

Research Paper

## The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams

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### ABSTRACT

In today's profoundly competitive scholastic environment, entrance exam arrangement presents noteworthy mental challenges for youthful grown-ups. Creating Flexibility, or the capacity to adjust and recoup from push, is basic for overseeing scholarly weight viably. The ponder explored the part of Emotion Regulation and Cognitive Flexibility in predicting resilience, with a center on gender contrasts among understudies planning for entrance exams. A add up to of 200 members (male = 100, female = 100) completed standardized self-report surveys measuring flexibility, feeling control, and Cognitive Flexibility. Expressive measurements shown cruel scores of 43.77 (SD = 6.21) for flexibility, 46.83 (SD = 7.96) for feeling control, and 104.88 (SD = 13.47) for Cognitive Flexibility. Correlation examination uncovered a direct positive relationship between emotion regulation and Resilience ( $r = .423$ ,  $p < .01$ ), and a weaker but noteworthy relationship between Cognitive Flexibility and Resilience ( $r = .160$ ,  $p < .05$ ). Free tests t-tests appeared no critical gender contrasts in any of the three factors ( $p > .05$ ). These discoveries recommend that higher levels of enthusiastic and Cognitive flexibility are related with expanded strength, independent of gender. Instructive programs pointing to improve students' enthusiastic control and Cognitive Flexibility may cultivate more noteworthy mental flexibility amid high-pressure scholastic periods. Confinements and bearings for future investigate are talked about.

**Keywords:** Resilience, Emotion Regulation & Cognitive Flexibility

The move into adulthood frequently marks a period of increased stretch, particularly when youthful grown-ups confront noteworthy scholastic weights such as planning for entrance exams. Amid the stage, understudies must show flexibility, the capacity to adjust emphatically to push, mishaps, and difficulty (Masten, 2014). Emotion Regulation and Cognitive Flexibility are two key mental forms that play basic parts in an individual's capacity to be versatile amid such upsetting occasions. In any case, the way these forms contribute to strength may vary between genderual orientations, as inquire about recommends that men and ladies might lock in in particular passionate and Cognitive adapting components (Nolen-Hoeksema, 2012). Understanding how feeling control and Cognitive Flexibility work

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## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

together, and how these components associated with gender contrasts, is basic for planning focused on mediations to back youthful grown-ups in scholarly settings.

The investigate points to explore the part of Emotion Regulation and Cognitive Flexibility in cultivating flexibility among youthful grown-ups planning for entrance exams, with a particular center on comparing these forms over genderual orientation. By investigating these connections, the consider serious to supply a clearer understanding of how male and female understudies utilize feeling control methodologies and Cognitive Flexibility to oversee push and keep up Resilience under pressure.

Strength could be a energetic prepare that includes an individual's capacity to preserve or rapidly recapture mental well-being following adversity (Bonanno, 2004). Within the scholarly setting, Resilience is especially vital for understudies planning for high-stakes exams such as college entrance tests, as these exams create immense weight and stretch (Cicchetti, 2016). Resilience isn't exclusively the capacity to resist stretch, but too the capacities to utilize versatile procedures to bounce back from misfortunes, remains propelled, and lock in in proactive problem-solving (Southwick et al., 2014). The part of strength in scholarly accomplishment has been underscored in various ponders, which highlight that versatile understudies tend to perform way better beneath weight, keep up higher levels of inspiration, and are less likely to involvement burnout (Fergus & Zimmerman, 2005).

A few variables contribute to Resilience, counting Cognitive, enthusiastic, and social assets. Emotion Regulation and Cognitive Flexibility are especially pertinent in scholastic settings since they offer assistance understudies oversee negative feelings, alter their considering procedures, and persevere through troublesome challenges (Luthar, Cicchetti, & Becker, 2000). In the manner, understanding how these variables work together to cultivate strength, particularly when considering gender contrasts, is basic for supporting students during stressful scholarly arrangements.

Emotion Regulation alludes to the forms by which people screen, assess, and adjust their passionate encounters to attain desired objectives (Net, 2015). Within the setting of entrance exam arrangement, Emotion Regulation plays a imperative part in diminishing uneasiness, keeping up center, and anticipating enthusiastic overpower. Youthful grown-ups who can regulate their feelings successfully are more likely to endure within the confront of misfortunes and keep up their flexibility (Net & John, 2003).

