

## عنوان مقاله:

The Mediating Role of Emotion Regulation within the Relationship between Neuroticism and Participation Motivation

## محل انتشار:

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## خلاصه مقاله:

In this research, we investigated the mediating role of emotion regulation within the relationship between neuroticism and participation motivation. In this cross-sectional study, a total of ۲۶۱ employees (۹۸ males age range = ۱۸-۶۰ years) belonging to Iran Oil Company participated and completed questionnaires of big five factors of personality (Costa and McGree, ۱۹۸۹), cognitive emotion regulation (Garnowski and Craig, ۲۰۰۶) and participation motivation (Gill et al., ۱۹۸۳). Data were analyzed by structural equation modeling. The results indicate that neuroticism has indirect effects on participation motivation through adaptive emotion regulation and maladaptive emotion regulation strategies. The results suggest that emotion regulation strategies may be a significant mediator in the neuroticism- participation motivation link. One's difficulty in regulating emotions might be an underlying mechanism through which high neuroticism decreases the participation motivation and health behavior. The study implies that the assessment of emotion regulation strategies should be included in interventional programs aimed at achieving employees' sport participation.

## کلمات کلیدی:

Emotion Regulation, Personality Traits, Sport Participation, Well-being

## لینک ثابت مقاله در پایگاه سیویلیکا:

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