

EXAMINING THE RELATIONSHIP BETWEEN EMOTIONAL COGNITIVE REGULATION STRATEGIES, PESSIMISM AS WELL AS OPTIMISM AND RESILIENCY AMONG THE MENTALLY-ILL FAMILIES OF URMIA WELFARE DEPARTMENT

Safoura Ashrafzadeh¹, Dr. Ali Issazadegan², Mojtaba Salehi Heydarabad³

1. Department of Clinical Psychology, Science and Research Branch, Islamic Azad University, Urmia, Iran
(Corresponding author, email: safouraashrafzadeh@gmail.com)
2. Department of Educational and Psychology, Urmia University, Urmia, Iran
3. Department of Psychology, Urmia University, Urmia, Iran

ABSTRACT

The aim of the present study is to investigate the relationship between emotional cognitive regulation strategies, pessimism as well as optimism and resiliency among the mentally-ill families of Urmia Welfare Department. The statistical population comprised of all couples who had at least one mentally-ill child who were chosen based on available sampling method. To collect the data use was made by emotional cognitive regulation strategies, pessimism as well as optimism and resiliency questionnaire. To run the statistical analysis, Pearson correlation coefficient, multi-variant variance analysis and step by step regression analysis. Findings of the study indicated that there was a relationship between emotional cognitive regulation strategies, pessimism as well as optimism and resiliency and that optimism and emotional cognitive strategies could predict the resiliency. In addition, male made use of others castigation and positive reevaluation. Female employed positive refocusing as strategy for emotions cognitive regulation. The results showed that emotional cognitive regulation strategies and optimism/pessimism were predictors of resiliency amount among the parents.

KEYWORDS: emotional cognitive regulation strategies, pessimism, optimism, resiliency, parents of mentally-ill individuals

INTRODUCTION

Emotional management has to do with internal and external processes which are responsible for controlling, evaluating, and changing emotional reactions of individual toward developing the targets. Any malfunction of emotions regulation puts the individual in risk of anxiety and depression (Garnefski & Kraaij, 2003). The quality of evaluating cognitive complex within the individual is of great importance when confronting negative events. Spiritual health is derived from two-way interaction between using particular types of emotional cognition regulation and true evaluation of tension-inducing situation (Garnefski *et al.* 2003). In this regard, authors have suggested nine cognitive strategies in regulating the emotions: rumination, acceptance, self-blame,

Positive refocusing, refocus on planning, positive reappraisal, putting into perspective, catastrophizing (Garnefski *et al.* 2001). Emotions cognitive regulation is used as the alternative term. In general, the concept is liable to be known as the cognitive manipulation of information input of addressed emotions (Thompson, 1991). In other words, emotions cognition regulation strategies is concerned with the quality of individuals' thoughts following a negative experience for them. Regulating the emotions through cognition is integrated with human life. Cognitions or cognitive process might assist the managing or regulating the emotions so that one has control over the emotions and not be involved in failure process. Such a case might happen during or after the threatening condition (Garnefski *et al.* 2001). Emotions cognitive regulation strategies help individuals to regulate the negative emotions. Such a regulating style has a direct relationship with progression, development or occurrence of psychological disorders (Garnefski *et al.* 2003). So, the individual chooses the stressful situations as a results of incorrect cognitive evaluation of situation due to the shortage or lack of information and incorrect understanding or illogical beliefs. Hence, choosing efficient solution-based strategies in cognitive, emotional and behavioral dimensions can contribute to the increase of compatible resolutions (Thompson, 1991). Emotional regulation is a set of different controlling process which have expressed by managing the place, quality and possibility of what is considered. Emotional regulation can be defined as a set involving cognitive

¹ Corresponding author, email: safouraashrafzadeh@gmail.com

processes occurring automatically. Such process enable individual to enjoy their life more than others along with providing the feeling that negative events are avoided and the amount of them is increased or decreased (Geros, 2003). Emotional regulation is the surface. Aspect of emotional responses. In fact, emotional regulation is regarded as functions employed to make changes or to balance emotional status. In the psychological literature, this concept is used to address the balance of negative emotions. Although emotional regulation can involve conscious processes, it does not necessarily require awareness and manifest strategy (Amstadter, 2008). Emotional regulation which plays a critical role in managing the emotions is said to be a form of self-organization (Tice & Bratslavsky, 2002; cited in Zogi Shishavani, 2011).