There are two essential sorts of feeling control procedures: Antecedent-focused methodologies (such as Cognitive reappraisal, where people reinterpret a circumstance to alter its enthusiastic affect) and response-focused procedures (such as concealment, where enthusiastic reactions are repressed or smothered) (Net, 2002). Cognitive reappraisal has been related with positive results, counting decreased passionate trouble and progressed problem-solving (Peña-Sarrionandia et al., 2015). On the other hand, expressive concealment, a response-focused procedure, can ruin strength by causing expanded passionate trouble and Cognitive over-burden (Net & Levenson, 2007).

For case, understudies planning for entrance exams regularly encounter uneasiness and self-doubt. Those who utilize Cognitive reappraisal (e.g., seeing the exam as a learning opportunity instead of a stressor) are likely to involvement diminished levels of uneasiness and keep up way better center and execution (Kashdan et al., 2015). Then again, understudies

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

who utilize concealment may encounter higher levels of push and reduced emotional clarity, which can impede their ability to stay strong (Webb et al., 2012). Given the significance of feeling control for scholastic flexibility, understanding the procedures that advance passionate soundness is basic for making difference youthful grown-ups explore exam arrangement.

Cognitive flexibility alludes to the capacity to adjust one's considering and problem-solving procedures in reaction to changing objectives, requests, or natural conditions (Jewel, 2013). It is an fundamental expertise in high-pressure circumstances such as planning for entrance exams, where understudies may experience unforeseen challenges, changes in ponder fabric, or troubles with time administration. Cognitive Flexibility empowers understudies to alter their procedures, learn from input, and discover unused arrangements when confronted with deterrents (Hoskyn & Jewel, 2016). It is frequently seen as a key component of official work, which includes higher-level Cognitive forms required for goal-directed behavior (Miyake et al., 2000).

Investigate has reliably appeared that Cognitive Flexibility is emphatically related with strength. People who illustrate Cognitive Flexibility can viably move between diverse Cognitive techniques, which permit them to oversee push, adjust to troublesome circumstances, and keep up inspiration (Vega et al., 2017). Within the setting of entrance exam arrangement, Cognitive Flexibility empowers understudies to alter their ponder plans, switch between diverse learning methodologies, and adapt with test uneasiness by reconsidering their approach to the exam (Miyake et al., 2000). Also, Cognitive Flexibility cultivates the capacity to stay centered on long-term objectives, indeed within the confront of short-term difficulties or disillusionments (Hendricks et al., 2016).

Whereas Cognitive Flexibility is generally advantageous, its impact on flexibility may be directed by person contrasts such as gender. A few ponders propose that men and ladies might illustrate diverse designs of Cognitive Flexibility, which seem affect their adapting procedures and strength amid unpleasant scholastic errands (Ruler et al., 2016). Understanding how Cognitive Flexibility interatomic with genderual orientation within the setting of scholastic push seem give important bits of knowledge into fitting intercessions that improve Resilience for both male and female understudies.

Gender contrasts in Emotion Regulation and Cognitive Flexibility have been broadly considered, with numerous thinks about highlighting that men and ladies may lock in completely different adapting methodologies when confronting stretch (Tamres et al., 2002). For illustration, ladies have been found to utilize emotion-focused adapting methodologies, such as rumination and enthusiastic expression, more frequently than men (Nolen-Hoeksema, 2012). In differentiate, men regularly depend on problem-focused adapting techniques, such as shirking or action-oriented reactions, which may be less sincerely seriously but more centered on tackling the issue at hand (Folkman & Moskowitz, 2000).

The contrasts in passionate and Cognitive adapting instruments may impact resilience completely different ways. Inquire about has proposed that whereas women's passionate expression and social support-seeking behaviors may cultivate flexibility in social settings, men's propensity to depend on shirking and diversion methodologies may offer assistance them keep up enthusiastic separate but may not continuously be conducive to versatile problem-solving (Tamres et al., 2002). Besides, gendered contrasts in Cognitive Flexibility

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

have too been investigated, in spite of the fact that discoveries are mixed. A few ponderers propose that men may illustrate more noteworthy Flexibility in assignments requiring coherent considering or problem-solving (Lord et al., 2016), whereas others appear that ladies may display more enthusiastic Cognitive Flexibility, especially in overseeing feelings in social settings (Dumontheil et al., 2010).

