



A Study on Adjustment and Emotional Regulation among Young Adults

Aarti Anand, *Postgraduate*

aartianand511@gmail.com

Abstract: Young people, a demographic experiencing important developmental changes including higher education, employment choices, and personal identity construction, are the subject of this study, which examines the relationship between adjustment and emotional regulation. Emotional regulation is the skillful management and modification of emotional reactions, whereas adjustment is the capacity to deal with both internal and external demands. Both concepts are necessary to preserve social functioning and psychological health. Examining how emotional regulation techniques affect young adults' general adjustment levels is the goal of the study, especially considering current stressors such marital difficulties, social media influence, and academic pressure. The results of this study could help educators, legislators, and mental health experts create focused interventions that improve emotional intelligence and adaptive functioning. The study helps to promote resilience, mental health, and positive life outcomes among young adults by comprehending this dynamic interplay.

Keywords: *Adjustment, Emotional Regulation, Young Adults*

1. Introduction

Adjustment and emotional regulation are two important psychological processes that have a large effect on how well young people function and feel in general. This period of growth normally lasts from late adolescence to the mid-twenties. It is marked by many changes in life, such as going to college, starting a job, making close friends, and trying to be independent both professionally and personally. A lot of emotional flexibility and coping skills are often needed to deal with these shifts.

Adjustment is the ability to deal with both external and internal challenges. It means keeping your equilibrium in the face of stress in your social, intellectual, and personal life. On the

other hand, emotional regulation is the ability to keep track of, evaluate, and change how you feel to reach your goals. It is important for managing stress, establishing resilience, and keeping relationships strong.

In early adulthood, it is very important to be able to control your emotions and adjust to new situations. People with good emotional control are better able to deal with their feelings, suffer less, and come up with better ways to solve problems. Problems with emotional control, on the other hand, can lead to maladaptive adjustment patterns like anxiety, depression, and problems with other people.

Young adults today face a lot of problems, such as peer pressure on social media, not knowing what career to choose, academic pressure, and changing roles in their identities. These things may make it harder for them to control their emotions and make healthy changes, which shows how important it is to have better emotional intelligence and support networks.

It is very important to investigate the link between adjustment and emotional regulation to better understand the mental health requirements of young adults and come up with effective ways to help them build resilience, emotional intelligence, and life pleasure. This area of study is very important for teachers, mental health professionals, and lawmakers who want to improve the mental health of the expanding adult population.

Adjustment

Shaffer (1961) says that adjustment is "the process by which a living organism maintains a balance between his needs and the circumstances that influence the satisfactions of these needs." Good (1959) says that "adjustment is the process of finding and adopting modes of behavior suitable to the environment or the change in the environment." Crow and Crow (1956) say that a person's adjustment is good, healthy, or healthy if they have a good interaction with the people, places, and things that make up their physical and social environment.

Researchers looked at young individuals in India to see how men and women adjusted differently in different regions. The results showed that men and women were very different in terms of health and emotional adjustment, but not in terms of home and social adjustment. The Bell Adjustment Inventory was used to measure four basic areas of adjustment: home, social, health, and emotional. It was given to 325 men and 325 women between the ages of 20 and 28 (Kumar et al., 2021).

A longitudinal study looked at the self-reported adjustment of 75 young individuals (ages 17 to 22) who had just been admitted to a Portuguese prison. It looked at how their adjustment changed over time, what factors were related to it, and what the consequences were. Regression analysis showed that, in general, adjustment problems stayed pretty much the same during the first six months of being in prison. In general, people who went to prison more often, had less education, and were White had more issues adjusting. In turn, problems with adjustment were linked to later mental health issues and serious rule-breaking (Gonçalves et al., 2019).

Researchers followed 144 college graduates over a period of 25 years, collecting data at five periods. They discovered that higher levels of emotional closeness with a partner in the past and changes in emotional closeness over the first 8 years predicted Wave 5 marital adjustment. It also showed that, on average, women said they were more emotionally close than males at Wave 1. At Wave 5, neither a change in marital status nor a change in gender changed the links between emotional intimacy intercept and slope and marital adjustment (Boden et al., 2009).

Emotional Regulation

Emotional regulation is "all the processes involved in shaping which emotions one experiences, when emotions are experienced, and how these emotions are experienced and expressed" (Gross 2015). Emotional regulation is the process of controlling the emotions you have, when you have them, and how you feel or show these emotions (Gross, 1998b).

Emotional regulation is the process of trying to control what emotions people have, when they have them, and how they feel and express those emotions. These kinds of actions may happen on their own or be planned, and they may be conscious or not. Some people say that regulating emotions may include turning up or down certain parts of unpleasant or positive emotions (Parrott, 1993), although this hasn't been shown. Emotional regulation is the set of outside and inside mechanisms that keep track of, judge, and change emotional reactions, especially their intensity and duration, to reach one's goals (Thompson, 1994, pp. 27–28).

