

Research Paper

Understanding the Role of Emotional Regulation on Coping Mechanisms of Grief

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ABSTRACT

Grief is a psychological response to unforeseen or predicted unpleasant events of life. It is often elicited by individuals who have lost close relationships with other individuals, animals, or objects with which they had created an attachment pattern. Extreme guilt can also be a factor causing grief, as unfamiliar people and events are also capable of bringing out the same feeling of thought. Coping with grief patterns by implementing various emotional regulatory methods is commonly carried out. Emotional regulation is the process of altering the intensity of emotions felt across distinctive scenarios. Ways of handling emotional responses during a grief phase might influence coping mechanisms and overcoming capacities. This scholarly research aims to quantitatively study whether there will be a positively or negatively correlated relationship between Emotional Regulation and Psychological Responses among the student population. It also studies the nature of the effect that emotional regulation has on grief with regression analysis. A sample size of 300 will be selected using a convenience sampling method under a university setting after obtaining ethical consent from authorities and participants. The obtained results were analysed and interpreted in order to synchronize with the hypotheses formulated by eradicating any forms of manipulation. The results can be utilized to prove the necessity of healthy self-regulation practices that play a vital role in mitigating grief states. Therapeutic methods or multi-faceted approaches to introspection can also be developed in regard to the same area of concern.

Keywords: *Emotional Regulation, Grief, Psychological Responses, Coping Strategies, Student Population*

This study aims to examine how emotional regulation is linked to the psychological responses of grief. Its intention is to put focus on mechanisms that help or hinder healing, contribute to education on early intervention strategies, and support the integration of emotional regulation training into educational settings and mental health services. Estimates show that 7%-10% of grieving adults and about 5%-10% children and adolescents will go through continual symptoms of prolonged grief disorder (PGD). When grief turns into a persistent state of being rather than something that is gradually adjusted to,

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it may lead to significant and prolonged distress, categorized as prolonged grief disorder. (Boelen & Lenferink, 2022). PGD often occurs alongside other mental health issues, such as sleep problems and comorbidities such as PTSD, anxiety, and depression. (American Psychiatric Association, n.d.).

Grief is a complex emotion that is deeply personal and yet universally experienced. Grief is the distress that follows after suffering a significant loss. (APA, n.d.). It could occur due to the death of a loved one, the end of a relationship, losing a job, or having to say goodbye to a cherished dream. One could experience grief as they mourn their past, unfulfilled potential, and when nearing the last moments of one's life. (Wikipedia contributors, 2025). This study focuses on grief due to the loss of loved ones.

Grief is characterized by a wide spectrum of emotions such as shock, anger, disbelief, denial, apathy, despair, numbness, guilt, hopelessness, and anxiety. By changes in sleep patterns, appetite, social interactions, and a decline in overall functioning, it can manifest physically. Cognitively, trouble concentrating, preoccupation with thoughts of the deceased, and changes in their sense of self may be observed. This period could also be accompanied by suicidal thoughts, feelings of hopelessness, worthlessness, and helplessness. Grief is a very personal experience; hence, its severity, duration, and method of coping vary from person to person. (Healthdirect Australia, n.d.). It gets interwoven into a person's daily life as they learn to accept and live with their new reality. (Champion, 2023). Coping is essential to learn to re-adjust to a life beyond loss. There's no right or wrong way to cope. (U.S. Department of Health and Human Services [USDHHS], 2017). Some strategies include talking about one's feelings, keeping a journal, engaging in creative activities, doing something in their memory, joining a grief support group, and seeking professional help if needed. (Three Oaks Hospice, Inc., n.d.). It may be problem-focused or emotion-focused and confrontational or avoidant in nature. (Pereira, Palma-Moreira, & Dias Neto, 2024). The key aspect underlying these mechanisms is emotional regulation.