The interaction between **gender**, **feeling control**, **Cognitive Flexibility**, and **strength** is **significant** for understanding how male and female **understudies plan** for and **adapt** with entrance exams. The **ponder points to explore** how **general orientation contrasts in feeling control** and **Cognitive Flexibility** contribute to **strength within the setting** of entrance exam **planning**. By **analyzing** these **factors**, the **investigate** will shed light on the complex ways in which **gender impacts** students' **adapting methodologies, flexibility, and in general scholarly victory**.

### **LITERATURE REVIEW**

Han et al. (2025) inquired about “Effect and Instrument of an ACT-Based Mental Strength Mediation Focusing on Understudies Coming up short in Postgraduate Entrance Examinations in China: A Randomized Controlled Trial.” The ponderer gives a hypothetical foundation on Acknowledgment and Commitment Treatment (ACT) and its significance in building mental strength among understudies. It audits information sources like randomized controlled trials, pre- and post-intervention studies, and mental evaluations to investigate the viability of the mediation. The think about highlights the qualities of RCTs in setting up causality but too focuses out challenges such as the require for legitimate control bunches and the potential for member predisposition.

Artawijaya & Supratiw (2024) inquired about “Cognitive Flexibility and Flexibility in Young people: Investigating General orientation Contrasts and Social Implications”. The considerer gives a hypothetical foundation on Cognitive Flexibility and strength, emphasizing general orientation and social components that shape these characteristics in youths. The creators audit information sources, such as mental appraisals and overviews, and examine the challenges in capturing social impacts and gender contrasts. They distinguish gaps in current investigate on how these components transaction in forming Resilience and Cognitive Flexibility over assorted social settings.

Dong & Zhang (2024) inspected “Unveiling the Potential of Fine Expressions Instruction in Improving Resilience among Chinese Talented Students.” The think about centers on how fine expressions instruction cultivates flexibility in skilled understudies. Information are collected through interviews, studies, and execution evaluations. The inquire about highlights the benefits of utilizing inventive disciplines to create Resilience but focuses out the trouble of evaluating the affect of imaginative exercises on mental characteristics.

Fu & Dish et al. (2024) explored “Sources of Negative Feelings and Strategies of Self-Emotion Direction among College Understudies amid COVID-19 School Closure in China.” The think about surveys the passionate battles and direction strategies among understudies amid the COVID-19 school closures. It audits information from studies and online interviews, emphasizing the challenge of tending to self-report inclination and the relevant impact of the widespread on enthusiastic direction.

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

Guler et al. (2024) investigated “Investigation of the Relationship between Childhood Injuries, Mental Flexibility, Cognitive Flexibility, and Emotion Regulation Abilities in Adults.” The consider looks at how childhood injuries affect grown-up flexibility, Cognitive Flexibility, and Emotion Regulation. It utilizes mental assessments and injury history appraisals, recognizing the trouble of measuring past injury and its long-term impacts precisely.

Kannan & Mala (2024) inspected “Emotional Control and Objective Setting among Understudies Planning for NEET Exam”. The investigate centers on how enthusiastic direction impacts goal-setting behavior in understudies planning for the NEET exam. Overviews and goal-setting inventories are utilized to gather information, and ponder highlights the significance of these instruments in capturing understudy behavior beneath push. The creators note the trouble in measuring the long-term impacts of enthusiastic control procedures in high-stakes situations.

Karimi et al. (2024) investigated “The Viability of Inspiration Preparing on Students' Cognitive Flexibility and Resilience.” The think about assesses how inspiration preparing impacts Cognitive Flexibility and Resilience in understudies. Overviews and pre- and post-intervention appraisals are utilized, with the paper highlighting the potential of inspiration preparing whereas tending to the restrictions in measuring the long-term impacts of such mediations.

Nakhostin-Khayya et al. (2024) inquired about “The relationship between self-regulation, Cognitive Flexibility, and strength among understudies: a basic condition model”. It considers gives a hypothetical foundation on self-regulation, Cognitive Flexibility, and flexibility, investigating their pertinence in students' scholastic execution and passionate well-being. It examines the interrelationship between these develops and their combined impact on understudy victory. The paper surveys information sources such as self-report measures, Cognitive evaluations, and scholastic results, highlighting both their qualities and impediments. It emphasizes how self-report instruments may be one-sided, whereas Cognitive evaluations give more objective information but may not capture real-life challenges.

Sarkar (2024) inquired about “The Affect of Push and Resilience on Understudies Showing up for Competitive Exams for Their beneath Graduation in India”. In the think about, the analyst gives the hypothetical foundation on both push and strength, centering on their pertinence within the setting of Indian understudies planning for competitive exams. The consider characterizes push as the passionate and mental strain caused by tall scholarly requests, whereas Resilience is portrayed as the capacity of understudies to adjust and bounce back from these weights.