Definition of optimism

Optimism is concerned with an expanded expectant based on which the individual feels that promising results will be obtained when confronting difficulties. Such an expectation encompasses important aspects of individual's life. Optimism is the most prominent components of personality formed by positive cognitions (Carver & Scheier, 1989). Carver, Scheier, Weintraub (1989) define optimism as overall expectation of frequent pleasure-based events. Optimism pertains to cases which bring about positive repercussions and these conditions are regarded as constant and internal. Optimism has deep impact on psychological and physical health (Peterson, 2000). One can consider optimism as positive attitude or positive behavior which has to do with the events the individual expects to happen in the future. Optimism is the combination of positive attitude and tendency in line with self, others, phenomena, vents, and universe based on which the individual expects positive and promising events to happen with regard to his own capabilities. Such an attitude roots in determining style of people (Nori, 2007). Optimism does not mean the exclusion of reality, rather it means not excluding the rest of life (Slikman, 2006).

Optimism and pessimism

Optimism has to do with diverse cognitive attributes. The conducted studies by psychologists have identified advantages and disadvantages of pessimism. Optimists obtain psottiive results since they consider their targets based on achievable status and that they make use of problem-solving process (Aspinwal & Taylor, 2002; cited in Movahed, 2003). The counterpart of optimism is pessimism. The core of pessimism is insolvency. In solvency is the stage in which people think what they do does not affect what is going to happen. Pessimists worsen the condition through relating the mistakes to the feeling of sin (Slikman, 2009). Involuntary events are the ones occurring for optimists alike; however, the two groups view the issues and interpret the conditions in a different way. Optimism and pessimism are the fundamental qualities of personality and affect the adaptability of people in relation to life events. The two factors have impacts on individuals' mental expectations when confronting difficulties and their behavior when experiencing problematic areas. Optimism not only justifies individual differences in adaptability, nut also it is related to empirical and theoretical observation of different functions. Confronting is defined by Lazarus ad Folkman (1984) as behavioral and cognitive efforts employed by individual to control internal and external pressures. From their perspective, confronting can be problematic or emotional-based. Problematic confronting involves the functions focusing on stress-inducing situation (such as problem-solving) while emotional-based confronting encompasses the acts focusing on changing the internal responses due to stress-inducing condition (such as ignorance of emotions expressing). People who are certain of future keep on making efforts while people who are dubious try to avoid difficulties. Empirical evidences support the distinction between active confronting of optimists in contrast to avoiding and abandoning of pessimists (Sholtz & Sholtz, 2008).

Mentally disabled

Mental disability does not exists only in people who are physically crippled, rather it roots within the attitude and perspective of afore-mentioned individuals (Nori, 1995). Such negative attitudes and psychological-social barriers impact the psychological health of people suffering from disability and their families. This leads to the fact that these people are low self-esteemed and do not feel relaxed when communicating other people. Disability involves deprivation of a person which is derived from malfunction and that impedes the individual from doing the tasks based on the social, cultural and natural conditions (Barbotte, Guillemin & Neurkasen, 2001). Disabled and crippled people need the attention of society (Litwin, 2003). Understanding the difficulties by family and their emotional relations can have contribution to individual's performance. The existing community does not have an insightful understanding of disabled people and such individual experience incorrect understanding of other people form the early childhood. Thus,

the crippled individual feels condemned to infertility and passion (Afroz, 1991). So, the role of society and family is apparent in this case.

The concept of resiliency

Generally speaking, the term resiliency is concerned with processes and factors which have disintegrated the development path from problematic and psychologically-detrimental behavior ways. Historically, The research on resiliency has accompanied three areas: investigating resiliency was a response to the question of what characteristics determine the people who get succeeded when confronting detrimental situations in contrast to people who are acquiesced in such conditions. The studies carried out in the field of resiliency have devoted their efforts to examine the description of internal and external resiliency with regard to people who are assisted in this way to adapt themselves with risk-inducing or after setting back circumstances. The quality of resiliency reflects the initial repercussion of resiliency examining field.

Conducted studies

Investigation on emotion, optimism and cognition as well as anxiety was made done by Ehteshamzade *et al.* (2011). It was found in the study that there was a positive relationship between emotion regulation and test anxiety; however, negative relationship was found between optimism and test anxiety and as well as metacognition and test anxiety. Also, it was concluded that here was a multi-dimensional relationship between emotional regulation, optimism and metacognition.

