

عنوان مقاله:

Mediating Role of Problem-Solving Styles in the Structural Relationship between Attachment Styles and Psychological Capital with Interpersonal Emotion Regulation in Adolescent Girls

محل انتشار:

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خلاصه مقاله:

This study investigated the mediating role of problem-solving styles in the relationship between attachment styles, psychological capital, and interpersonal emotion regulation (IER) among adolescent girls. A correlational design was employed with a convenience sample of ۲۴۰ female students who completed questionnaires assessing attachment styles, psychological capital, problem-solving styles, and interpersonal emotion regulation. Structural equation modeling and correlational analyses revealed that attachment styles significantly predicted interpersonal emotion regulation, whereas psychological capital did not. Both constructive and non-constructive problem-solving styles were negatively associated with IER. Importantly, problem-solving styles mediated the relationship between attachment styles and interpersonal emotion regulation, indicating that the impact of attachment styles on interpersonal emotion regulation is partially explained by how individuals approach and solve problems. The findings highlight the importance of considering problem-solving styles as a crucial factor in understanding and fostering healthy emotional regulation in adolescent girls. The study suggests that interventions targeting problem-solving skills could be effective in enhancing emotional well-being in this population. Moreover, the results underscore the need for further research to explore the complex interplay between attachment, problem-solving, and emotional regulation in adolescents.

کلمات کلیدی:

Problem-solving styles, attachment styles, psychological capital, interpersonal emotion regulation

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