Atrup et al. (2023) inquired about “The Impact of Business enterprise Instruction and Inventiveness on Students' Entrepreneurial Deliberate: The Viewpoint of Effectuation and Cognitive Flexibility Theory.” It considers investigates how business enterprise instruction and Cognitive Flexibility impact students' entrepreneurial eagerly. Surveys and entrepreneurial appraisals are utilized, with the consider talking about the openings of these devices in measuring Cognitive Flexibility but moreover noticing challenges in recognizing imagination from other identity characteristics.

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

Mohammadkhani et al. (2022) examined “Emotional Mappings and Mental Trouble: Intervening Part of Strength and Cognitive Flexibility”. It considers investigates how passionate mappings influence mental trouble, centering on the interceding parts of flexibility and Cognitive Flexibility. The analysts utilize overviews and mental appraisals to degree enthusiastic direction and adapting components. They display the qualities of these apparatuses in capturing passionate forms but note potential issues with self-report predisposition and the trouble in generalizing discoveries over distinctive populaces.

Rafei et al. (2022) investigated “The Adequacy of Self-Compassion Preparing on Cognitive Flexibility, Flexibility, and Trouble in Feeling Control within the Injured of the Equipped Powers of the Forced War.” It considers explores how self-compassion preparing impacts Cognitive Flexibility and strength among war veterans. Clinical evaluations and preparing criticism are utilized, with the paper highlighting the viability of self-compassion mediations but noticing the challenge of applying the discoveries to broader populaces.

Vaziri et al. (2021) investigated “Modeling of Self-Regulation Based on Cognitive Flexibility with Intervened Part of Mental Toughness in Students”. The ponder investigates how self-regulation is impacted by Cognitive Flexibility and mental solidness among understudies. Basic condition modeling (SEM) is utilized to analyze the connections between these factors. They consider highlights the focal points of SEM in testing complex models but recognizes the challenges of getting huge test sizes and guaranteeing information legitimacy when managing with self-reported measures.

Arici-Ozcan et al. (2019) investigated “The Relationship between Resilience and Trouble Resilience in College Understudies: The Arbiter Part of Cognitive Flexibility and Challenges in Feeling Regulation”. The analysts center on how Cognitive Flexibility intercedes the relationship between Resilience and trouble resistance. Information sources incorporate studies and passionate direction assignments. The ponder recognizes the opportunity to utilize these strategies to superior get it enthusiastic forms but cautions around the challenges in guaranteeing exact self-reporting of enthusiastic direction methodologies.

Sakka et al. (2020) examined “Assessing Test Uneasiness and Flexibility among Greek Young people amid the COVID-19 Pandemic.” These inquire about looks at the affect of the widespread on test uneasiness and flexibility in Greek youths. Overviews and interviews are utilized to gather information, with the think about highlighting the significance of these apparatuses for understanding students' adapting components amid push but noticing the challenge of tending to changeability in person reactions to the widespread.

Slam et al. (2019) inquired about “Correlation of Cognitive Strength, Cognitive Flexibility, and Impulsivity in Endeavored Suicide”. They consider analyzes the relationship between Cognitive strength, Flexibility, and impulsivity in people who have endeavored suicide. It surveys clinical information, mental assessments, and interviews to survey flexibility and Flexibility. It considers highlights the complexities of measuring these characteristics in delicate populaces and examines the challenges in drawing coordinate causal connections from relationship information.

Rottweiler (2018) inquired about “Context Things within the Adequacy of Emotion Regulation Strategies.” The study examines how distinctive settings influence the victory of feeling control procedures. Information sources incorporate test and real-life situation

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

evaluations. The paper highlights the opportunity to investigate situational impacts on passionate control but emphasizes the challenge of segregating relevant factors from person contrasts in Emotion Regulation.

Putwain (2017) inspected “An Examination of the Self-Referent Official Preparing Show of Test Uneasiness: Control, Passionate Direction, Self-Handicapping, and Examination Performance.” It considers, the analyst investigates how self-regulation, passionate control, and self-handicapping procedures impact test uneasiness and scholastic execution. They consider audits information from overviews and mental evaluations, highlighting the qualities of these strategies in capturing anxiety-related behaviors but noticing the challenges of self-report inclination and the trouble in measuring Cognitive forms in real-time.