Eisazadegan, Ashrafzade, and Soleimani (2014) examined the relationship between emotional cognition organizing strategies as well as optimism and death anxiety among the nurses of Urmia. It was found that there was a significant relationship between subscales of emotional cognition self-organizing strategies as well as optimism and death anxiety. Among the emotional cognition self-organizing strategies, rumination, acceptance, positive refocusing, refocus on planning, positive reappraisal, putting into perspective and catastrophizing were predictors of death anxiety among the nurses. In addition, there was a negative relationship between optimism/pessimism and subscales of self-catastrophizing, others catastrophizing. Also, it was noted that there was a positive relationship between acceptance, refocusing, refocusing on planning and reevaluation and perspective.

Feliu *et al.* (2011) conducted a study on the relationship between negative as well as emotional regulation and depression symptoms among teenagers. It was found that there was a significant relationship between the two variables so that there was a reverse significant relationship between components of emotional regulation and depression symptoms. Also, there was a relationship between negative emotion as well as anxiety and depression symptoms.

Noone and Hastings (2009) found that inducing resiliency through establishing psychological acceptance reduced the job-related stress and increased employers' psychological health.

MATERIALS AND METHODS

The study is that of survey-based. The study is applied and descriptive in terms of goal and quality of data collection. Participants of the study involved 135 male and 159 female chosen from families having mentally-ill children. Three questionnaire were utilized in the present probe, namely, cognitive emotional regulation, optimism/pessimism and resiliency who were developed by Nadia Gernfseki *et al.*, Shier and Caror, and Kaner and Davidson, respectively. Descriptive statistics as well as Pearson correlation coefficient and multi-variant variance analysis along with step by step regression analysis were used in the study.

Inferential analysis of the data

The researchers rely on central tendency and scattering indexes to study the hypotheses.

Table 1. Descriptive indexes of optimism /pessimism, emotional cognitive regulation and resiliency in both genders

Female (N=157)		Male (N=135)		Gender Indexes Variables
Standard Deviation	Mean	Standard Deviation	Mean	
1.2887	63.8679	1.41835	67.0074	Resiliency
2.70235	13.7233	2.89641	13.703	Optimism/Pessimism
3.01165	10.7621	3.10464	9.1333	Self-Blame
3.31752	13.9811	3.16004	13.8815	Acceptance
3.05995	12.4521	2.85730	12.6667	Rumination
3.61757	12.8716	3.4327	12.6000	Positive Refocusing
3.69219	13.9748	3.3738	14.0741	Refocus On Planning
3.20902	13.5660	3.12627	13.6741	Positive Reappraisal
2.72759	13.4591	3.46421	13.1185	Putting Into Perspective
4.05833	10.7571	3.86037	11.7556	Catastrophizing
2.77153	9.6604	3.38072	10.0593	Blaming Others

RESULTS AND DISCUSSION

Hypothesis 1: there is relationship between emotional cognitive regulation strategies and resiliency

To analyze the data relevant o this hypothesis, Pearson correlation coefficient. The results are provided in the following table.

Table 2. Correlation matrix of emotional cognitive regulation and resiliency variables

Optimism	Self-Blame	Acceptance	Ramification	Positive Refocusing	Refocus On Planning	Positive Reappraisal	Putting Into Perspective	Catastrophizing	Baling Others	Resiliency
0.257**	0.040	0.289**	0.164**	0.614**	0.585**	0.594**	0.436**	0.000	-0.031	Correlation
0.000	0.496	0.000	0.005	0.000	0.000	0.000	0.000	0.987	0.597	Level of Significance
294	294	294	294	294	294	294	294	294	294	Number

P<0.05 * P<0.01 **

As the above table shows, resiliency has a positive relationship with positive reappraisal, refocus on planning, acceptance, rumination and emotional regulation total score at 0.01 level. It is worth noting that there is no relationship between resiliency and catastrophizing, self-blame and blaming others components.

Hypothesis 2:

There is a difference between parents of mentally-ill children in emotional cognitive regulation strategies, optimism/pessimism and resiliency.

To test the hypothesis, multi-variant analysis was used using Levene test to examine the homogeneity of variances.

