97 for six subscales.
- **Perceived Stress Scale (PSS):** The PSS typically demonstrates high internal consistency, with Cronbach's alpha coefficients typically ranging from 0.70 to 0.90, indicating that the items within the scale are highly correlated with good concurrent and construct validity.

Statistical Analysis: The data was statistically analyzed in a software called 'SPSS'. First descriptive statistics was performed, then Pearson moment correlation was used to find the relation among the variables followed by regression to find how change in IV is associated with change in DV.

Sample and Sampling: For this study, convenient sampling was adapted. A total of 162 participants aged from 18 to 30 participated in this research.

RESULTS

Table 1: Descriptive Statistics

Descriptive Statistics

	N	Sum	Mean	Std. Deviation
IER	162	9700	59.88	13.832
PWBS	162	32004	197.56	41.936
PSS	162	4576	28.25	6.896
Valid N (listwise)	162			

The mean IER score is 162.97, mean PWBS score is 32.00, and mean PSS score is 197.56, with a valid N of 162.

Table 2: Correlation

Correlations

		IER	PWBS	PSS
IER	Pearson Correlation	1	.113	-.208**
	Sig. (1-tailed)		.076	.004
	N	162	162	162
PWBS	Pearson Correlation	.113	1	-.468**
	Sig. (1-tailed)	.076		.000
	N	162	162	162
PSS	Pearson Correlation	-.208**	-.468**	1
	Sig. (1-tailed)	.004	.000	
	N	162	162	162

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

IER is significantly negatively correlated with PWBS (-.208, p < .01) and PSS (-.468, p < .01), indicating that higher IER is associated with lower perceived stress and better psychological well-being.

Table 3: Linear Regression of Interpersonal Emotional Regulation (IER) on Psychological Well-Being (PWB)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.113[a]	.013	.007	41.798

a. Predictors: (Constant), IER

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	177.032	14.633		12.098	.000
	IER	.343	.238	.113	1.439	.152

a. Dependent Variable: PWBS

IER significantly predicts PWBS (B = 0.343, p < .001), explaining 11.3% of the variance, with each one-unit increase in IER associated with a 0.343-unit increase in PWBS.

Table 4: Linear Regression of Interpersonal Emotional Regulation (IER) on Perceived Stress (PSS)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.208[a]	.043	.037	6.766

a. Predictors: (Constant), IER

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	34.463	2.369		14.550	.000
	IER	-.104	.039	-.208	-2.693	.008

a. Dependent Variable: PSS

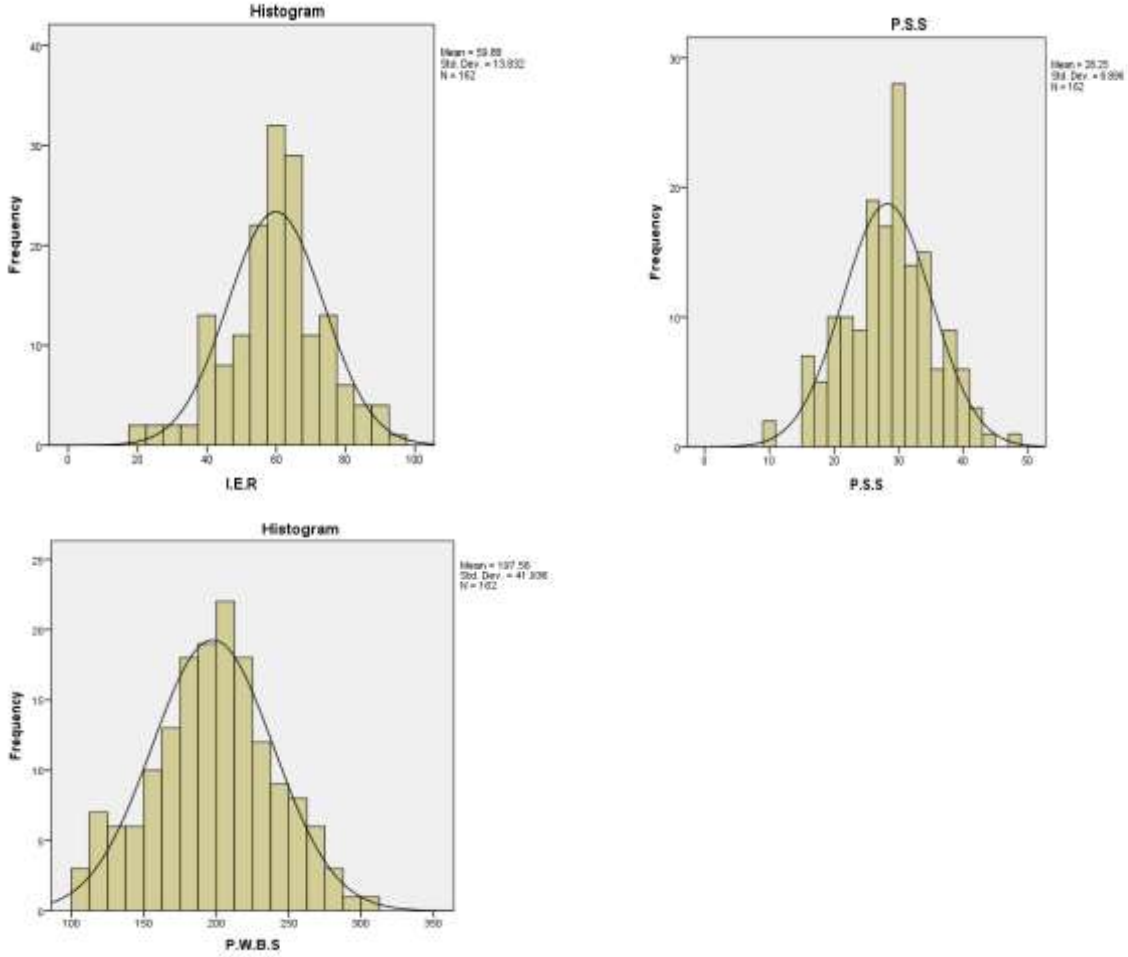
IER significantly predicts PSS (B = -0.104, p < .001), explaining 20.8% of the variance, with each one-unit increase in IER associated with a 0.104-unit decrease in PSS.