Emotional regulation is a process that involves observation, evaluation, and modification of emotional reactions to reach a goal. It includes both extrinsic and intrinsic aspects. (Gross, 2014). The emotional regulation strategies adapted by individuals can help predict how they would deal with grief. The circumstances surrounding the loss can also affect the type of grieving pattern that may develop. (Pereira, Palma-Moreira, & Dias Neto, 2024). Maladaptive strategies such as avoidance, rumination, substance use, and suppression of emotions are strongly linked to the occurrence of complicated or prolonged grief, while adaptive strategies such as self-compassion can be an important facilitator of emotional regulation. (Semenchuk, Onchulenko, & Strachan, 2021). Mindfulness, cognitive reappraisal or reframing, and emotional expression are also associated with less prolonged grief, reduced depressive symptoms, and faster adaptation. (Eisma et al., 2023). It is important to note that a person should not be expected to navigate such a life-altering phenomenon alone; support from others can greatly influence how a person manages and heals from grief, and can be necessary. (Forsythe, 2025).

Dr. Kübler-Ross introduced Denial, Anger, Bargaining, Depression, and Acceptance as the five stages of grief. Denial is marked by refusing to accept the death of their loved one. Anger is a response that is directed towards others, such as family members, doctors, god, the deceased, and themselves. Bargaining is accompanied by feeling overwhelmed and hopeless due to a loss of control over what is happening. The fourth stage is characterized by sadness, guilt, feelings of worthlessness, loss of interest and motivation, and difficulty in

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navigating life as it was before the loss. The last stage, acceptance, is when one comes to terms with the loss of their loved one. (Kübler-Ross, 1973)

The continuing bonds theory states that grieving individuals may maintain a continuing bond with the deceased rather than focusing on complete detachment. They may negotiate and adapt the meaning of their loss over time and instead build a new relationship while adapting to a life without them. (Klass et al., 2014)

The age group chosen for the study is young adults aged 18-27. This study aids in fostering a better understanding of how emerging adults process grief while their emotional regulation systems are still building. This stage in life is marked by first major losses, leading to emotional and existential overwhelm. (Arnett, 2000). The grief they experience, along with their emotion regulation practices, will play a part in shaping their future sense of self, emotional habits, and resilience. (Neimeyer, 2001). If there is a lack of training in emotional regulation, young adults could develop coping mechanisms that are maladaptive in nature. Such practices might lead to impairment of long-term emotional development and increase risk for prolonged grief disorder (PGD), depression, anxiety, work and/or academic dysfunction, substance abuse, and risky behaviors. (Aldao et al., 2010). The rise in mental health disorders and suicide being the leading cause of death in this age group makes it even more crucial to conduct this study. (World Health Organization, 2021).

In 2015, the United Nations adopted the 2030 Agenda for Sustainable Development, which included 17 Sustainable Development Goals. These goals aim to foster “peace and prosperity for people and the planet”. (United Nations, 2015).

This study aligns with five of the Sustainable Development Goals (SDGs): SDG 3 - Good health and Well-being, SDG 4 - Quality Education, SDG 10 - Reduced Inequalities, SDG 16 - Peace, Justice, and Strong Institutions, and SDG 17 - Partnership for the Goals. Together, these five goals intend to improve overall well-being, provide tools for emotional regulation and grief management, make it accessible to all, hence build global emotional resilience, and collaborate for the same with various disciplines. (United Nations, n.d.)

REVIEW OF LITERATURE

Grief can be described as misery experienced after a significant loss, which can include the death of a loved one (APA, 2018). Emotions like grief are mainly involved in understanding, addressing, and navigating through disturbances in life. But sometimes there may be further complications in grief. Hence, it is important to note that when considering emotional regulation and grief, it is important to differentiate that (1) life structures regulate emotions, (2) emotions that involve reacting to life disturbances, and (3) emotions like grief, which come under category (2), may involve loss of regulatory resources. (Ratcliffe & Byrne, 2021)

Emotional regulation, in connection with grief, has been discovered as an important factor for understanding how an individual processes and responds to loss. It can be defined as the ability of an individual to modulate an emotion or set of emotions. Explicit emotion regulation requires conscious monitoring, using techniques such as learning to construe situations differently to manage them better, changing the target of an emotion (e.g., anger) in a way likely to produce a more positive outcome, and recognizing how different behaviours can be used in the service of a given emotional state. Implicit emotion regulation operates without deliberate monitoring; it modulates the intensity or duration of an

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emotional response without requiring awareness. Emotion regulation typically increases across the lifespan. (APA, 2018).