Baghjari et al. (2016) examined “The Relationship between Cognitive Emotion-Regulation Procedures and Resiliency in Progressed Patients with Cancer.” They consider examines the relationship between feeling control and strength in cancer patients. It surveys clinical interviews and evaluations, noticing the points of interest of capturing real-life Emotion Regulation but moreover the challenges of measuring enthusiastic reactions in a restoratively compromised populace.

Haines (2016) investigated “The Intelligence to Know the Distinction: Emotion Regulation Strategy-Situation Fit in Way Of life is related with Well-Being.” These ponder dives into how the fit between feeling control methodologies and situational settings impacts well-being. The think about employments involvement examining strategies and self-reports, examining the focal points of capturing real-life passionate encounters but too indicating out the trouble in controlling for outside components that will impact enthusiastic reactions.

Dayıoğlu & Burcu (2008) considered “Resilience in College Entrance Examination Candidates: The Part of Learned Genius, Seen Social Back, and Gender.” The inquire about investigates how Resilience components like genius and social bolster impact execution in college entrance exams. Studies and interviews are utilized, with the ponder examining how these information sources offer knowledge into students' adapting techniques whereas recognizing issues with test representativeness.

Lam et al. (2007) investigated “Resilience in Youthful Adulthood: The Directing Impacts of Gender-Related Identity Characteristics and Adapting Flexibility.” These think about explores how gender and adapting Flexibility impact strength in youthful grown-ups. The analysts utilize identity evaluations and adapting inventories, advertising bits of knowledge into how identity characteristics associated with Resilience but recognizing the challenge of generalizing discoveries over assorted social foundations.

### **METHODOLOGY**

**Aim:** The aim of the study is to examine how emotion regulation and Cognitive flexibility contribute to the development of resilience among young adults preparing for entrance exams, with a focus on gender differences in these relationships.

#### ***Research Objective:***

- To investigate the role of emotion regulation in developing resilience in young adults preparing for entrance exams.

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

- To investigate the role of Cognitive flexibility on resilience in young adults preparing for entrance exams.
- To explore gender differences in the relationship between emotion regulation, Cognitive flexibility, and resilience among young adults preparing for entrance exams.

### ***Research Problem:***

- High exam-related stress challenges resilience among young adults preparing for entrance exams.
- The roles of emotion regulation and Cognitive flexibility in building resilience are not fully understood.
- Gender differences in these psychological factors remain underexplored in academic stress contexts.

### ***Hypotheses:***

- **H<sub>1</sub>:** There would be a positive relationship between emotion regulation and resilience in young adults preparing for entrance exams.
- **H<sub>2</sub>:** There would be a positive relationship between Cognitive flexibility and resilience in young adults preparing for entrance exams.
- **H<sub>3</sub>:** The Female students would demonstrate higher resilience levels due to better emotion regulation and Cognitive flexibility compared to male students.

### ***Research Design:***

The current research has Comparative, Correlation research design and Inferential Statistics

### ***Inclusion Criteria:***

- Education level till 12 class.
- Individuals from Gurgaon.
- Individuals aged between 18- 25 years of age.
- Males and Females.
- Students preparing for an entrance exam.

### ***Exclusion Criteria:***

- Individuals below 18 years and above 25 years.
- Individual with Intellectual Disability.

### ***Tools Used:***

1. **Nicholson McBride Resilience Questionnaire (NMRQ):** The Nicholson McBride Resilience Questionnaire (NMRQ) is a psychometric tool designed to assess individual levels of resilience across various domains. It demonstrates acceptable internal consistency, with reported Cronbach's Alpha values typically around 0.70 to 0.85. Construct validity is supported through exploratory factor analysis, identifying key components such as emotional control, self-efficacy, and adaptability. Criterion-related validity has been evidenced by positive correlations with measures of psychological well-being, coping strategies, and workplace performance (Nicholson McBride, 2012).
2. **Emotion Regulation Questionnaire (ERQ):** The Emotion Regulation Questionnaire (ERQ) by Gross and John (2003) reports good internal consistency, with Cronbach's

## The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams

Alpha values typically ranging from 0.73 to 0.84 for its two subscales: Cognitive reappraisal and expressive suppression. Construct validity was confirmed through factor analysis, supporting the distinction between the two emotion regulation strategies. Criterion-related validity was demonstrated through correlations with affective experience, personality traits, and interpersonal functioning (Gross & John, 2003).