Emotion regulation (sometimes called emotional control) is the process of changing or controlling the physiological, behavioral, or subjective parts of an emotional response, either consciously or unconsciously (Ochsner & Gross, 2005). People typically think of emotion regulation as only keeping negative feelings in check (Kashdan et al., 2015). of emotion regulation is often limited to suppressing negative emotions (Kashdan et al., 2015).

Researchers investigated how people of different ages deal with their emotions by seeing if self-reported reappraisal or suppression changes with age and how these methods can affect mental health. The results show that older persons utilize suppression, an emotion regulation approach, more than younger adults do. Older persons' greater use of suppression did not mean that they were more mentally distressed. Younger adults who said they were suppressing a lot of their feelings were more likely to be mentally distressed. Older persons also said they were less anxious and stressed than younger adults, although there were no variations in depression between the two groups. (Brummer et al., 2013).

A study was undertaken to investigate the influence of emotion regulation problems (ERD) on both intrapersonal and interpersonal dimensions, as well as anxiety and depression symptoms, in the emergence of psychoform or somatoform dissociation among adolescents and young adults with chronic maltreatment (CM). The study involved 58 adults with chronic migraines and 55 participants without a history of childhood trauma, aged between 12 and 22 years. The findings indicated that adolescents and young adults subjected to childhood maltreatment exhibited elevated levels of psychoform and somatoform dissociation, emotional regulation difficulties, and symptoms of anxiety and sadness. Intrapersonal and interpersonal emotional regulation difficulties predicted psychoform dissociation, while anxiety and sadness predicted somatoform dissociation in adolescents and young adults with childhood maltreatment (Sébastien Henschel et al., 2018).

A study was undertaken to evaluate the influence of gender and age on cognitive emotion regulation techniques (CERS). A cohort of 1585 participants segmented into four age categories (young adults, middle-aged adults, older adults, and oldest-old people) completed the abbreviated version of the Cognitive Emotion Regulation Questionnaire. Results demonstrated a gender effect on CERS, revealing that women exhibited higher rumination and catastrophizing scores, which correlated with lower acceptance scores, alongside varying employment of emotion regulation strategies based on age. The youngest cohort exhibited elevated scores in rumination and self-blame, alongside diminished scores in positive refocusing relative to the other three age groups. Conversely, the oldest cohort demonstrated increased scores in planning but reduced scores in self-blame and positive reappraisal compared to the other three age groups (Bailly et al., 2022).

2. Purpose

The purpose is to study adjustment and emotional regulation among young adults.

3. Hypothesis

There will be a significant relationship between emotional regulation and adjustment.

4. Method

4.1 Sample

A sample of 30 young adults in the age 18-26 years was taken from Chandigarh.

4.2 Measures

Brief Adjustment Scale -6 (BASE-6): The brief adjustment scale as developed by Rick et al. (2013). It is a 6 item self-report- measure. The rating scale is not at all (1), somewhat (4) and extremely (7).

Emotion Regulation Questionnaire (ERQ): The emotion regulation questionnaire as developed by Gross and John (2003). It is a 10-item self-report- measure. The rating scale is strongly disagreed (1), neutral (4) and strongly agree (7).

4.3 Procedure

The participants were informed about the purpose of the research, and the questionnaires were filled through Google forms, each participant was thanked for their cooperation. Standardized psychological tests were administered to the participants.

5. Analysis of Data

Table 1. *N, mean, standard deviation of all the variables*

	Reappraisal	Suppression	Adjustment
N	45	45	45
Mean	17.6	14.3	19.4
Standard Deviation	6.50	6.39	8.85

Table 2. *Correlation between Reappraisal, Suppression and adjustment*

	Reappraisal	Suppression	Adjustment
Reappraisal	—		
Suppression	0.490***	—	
Adjustment	0.129	0.099	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

6. Discussion of Results

A significant positive correlation was found between reappraisal and suppression which came out to be ($r = 0.490$) where $p < .001$, which depicts that individuals who use repression also tends to use suppression. This implies that rather than being opposing strategies, reappraisal and suppression may co-occur in some individuals emotional coping styles.

Suppression and reappraisal didn't show any significant correlation with adjustment which came out to be ($r = .129$) and ($r = 0.99$) respectively, suggesting weak and non- significant associations. These findings suggest that emotion regulation strategies, in isolation, may not strongly predict an individual's overall adjustment, highlighting the possible influence of other psychological, social or contextual factors in determining adjustment levels.

7. Conclusion

The study focused on adaptation and emotional regulation in young adults. A sample of 45 young adults aged 18 to 25 years was selected. Standardized instruments were employed to assess adjustment and emotional regulation. The results indicated that individuals may employ both reappraisal and suppression methods; however, these strategies do not exert a direct influence on adjustment within the sampled population.

The absence of a substantial correlation between emotional regulation (reappraisal and suppression) and adjustment contradicts several prior studies, suggesting that reappraisal is adaptive while suppression is maladaptive. The impact of these emotional regulation mechanisms on adjustment may be diminished by other factors, such as perceived stress or resilience, which were not accounted for in the present study.

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