A study conducted in Coimbatore found that among college students, a positive correlation was found between grief and emotional regulation, suggesting that lower emotional regulation results in increased grief. (Jiaapuser, 2025). Similarly, according to Cesur-Soysal, G, and Durak-Batigün, emotional regulation difficulties are an important variable that affects the process of prolonged grief disorder. (Cesur-Soysal & Durak-Batigün, 2020).

An individual's fundamental beliefs about oneself, other individuals, and the universe may be challenged by the death of a loved one, which may lead to psychological distress and provide room for intrusive rumination. Prolonged Grief Disorder can occur when an individual is not able to confront the experience and cope effectively. Individuals who can adapt and cope effectively are more likely to have improvements in their emotional well-being. The study conducted found that approximately 90% of the bereaved manage to react and adapt to the loss in a healthy manner. However, 6 to 15% of individuals struggle to move past their grief, engaging in maladaptive strategies (e.g., denial, avoidance). (De Almeida et al., 2025).

Emotional regulation can affect an individual's behaviour in multiple ways. In a study conducted by Yavari et. al., it is mentioned that the period of mourning results in a lot of emotions. To deal with these emotions, individuals resort to various emotional regulation strategies, which have a major role and impact, irrespective of the period of life. Effective strategies are related to constructive social and personal interactions. On the contrary, people who struggle with emotional regulation tend to be unable to control their impulses and struggle to develop the necessary skills to manage the grief experience. (Yavari et al., 2023). Subsequently, emotional regulation is thought to be important in the development, perseverance, and treatment of grief (Eisma & Stroebe, 2023).

Additionally, it has also been seen that emotional regulation difficulties may play a mediating role between grief and early maladaptive schema. According to Young and colleagues (2003), individuals with early maladaptive schemas may end up facing more emotional regulation difficulties. From this, we can infer that this may result in more difficulty in processing grief. (Kaya-Demir & Çırakoğlu, 2021)

It is seen in a study that the recognition of emotions and behaviour, which are signs of good emotional regulation skills, is an integral part of the grieving process, and this helps in enabling the inherent regulational patterns and an understanding of the process and effects of the grief shared. (Döveling, 2014). It has been found that the regulation of intense emotions, especially after a significant loss, is important in the maintenance of daily functioning, and difficulty in controlling and regulating these emotions possibly leads to the persistence of complicated grief. (Camacho et al., 2018)

Brodbeck et al. (2022) observed in their study that positive emotional regulation correlated with adaptive grief outcomes. They noted that increased emotional regulation capabilities, along with loss-related coping self-efficacy, resulted in a positive relationship with grief. (Brodbeck et al., 2022). Confirming this, Shahane et al. (2018) in their study argue that personalised interventions to improve adaptive emotional regulation strategies reduced depressive symptoms in the population (Shahane et al., 2018)

Research Gap

Method of Conduction

The majority of studies conducted used a cross-sectional design, which limits the ability to find causal relationships between the variables. Mediation analyses done through cross-sectional data often result in the production of biased data. Cross-sectional analyses cannot replicate the development or changes of the process. For this type of study, a longitudinal study is beneficial as it allows the researchers to accurately track the development of the process. (Maxwell, S. E., & Cole, D. A. 2007).

Lack of Cultural Diversity

Most studies, as mentioned above, are based on very localized samples. Additionally, very few studies are conducted in the Indian subcontinent. The impact of the cultural norms that are unique to each community across the globe, on emotional regulation and grief, is underexplored, specifically in the Indian context. There is a lack of empirical evidence as to how emotional regulation strategies and their effect on grief may affect in the Indian context.

No Age-Specific Emotional Regulation in Grief

Although it has been noted by APA that emotion regulation usually increases across a lifespan, it has not been thoroughly studied. Most studies focus exclusively on how emotional regulation affects only a particular group of individuals (Jiaapuser, 2025). There are no studies based on how emotional regulation evolves across an individual's lifespan. Thus, although it has been acknowledged that emotional regulation increases, there is a lack of empirical evidence as to how it differs.

Emphasis on Bereavement

Most studies end up focusing on how emotional regulation helps with the process of coping after bereavement, which is the general process of dealing with death or loss. Bereavement differs from grief, as grief is an emotional reaction to a loss, which can be explained as longing, guilt, resentment, etc. Bereavement, on the other hand, refers to the broader state of loss. Many studies fail to explore how people emotionally regulate the grieving process itself, which is something this paper aims to address. Lopez et al. (2020), Machin, L. (2001), and Shahane et al. (2018), for example, all have bereavement as the main focus, and not grief itself.