- 3. Cognitive Flexibility Inventory (CFI):** The Cognitive Flexibility Inventory (CFI) by Dennis and Vander Wal (2010) reports good internal consistency, with Cronbach's Alpha values ranging from 0.84 to 0.91 across its subscales. Construct validity was supported through factor analysis, confirming the two-factor structure of Cognitive alternatives and control. Criterion-related validity was demonstrated through significant correlations with measures of depression, anxiety, and coping strategies (Dennis & Vander Wal, 2010).

### Procedure

Using Random sampling, the researcher approached the participants who were eligible to participate in the study. The data collection online informed consent was taken from the participants to ensure that they were willing to take part in the study. The participants were briefed about the study and their queries were addressed to their satisfaction. They were also asked to fill socio demographic details. Participants were informed that the data collected will be kept confidential and will be used for research purposes only. Ethical guidelines were followed, ensuring voluntary participation and confidentiality.

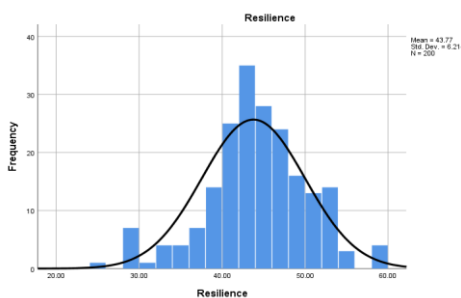
### Statistical Analysis

The acquisitions were analyzed using a computer software application SPSS. The analysis was carried out in three phases.

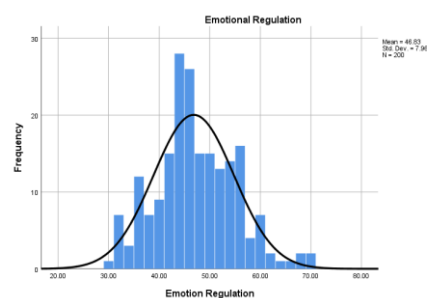
- 1. Normality Test:** The data normality was assessed using the Shapiro-Wilk Test of Normality as it is a reliable test.
- 2. Descriptive Statistics:** The description of the data collected was calculated using Correlation.
- 3. Inferential Statistics:** The Inferential Statistics used in the current study is Correlation and t-test.

## RESULT

The information examination was conducted to test the three proposed speculations with respect to the connections between feeling control, Cognitive Flexibility, and strength, as well as the impact of gender on these factors. To test Theory 1 (H1), which expressed that there would be a positive relationship between feeling control and flexibility, a Pearson relationship examination was conducted.

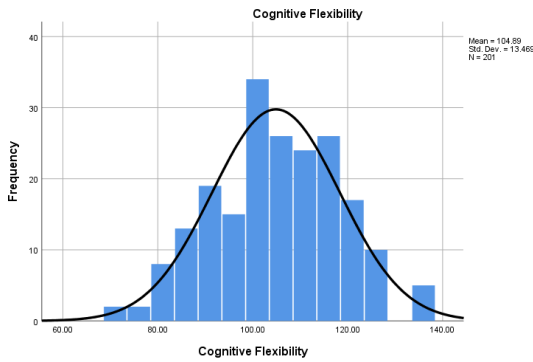


**Fig (i) Resilience**

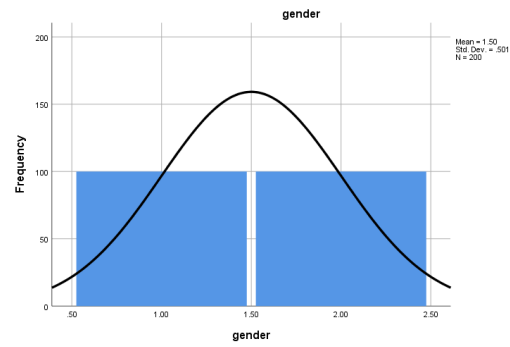


**Fig (ii) Emotion Regulation**

## The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams



**Fig (iii) Cognitive Flexibility**



**Fig (iv) Gender**

Table 1 presents the clear insights for Resilience among the test of youthful grown-ups planning for entrance exams. The mean flexibility score was 43.77, with a standard deviation of 6.21, based on a add up to test estimate of  $N = 200$ . The shows a tolerably tall level of strength over the members.