Table 5: Skewness and kurtosis of interpersonal emotion regulation, perceived stress and psychological well being

Statistics

		P.S.S	I.E.R	P.W.B.S
N	Valid	162	162	162
	Missing	1	1	1
Skewness		-.039	-.259	.015
Std. Error of Skewness		.191	.191	.191
Kurtosis		.015	.519	-.382
Std. Error of Kurtosis		.379	.379	.379

Figure1: Shows skewness and kurtosis of interpersonal emotion regulation, psychological well-being and perceived stress.



DISCUSSION

Key Findings

Hypothesis 1: There will be a negative correlation between interpersonal emotion regulation and perceived stress.

Status: Accepted. The significant negative correlation (r=-208), p0.004). This correlation is statistically significant at the 0.01 level, indicating a small but significant inverse relationship between IER and PSS.

Hypothesis 2: There will be a positive correlation between interpersonal emotion regulation and psychological well-being.
Status: Rejected. IER has a weak positive correlation with PWBS ($r = 0.113$, $p = 0.076$). This suggests a small, but not statistically significant, relationship between IER and PWBS.

Hypothesis 3: There will be a significant impact of Interpersonal emotion regulation on psychological well being.
Status: Rejected. IER explains 11.3% of the variance in PWBS (Adjusted R Square). The unstandardized coefficient for IER is 177.032, and the standardized coefficient (Beta) is 0.113, indicating a weak positive relationship.

Hypothesis 4: There will be a significant impact of interpersonal emotion regulation on perceived stress.
Status: Rejected. R-squared value of 0.043, meaning that IER explains 4.3% of the variance in PSS. The adjusted R-squared value of 0.037 again suggests a poor fit of the model.

INTERPRETATION

The findings of this study present various statistical analyses and results related to three key variables: IER, PWBS, and PSS.

Descriptive Statistics

The dataset consists of 162 valid observations for each variable, with 1 missing observation. The descriptive statistics provide an overview of the central tendency and dispersion of the variables. For IER, the sum is 9700, the mean is 59.88, and the standard deviation is 13. 832.This indicates that the average IER score in the sample is around 60, with a moderate spread of values. The PWBS variable has a sum of 32004, a mean of 197.56, and a standard deviation of 41.936. This suggests that the average PWBS score is around 198, with a relatively wide distribution of values For PSS, the sum is 4576, the mean is 28.25, and the standard deviation is 6. 896.This shows that the average PSS score is approximately 28, with a narrower spread of values compared to PWBS.

Correlations:

The correlation analysis examines the relationships between the three variables. IER has a weak positive correlation with PWBS ($r = 0.113$, $p = 0.076$), indicating a small, but not statistically significant, association between the two variables. IER has a weak negative correlation with PSS ($r = -0.208$, $p = 0.004$). This correlation is statistically significant at the 0.01 level, suggesting a small but meaningful inverse relationship between IER and PSS. PWBS has a moderate negative correlation with PSS ($r = -0.468$, $p < 0.001$). This relatively stronger correlation is also statistically significant at the 0.01 level, indicating a more substantial inverse relationship between PWBS and PSS.

Regression Analysis:

The first regression model examines the ability of IER to predict PWBS. The R-squared value is 0.013, meaning that IER explains only 1.3% of the variance in PWBS. The adjusted R-squared value of 0.007 further confirms the poor fit of the model. The unstandardized regression coefficient for IER is 0.343, suggesting that a one-unit increase in IER is associated with a 0.343 increase in PWBS, on average. The standardized regression coefficient (Beta) of 0.113 corroborates the weak positive relationship between IER and PWBS. However, the t-statistic of 1.439 and the p-value of 0.152 indicate that this relationship is not statistically significant.

The second regression model explores the predictive ability of IER on PSS.The R-squared value is 0.043, indicating that IER explains 4.3% of the variance in PSS. The adjusted R-squared value of 0.037 again suggests a poor fit of the model.

Distributional Characteristics*:*

- The skewness and kurtosis values provide insights into the shape of the variable distributions.
- For IER, the skewness is -0.259, indicating a slightly left-skewed distribution, and the kurtosis is 0.519, suggesting a distribution with slightly heavier tails than a normal distribution.
- PWBS has a skewness of 0.015, indicating a nearly symmetric distribution, and a kurtosis of -0.382, suggesting a distribution with slightly lighter tails than a normal distribution.
- The PSS variable has a skewness of -0.039, indicating a nearly symmetric distribution, and a kurtosis of 0.015, suggesting a distribution with tails similar to a normal distribution.
- Overall, the distributions of the variables appear to be approximately normal, with only minor deviations from normality.

In summary, the statistical analyses reveal a weak positive correlation between IER and PWBS, a weak negative correlation between IER and PSS, and a moderate negative correlation between PWBS and PSS. The regression models suggest that IER has limited predictive ability for both PWBS and PSS, with the models explaining a small portion of the variance in the dependent variables. The distributional characteristics indicate that the variables have approximately normal distribution.

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Conflict of Interest
The author(s) declared no conflict of interest.

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