Gender Differences

Most of the studies conducted do not account for the gender differences and the potential variations in outcomes that affect results. (Döveling, 2014). Although it is known that men and women express their emotions differently and thus may have different strategies for emotional regulation, only a few studies actually explore the possibility. Gender biases cannot be ultimately eradicated from any field of research, as it is an inevitable dynamic aspect. This study aims to analyse the variables through efficient results that can be generalized to all genders and, in turn, provide significant outcomes to a transformative society.

Research Hypothesis

Alternative Hypothesis (H1)

There will be a statistically significant relationship between emotional regulation and psychological responses to grief.

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Research Objective

- To analyse the effect of emotional regulation on grief coping mechanisms- Linear regression.

METHODOLOGY

Research Design

The study of 'Examining the Link Between Emotional Regulation and Psychological Responses to Grief' has a quantitative correlational research framework. It predicts the relationship between emotional regulation and grief. Quantitative research aims to establish a cause-and-effect relationship among the variables through mathematical analysis and empirical research consisting of accurately measured data (Ahmad et al., 2019). Hence, this type of research analysis was chosen for this study as it provides statistical evidence to prove the association between positive emotional regulation and healthy psychological responses to grief. The use of online analysis tools offered numerical support to the data with visual representations and interpretations. The type of study selected is Correlational analysis, as it thoroughly examines the connection between the two co-variables (emotional regulation and grief). It measures whether the quantum or extent of one variable affects the quantum or extent of the other variable. It aims not to find a cause-and-effect relationship but to identify patterns by simultaneously observing the variables without manipulating them. It is noteworthy that the variables align with each other and present conjoined information. Correlational studies differ from Comparative studies with respect to the allocation and control of variables by the researcher. However, both hold an objectivist rationale (Lau, 2017). The Correlational analysis methodology was utilized in the area of the chosen research study, as it requires a parallel structure of the deconstruction of variables. Additionally, regression analysis was also employed to find out the effect that emotional regulation poses on grief coping mechanisms.

Sampling and Procedure

Nonprobability sampling is a method of data collection in which the samples are not randomly selected from the population, i.e., not every individual of the population has an equal chance of getting chosen for the study (Wikipedia contributors, 2025a). Though these methods lack fair representation, they involve feasible ways of data procurement with limited time and resources. It also paves the way for an in-depth analysis of collected information from participants.

Convenience sampling, also known as grab sampling, accidental sampling, or opportunity sampling, is a method opted for quick sampling and feasibility, and can be implemented for a large scale of population and sample size. It involves reaching out to participants who are reachable and to those who are easy to access for the researcher. (Wikipedia contributors, 2024).

As this study was conducted by budding researchers, the convenience sampling method provides an ethical and attainable technique of obtaining the required data within the recommended span of time. The study was conducted among the student population, comprising a majority of students pursuing Undergraduate programs. Hence, this method of Non-probability, Convenience sampling was opted for. Aiming at major individuals who are in pursuit of acquiring their UG (Undergraduate) or PG (Post Graduate) degree, this age group was fixed. Students from various streams, including Management, Science, Social Science, Law, and Computer Science, are foreseen participants for the study as the institution of sampling is a Multi-disciplinary University with 8000+ students. The age

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group of the population was 18- 27 of age. This age bracket is in a crucial phase of moulding one's personality through learnt experiences. Handling grief through various ways of emotional regulation can hence be thoroughly studied in a multi-faceted manner through the subject through the convenience sampling technique.

The Adult Attitude to Grief scale, formulated by Dr. Linda Machin, a trained Social worker and researcher, and the Emotional Regulation Scale given by James Gross and Oliver John, prominent psychologists in the field of emotional regulation, was utilized for this study after obtaining ethical consent from the respective authors of the study. These questionnaires were chosen as a result of their strong reliability and validity that it offered. After obtaining the institutional consent from all authorities, a hardcopy, a Google form, and a printed hardcopy of the questionnaire were distributed via E-mail, WhatsApp, and in person for students to fill in and submit. This kind of survey method was adopted for the research as it enables standardized and structured data collection among large samples. Before proceeding with data collection, each participant was requested to provide ethical consent with their full conscience in order to make the research study an integrity-driven one. Taking the guidance of the research mentor into account, a sample size of 300 was determined for this study. The time span of data collection was 2 months with the consideration that the students are not full-time researchers and the academic deadline given.