As appeared in Table 1, there was a direct, positive, and measurably noteworthy relationship between feeling control and flexibility ( $r = .423, p < .01$ ). The result shows that people with higher levels of Emotion Regulation too tend to report higher levels of Resilience, hence supporting H1.

**Table No. 1. Correlation Coefficient of**

	Mean	Std. Deviation	Resilience	Emotion Regulation
Resilience	43.77	6.213	1	.423**
Emotion Regulation	46.83	7.963	.423**	1

\*\**. Correlation is significant at the 0.01 level (2-tailed).*

Expressive measurements for Cognitive Flexibility are given in Table 2. The cruel score was 104.88, with a standard deviation of 13.47. It reflects a generally tall level of Cognitive Flexibility within the test, demonstrating that most members were competent of adjusting their considering and behavior in reaction to changing requests or challenges.

**Table No. 2. Descriptive Statistics**

	Mean	Std. Deviation	Resilience	Cognitive flexibility
Resilience	43.77	6.21	1	.160*
Cognitive flexibility	104.88	13.46	.160*	1

\**. Correlation is significant at the 0.05 level (2-tailed).*

Speculation 2 (H2) proposed a positive relationship between Cognitive Flexibility and strength. A Pearson correlation was once more utilized to assess the relationship. As displayed in Table 2, there was a measurably noteworthy but weaker positive relationship between Cognitive Flexibility and Resilience ( $r = .160, p < .05$ ). In spite of the fact that the quality of the relationship was moo, the result was factually noteworthy, giving back for H2.

Theory 3 (H3) recommended that female understudies would illustrate higher levels of flexibility due to superior feeling control and Cognitive Flexibility compared to male

**The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

understudies. To test the, autonomous tests t-tests were conducted, with comes about summarized in Table 3.

**Table No. 3. Group Statistics**

	Gender	Mean	Std. Deviation	Std. Error Mean
Resilience	Male	44.14	6.47	0.64
	Female	43.40	5.95	0.59
Emotion Regulation	Male	47.13	8.27	0.82
	Female	46.54	7.66	0.76
Cognitive flexibility	Male	105.71	12.69	1.26
	Female	104.00	14.26	1.42

Opposite to the speculation, no measurably critical gender orientation contrasts were found in Resilience ( $t(198) = 0.841$ ,  $p = 0.401$ ), Emotion Regulation ( $t(198) = 0.523$ ,  $p = 0.602$ ), or Cognitive Flexibility ( $t(198) = 0.896$ ,  $p = 0.372$ ). Expressive insights (moreover in Table 3) appear that guys had marginally higher implies over all three factors; be that as it may, the contrasts were not measurably noteworthy. As such, H3 isn't backed by the information.

**Table No. 4**

Variables	F	Sig.	t	df	Sig. (2-tailed)
Resilience	.615	.434	.841	198	.401
Emotion Regulation	.576	.449	.523	198	.602
Cognitive Flexibility	.102	.749	.896	198	.372

For all three factors, Levene’s test for balance of fluctuations shown that the suspicion of rise to fluctuations was met ( $p > .05$ ). Particularly, strength appeared a t-value of 0.841 with a p-value of .401, demonstrating no critical gather distinction. So also, Emotion Regulation had a t-value of 0.523 and a p-value of .602, whereas Cognitive Flexibility yielded a t-value of 0.896 and a p-value of .372. Since all p-values were more prominent than the ordinary alpha level of .05, it can be concluded that the contrasts watched in these mental factors over the bunches are not measurably critical.

**DISCUSSION**

The ponder pointed to examine the parts of Emotion Regulation and Cognitive Flexibility in cultivating Strength among youthful grown-ups planning for entrance exams, whereas moreover analyzing gender contrasts in these mental characteristics.

The discoveries assert Theory 1, uncovering a direct and measurably noteworthy positive relationship between Emotion Regulation and strength. The bolsters earlier inquire about showing that people who can oversee and direct their passionate reactions tend to manage way better with stretch and misfortune (Net, 1998; Tugade & Fredrickson, 2004). In high-stress circumstances such as exam planning, viable enthusiastic direction may decrease anxiety and empower understudies to preserve center and inspiration.

Theory 2 was moreover bolstered, but with a weaker relationship between Cognitive Flexibility and flexibility. Cognitive flexibility—defined as the mental capacity to switch between considering around two diverse concepts or to think around numerous concepts simultaneously—has been connected to problem-solving and versatile working (Martin &

## **The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams**

Rubin, 1995). Within the setting of scholarly weight, understudies who are more Cognitively adaptable may be way better prepared to alter to unforeseen challenges or mishaps amid their planning.

