

عنوان مقاله:

Relationship between Cognitive Emotion Regulation Styles and General Health among University Students

محل انتشار:

اولین کنفرانس بین المللی روانشناسی و علوم تربیتی (سال: 1394)

تعداد صفحات اصل مقاله: 5

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خلاصه مقاله:

Background:This research is about the relationship between cognitive emotion styles and general health in C.A teacher training students in Booshehr. **Material & Methods :**The subjects of this research are 022 male and female students of teacher training college that were selected through simple random sampling. Then they were administered cognitive emotion questionnaire (CERQ) and general health questionnaire (GHO). The data were analyzed using Pearson Correlation Coefficient, Stepwise Regression Analysis, independent T test , and One-Way analysis of Variance. **Results:**The results indicated significant relation between cognitive emotion regulation styles and psychological health , catastrophic and blaming others styles , belonged to maladjustment cognitive emotion regulation and positive reappraisal styles belonged to adaptive cognitive emotion regulation were significant predictors of psychological health. Also, it is revealed the males more than female use self- blame style but they have more psychological health than females as well. **Conclusion:**cognitive emotion regulation styles are useful for behavioral interventions.

کلمات کلیدی:

Cognitive, Emotion, Regulation styles, General Health, Cognitive emotion, Regulation Questionnaire

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