Inclusion criteria

- **Age group:** The age bracket for the study is 18-27 years; hence, it is to be ensured that the data given from them will be accounted for in the analysis.
- **Population:** The target population of this study is students, and their responses will only be accepted.
- **Linguistic Understanding:** The questionnaires and instructions are presented in the English language, participants with reading and comprehension proficiency are expected to fill out the Google form.

Exclusion criteria

In order to reduce variability and to ensure that the sample truly represents the population, exclusion criteria is applied. If participants fell under the following pre-determined standards, they were excluded from taking part in the study.

- **Age group:** The age bracket for the study is 18-27 years; people above or below this age range were strictly excluded from the study to maintain normality.
- **Population:** The target population of this study is students, and hence, responses from any other working or non-working population were not taken into consideration, as it would remove the uniqueness of the study.
- **Linguistic Understanding:** The questionnaires and instructions are presented in the English language, individuals had reading and comprehension proficiency.

Ethical Considerations

- **Informed consent:** The researcher obtained consent from the participant in their conscience if they are willing to take part in the research study after briefing about the need for the study without the manipulation of results. If the participant is below the age of 18, parental or institutional consent is also necessary.
- **Confidentiality and Anonymity:** The personal and demographic details that might reveal their identity were kept strictly confidential and used only for research

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purposes. Revealing the name, photo, or identity of the participant will lead to a violation of the ethical boundaries.

- **Debriefing:** When the data was collected in offline mode, after the process, the participants were explained about the nature and purpose of the study in order to bring a sense of clarity and trust in the data they had provided.
- **Right to withdraw:** In case the process of data collection disturbed or made the participant uncomfortable, they were informed about their right to withdraw at any time during the study. In such cases, they had the right to withdraw their results, which contributed to the data.
- **Sensitivity to emotions:** As this area of research involves the participant's sensitive information about their personal emotional and grief handling, highly triggering questionnaires or emotionally taxing approaches were avoided. Instead, a compassionate and empathetic tone was encouraged.

Data Analysis Plan and Data Collection Tools

The Emotional Regulation Questionnaire with 10 items provides the interpretation that the higher the score obtained, represents the higher capabilities of positive emotional regulation. This 7 point scale offers scores ranging from 7 to 70, including options, 1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Neutral; 5 = Slightly Agree; 6 = Agree; 7 = Strongly Agree. The scale consists of items including, 'When I want to feel more positive emotion (such as joy or amusement), I change my thoughts.', 'When I feel negative emotions, I make sure not to express them'. (Gross & John, 2003).

The Adult Attitude to Grief Scale, being a 9-item scale, identifies levels of vulnerability based on the scores obtained. It is a 5-point scale including the options of Strongly agree = 0, Agree = 1, Neither agree nor disagree = 2, Disagree = 3, Strongly disagree = 4. The scores can range from 0 to 36. If the score ranges from greater than 24, the subject is predicted to have severe vulnerability to grief. The scores of 21 to 23 and less than 20 are predicted to have high and low vulnerability to grief. The scale consists of items including 'I feel able to face the pain which comes with loss.', 'It may not always feel like it, but I do believe that I will come through this experience of grief.' (Machin, 2001).

The scores from the questionnaires of the participants are collected and systematically ordered. The scores for the ERQ and the AAG scales are listed across the presented scales. The values for variable 1 - emotional regulation and variable 2 - grief were put into the JASP (Jeffrey's Amazing Statistics Program) software. It is a user-friendly and credible software that is widely used among research scholars to carry out statistical analysis. It was founded by Eric-Jan Wagenmakers in 2012 in honor of Sir Harold Jeffreys (Wikipedia contributors, 2025). After entering the scores in the software, correlational analysis was performed using Pearson's Product-Moment Correlation, after which Regression analysis was carried out.