In any case, Speculation 3 was not backed. Opposite to desires, there were no noteworthy gender contrasts in any of the three mental factors. The finding contrasts with a few writing proposing that ladies may score higher on measures of passionate mindfulness and control (Nolen-Hoeksema & Aldao, 2011). One conceivable clarification is that the escalated and all inclusiveness of scholastic stretch in competitive exam situations may supersede commonplace gender-based mental contrasts. Both male and female understudies may involvement comparable levels of stretch, propelling them to create comparable adapting procedures.

Another potential figure is social desirability bias in self-report measures, which may darken genuine gender orientation contrasts. Moreover, the generally contract age extend and homogeneous scholastic foundation of the test may restrain inconstancy within the information.

### **CONCLUSION**

The discoveries of the think about highlight the noteworthy part of mental factors—particularly Emotion Regulation and Cognitive Flexibility—in cultivating Strength among youthful grown-ups planning for entrance examinations. Both Emotion Regulation and Cognitive Flexibility were found to be emphatically related with strength, supporting the speculations that people who can oversee their feelings and adjust their considering are superior prepared to handle scholarly push.

Outstandingly, Emotion Regulation illustrated a more grounded relationship with strength compared to Cognitive Flexibility, proposing it may be a more powerful figure in building mental quality amid high-pressure circumstances. Opposite to desires, the ponder did not discover any noteworthy gender orientation contrasts in strength, feeling control, or Cognitive Flexibility.

It recommends that both male and female understudies may utilize comparative adapting components in reaction to scholarly push, possibly affected by the uniform requests of competitive exam situations. In general, the comes about emphasize the significance of consolidating passionate and Cognitive skill-building procedures in instructive settings to upgrade understudy flexibility and back mental well-being.

### ***Limitations***

Whereas the show ponder gives profitable bits of knowledge into the mental components affecting Resilience among youthful grown-ups planning for entrance exams, a few confinements ought to be recognized. To begin with, the utilize of self-report surveys may present reaction predispositions, such as social allure or wrong self-assessment, which seem influence the unwavering quality of the information. Moment, the think about utilized a cross-sectional plan, constraining the capacity to set up causal connections between Emotion Regulation, Cognitive Flexibility, and flexibility. A longitudinal approach may give a more profound understanding of how these factors associated over time.

## The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams

Furthermore, the test was drawn from a particular scholarly setting, which may not be completely agent of the broader populace of youthful grown-ups, subsequently restricting the generalizability of the discoveries. Social, socio-economic, and instructive contrasts were not broadly controlled for and may have impacted the comes about. In conclusion, whereas gender contrasts were investigated, other possibly important statistic variables—such as scholarly execution, parental bolster, or past exam experience—were not considered and might offer assist informative control in future investigate.

### *Future Recommendations*

Based on the discoveries and impediments of the display think about, a few suggestions can be made for future investigate. To begin with, future thinks about ought to consider embracing a longitudinal plan to superior get it the causal connections and the formative directions between feeling control, Cognitive Flexibility, and strength over time. Following understudies over diverse stages of exam planning may give more profound bits of knowledge into how these mental characteristics advance and associated beneath supported scholarly weight.

Also, analysts ought to point to differentiate the test in terms of scholarly disciplines, geological areas, and socio-economic foundations to move forward the generalizability of discoveries. Counting understudies from diverse instructive sheets, educate, or social settings may uncover critical varieties in adapting methodologies and Resilience levels.

Future considers might moreover join subjective strategies, such as interviews or center bunches, to complement quantitative information and give wealthier, more nuanced bits of knowledge into students' lived encounters, passionate adapting components, and Cognitive Resilience. In addition, exploring the part of other affecting variables—such as scholarly inspiration, parental inclusion, peer bolster, or identity traits—could offer a more comprehensive understanding of flexibility improvement.

At long last, it is prescribed that future investigate the viability of particular mediations, such as mindfulness preparing, passionate insights programs, or Cognitive Flexibility works out, in upgrading Resilience. Such connected investigate can educate teachers, counselors, and policymakers on how to execute evidence-based methodologies that back students' mental wellbeing and scholastic victory amid high-pressure examination periods.

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## The Role of Emotion Regulation and Cognitive Flexibility in Developing Resilience: A Comparative Study of Gender Differences in Young Adults Preparing for Entrance Exams

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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