Table 3. Variances significance test

Significance	F	Df ₁	Df ₂	
0.161	1.973	1	292	Self-Blame
0.114	2.509	1	292	Acceptance
0.241	1.380	1	292	Rumination
0.507	0.441	1	292	Positive Refocusing
0.205	1.616	1	292	Refocus On Planning
0.619	0.204	1	292	Positive Refocusing
0.424	5.139	1	292	Putting Into Perspective
0.239	1.395	1	292	Catastrophizing
0.345	6.842	1	292	Blaming Others
0.777	0.080	1	292	Resiliency
0.369	0.811	1	292	Optimism

As seen in the above table, variances difference is not significant in variables. So, one can conclude that error variance of dependent variables is equal I both groups. To analyze the data related to second hypothesis, multivariate analysis method was employed.

Table 4. Wilks Lambda test in multivariate variance analysis for hypothesis 4

Level Of Significance	Error Degree Of Freedom	Effect Degree Of Freedom	F	Value	Test
0.000	282	11	3.934	0.867	Wilks Lambda

The results of Wilks Lambda test shows that there is significant difference between the two groups in one of the variables (optimism, Pessimism, emotional cognitive regulation and resiliency). The following table shows the gender deference of each studied variable.

Table 5. Between groups effects

Level Of Significance	F	Mean of Squares	Degree of Freedom	Sum of Squares	Dependent Variable	Sources of Changes
0.71	6.49	141.05	1	141.05	Self-Blame	Groups (Male And Female)
0.04	0.04	0.37	1	0.37	Acceptance	
0.34	2.48	27.48	1	27.48	Rumination	
0.04	0.03	0.41	1	0.41	Positive Refocusing	
0.92	1.85	190.81	1	190.81	Refocus On Planning	
0.08	0.31	3.23	1	3.23	Positive Reappraisal	
0.30	2.08	24.62	1	24.62	Putting Into Perspective	
0.53	4.16	40.07	1	40.07	Catastrophizing	
0.04	0.01	0.15	1	0.15	Blaming Others	
0.18	1.11	11.72	1	11.72	Resilience	
0.952	0.004	0.028	1	0.028	Optimism/Pessimism	

As indicated in the above table, the difference between the two genders in acceptance, positive refocusing, positive reappraisal and blaming others is significant. There is no significant difference between the two genders in other variables. Since the men of females in acceptance and poste refocusing is more than that of male, such as significance is of female benefit. In other words, the scores of females related to acceptance and positive refocusing are greater than those of male. The mean of scores for male in blaming others and positive reappraisal is greater than those of female. So, this significance is in benefit of male. In other words, male mean is greater than that of female in blaming others ad positive reappraisal variables.

Hypothesis 3:

Emotional cognitive regulation strategies, optimism/pessimism predict resiliency in parents of mentally-ill children. To study the hypothesis, step-by-step regression analysis was used. The predictive power of predicting variables are calculated using step-by-step method.

Table 6. Results of step-by-step regression analysis of considered variable changes

Level Of Significance	Df ₂	Df ₁	F	Standardized Error	R ²	R	Indexes/Steps
0.000	292	1	176.60	10.72	0.37	0.61	Step 1
0.000	291	1	128.83	9.91	0.47	0.68	Step 2
0.000	290	1	94.44	9.69	0.49	0.70	Step 3
0.000	289	1	76.54	9.51	0.51	0.71	Step 4
0.000	288	1	63.99	9.41	0.52	0.72	Step 5

Step 1: predicting variable: positive refocusing

Step 2: predicting variable: positive refocusing, refocus on planning

Step 3: predicting variable: positive refocusing, refocus on planning, positive reappraisal

Step 4: predicting variable: positive refocusing, refocus on planning, positive reappraisal, self-blame

Step 5: predicting variable: positive refocusing, refocus on planning, positive reappraisal, self-blame, optimism/pessimism

Based on the above results, one can infer that positive refocusing is liable to predict 37% of the resiliency changes. Refocusing on planning has a significant role in predicting the resiliency changes. This variable predict 47% of the resiliency changes. Positive reappraisal plays important role in predicting resiliency. This variable predicts 49% of the resiliency changes. Self-blame variable predicts 51% of the resiliency changes. Finally, optimism/pessimism variable predicts 52% of the resiliency changes.

SUGGESTIONS

It is suggested that other communities such as patients, physically- paralleled people and other individuals insured by Welfare Department are examined.

Regarding the notion that one of the important and effective factors on emotional cognitive regulation strategies, pessimism/optimism and resiliency is religion, culture of people’s perspective toward these variables, it is recommended that further studies rely on these issues.

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