RESULTS AND DISCUSSION

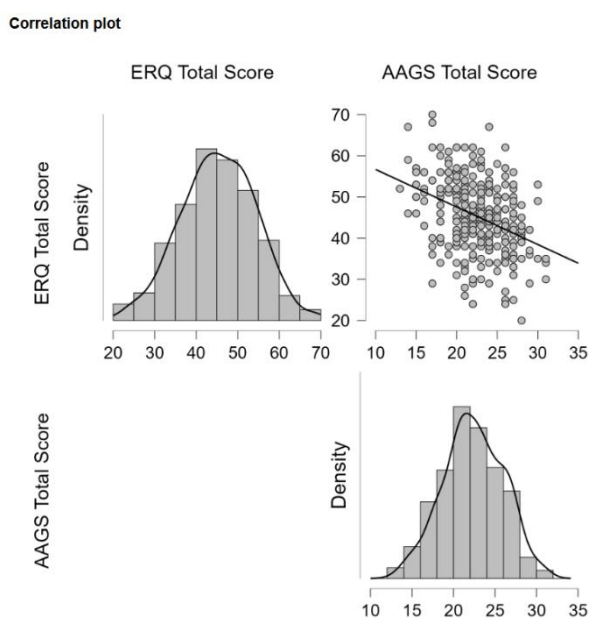
Results

Table 1 Correlation between the variables Emotional Regulation and Grief among the Student Population

Variables	1	2
Emotional Regulation	-----	-0.454***
Grief	-0.454***	-----

Note. *** p < .001

Figure 1 Figure the Correlation between the variables Emotional Regulation and Grief among the Student Population



Note, by (JASP Team, 2024)

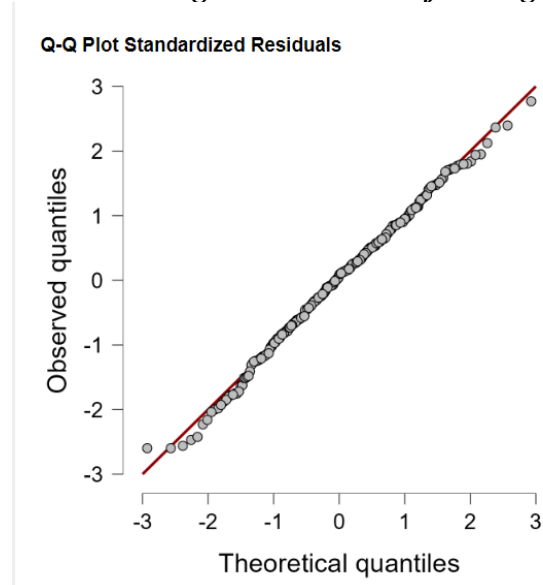
Table 1 shows the correlation between the variables Emotional Regulation and Grief calculated by the Pearson’s Product-Moment Correlation Method among the student population. As per the table, the coefficient is -0.454, which indicates that there is a moderate, inverse relationship between the two variables.

Table 2 Regression analysis of emotional regulation as a predictor of grief coping mechanisms (Model Coefficients - AAGS Total Score)

Effect	Estimate	SE	95% CI		P
			LL	UL	
Intercept	29.03	1.02	27.01	31.04	<.001
ERQ Total Score	-0.15	0.02	-0.19	-0.10	<.001

Note. N = 294, SE = Standard Error, CI = Confidence Interval, LL = Lower Limit, UL = Upper Limit, P = Probability Value, R = 0.360, R² = 0.129

Figure 2 Figure showing the Q-Q plot of regression analysis between the variables Emotional Regulation and Grief among the Student Population



Note, by (JASP Team, 2024)

Table 2 shows the regression between emotional regulation and grief coping mechanisms. As obtained, the R^2 value is 0.129, which indicates emotional regulation significantly explains 12.9% of the variance in grief coping mechanisms. The coefficient ($B = -0.15$, $p < .001$) denotes that higher scores on emotional regulation are associated with lower scores on grief coping mechanisms.

DISCUSSION

Positive emotional regulation strategies involve approaches such as reappraisal or acceptance, which help individuals manage their emotions constructively, while negative emotional regulation strategies include maladaptive methods such as suppression or rumination, which often intensify their distress over time. Positive grief coping mechanisms include adaptive behaviors such as seeking social or professional support, giving time to process and make meaning of their emotions, and moving towards acceptance. Avoidance, prolonged denial, or substance use for suppression of emotions fall under negative grief coping mechanisms. A Pearson correlation revealed a moderate, negative association between emotional regulation and grief ($r = -.45$, $p < .001$). Higher emotional regulation was associated with lower grief scores.

The obtained correlation coefficient proves an inverse relationship between the co-variables. In order to explore the extent of the effect of emotional regulation strategies on grief coping mechanisms, the statistical tool of linear regression was utilized. The findings indicate a strong significance of $< .001$, i.e. the relationship between the variables are very unlikely to be due to random chance or intrinsic variability. Hence, it reveals that the association is prevalent among the population of study, which is the student population. Emotional regulation explains 12.9% of the variance in grief coping mechanisms. Other attributing factors to emotional regulation pave the way for a future scope of study and exploration on current analysis of studies based on emotional regulation, as presented in the review of literature. The estimate of -0.146 indicates close precision as the SE is small compared to the size of the coefficient. The small SE indicates that the estimated coefficient (B) is not expected to vary as much if the study is repeated many times with different samples. P-

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value being $< .001$ is strong evidence of an effect, i.e., significance. The empirical results of the two statistical tests that were carried out show the integration of the variables, which proves the primary hypothesis 'There will be a statistically significant positive relationship between emotional regulation and psychological responses to grief.' With an increased sample size, the potency of a strong negative correlation outcome can be expected.

Significance and Impact of the Research Study

Promoting Healthy Emotional Regulation Mechanisms

The ability to regulate an individual's emotions is essential for adapting to the outcome of highly stressful life events (Gupta & Bonanno, 2011). Grief is a powerful emotion that can impact an individual's life in various ways, possibly inhibiting their ability to resume their regular activities. This study brings awareness to the importance of positive emotional regulation in psychological responses to grief and examines how emotional regulation strategies can support in handling grief, without interfering with the daily functioning of the individual.

Encouraging Help-Seeking behaviour in Students

This research focuses on college students, a population that frequently encounters grief but may hesitate to seek support. College students face a scarcity of time to process grief due to their busy schedule, thus putting them at risk for poor academic performance, which results in students dropping out of college (Cupit et al., 2016). By examining the relationship between emotional regulation and psychological responses to grief, this study attempts to standardize help-seeking behaviour and focus on the importance of early intervention in students for their emotional well-being.

Enhancing Therapeutic Interventions

Psychological interventions for grief may be improved by focusing on the emotional regulation of the individual, which serves as a foundation of most interventions like mindfulness-based cognitive therapy (MBCT) and acceptance-based behavioural therapy (Moltrecht et al., 2020). By focusing on the effects of emotional regulation strategies on psychological response to grief, this study contributes to the improvement of the therapeutic models for clients with grief-related concerns.

Creating Grief Support Groups

Grief support groups have been beneficial to people by introducing them to others who share similar encounters and feelings, offering a safe space to grieve, and also aiding them to reconcile with their losses and move forward (Glykioti & Sandra, 2021). This study offers information on the creation of grief support groups integrating emotional regulation strategies, aiding the promotion of healthy emotional expression and peer-based support among individuals with grievances.

Emotional Regulation in the Indian Context

Even though grief is a universal experience, dealing with grief varies in different societies, values, and cultures. Cultural norms also indicate how grief is regulated and internalized. A comparative study conducted by Mehta et al. (2017) found that Indian people were inclined to use reappraisal more than acceptance in response to intensive negative stimuli (Mehta et al., 2017). These findings suggest that Indian individuals may be conditioned to suppress their emotions or reinterpret them to maintain social harmony. This study offers more

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insight into the emotional regulation strategies of Indian college students and how these students handle grief.

Impacts

The integration of emotion regulation into models of grief therapy can result in better mental health outcomes. According to Eisma and Stroebe (2021), adaptive emotional regulation has a negative association with complicated grief, and maladaptive strategies are the culprits behind psychological distress. Such identifications provide more accurate clinical interventions. Enhancing emotional regulation ability can reduce the burden of healthcare. In a randomized controlled trial, Eisma et al. (2015) showed that internet-based treatments for emotional exposure and behavioral activation significantly reduced complex grief and its associated symptoms. These treatments are cost-effective and scalable and can reduce dependencies on long-term psychiatric care and pharmacological treatment.

Emotionally regulated family members and caregivers are more likely to establish supportive and stable grieving contexts. Stroebe et al. (2020) observe that caregivers who evidently show high emotional dysregulation with regard to grief are more likely to suffer from long-term mental and physical health complications that may destroy the cohesiveness of families. Increasing emotional flexibility in them can help them have healthier interpersonal relationships.

The results can inform social and cultural responses to bereavement. By emphasizing how avoidance and rumination undermine emotional repair, societies can create stronger, more empathetic environments for mourning. As Eisma and Stroebe (2021) put it, experiential avoidance is a top target for intervention—its mitigation could lead to more socially supported, healthier mourning processes.

Limitations of the study

Type of Research: Correlational research, although helpful in showing correspondence, lacks the ability to determine the correspondence between emotional regulation and bereavement.

Self-report dependence: A lot of the evidence on the control of emotions is based on self-report information using questionnaires or interviews. This has the potential to be biased, e.g., social desirability bias (the respondents responding socially more favourably) or forgetting emotional incidents.

Weak Correlation: A weak correlation was observed in the discussion, with emotional regulation accounting for 12.9% of the variance in grief. This suggests that while emotional regulation contributes to reducing grief responses, the influence is highly limited, which is something that can be explored further.

Sample size

The findings revealed a moderate negative correlation. It is possible that with an increased sample size, a stronger negative association could have emerged, reflecting a more robust relationship between the variables.

Prospects for Future Research

Longitudinal studies

Longitudinal studies follow the same subjects over an extended period of time so that researchers can see how patterns of emotional regulation strategy and responses to grief vary with time. This can give wonderful information about adaptation pathways and how these variables interact.

Fitting experimental and quasi-experimental designs

While difficult in grief research, researchers can implement experimental or quasi-experimental processes (e.g., training on emotional regulation skills and their assessment of effects on grief symptomatology) to study causal relationships. For instance, the effects of particular cognitive restructuring processes on grief intensity can be explained with more causality.

More generalizable and heterogeneous samples

Future research would aim for more diverse samples crossing gender, age, socioeconomic status, and cultural boundaries to be more generalizable.

Objective and multi-method measurement

Mixing self-report measures with objective measures (e.g., physiological, such as heart rate variability, or observer ratings) would cast more light upon emotional regulation and its impact on grief.

Emphasize process and context

Rather than examining the general strategies for regulating emotions, future studies can examine in more detail the particular tactics employed within strategies and how these are attuned to various contexts. For instance, the efficacy of expressing certain emotions within various social settings.

Interpersonal regulation of emotion

Investigating how individuals regulate emotions in relation to social interactions through grief and how this is related to grief outcomes is an area that could potentially be highly rewarding to research in the future.

With the addition of flexibility in perspective

Research into what is meant by "emotional flexibility," the ability to modify emotion regulation to adapt to what a situation requires, could help us discover a great deal about resilience in bereavement.

Results

The findings revealed a moderate negative correlation. It is possible that with an increased sample size, a stronger negative association could have emerged, reflecting a more robust relationship between the variables.

CONCLUSION

The research proposal seeks to identify the association between coping with grief and emotional regulation among college students, acknowledging the increasing demand for emotional sensitivity within academic settings. With the rising incidence of mental health issues and emotional trauma, especially driven by experiences of grief, the present study identifies a pertinent and timely issue among the student population.

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Through the use of a correlational quantitative design and the application of established instruments like the Adult Attitude to Grief Scale and the Emotional Regulation Questionnaire, this study aims to explore whether those with more effective emotional regulation strategies deal with bereavement more adaptively. Using convenience sampling and a sample size of 300 students ensured feasible data collection within an attainable academic environment, while still seeking to reach generalizable knowledge.

This study aims to find and explore patterns and associations. In doing so, it will contribute to the existing literature on emotional regulation and the management of bereavement, more specifically in child mental health. The findings sought are likely to have relevance to school counselling, provision, and policy-making. For example, they can assist in creating tailor-made therapy modules, psychoeducation sessions, or preventive mental health programs that target the development of emotional regulation skills as a way of assisting mourning students.

The findings of this research may be applied to educate public discussions on emotional intelligence, resilience, and mental health literacy in young adults. The study will not only be utilized for scholarly purposes but also used to inform practical, therapeutic, and institutional interventions into bereavement and emotional well-being in vulnerable populations like students.

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Conflict of Interest

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