



CONTROL OF EMOTIONS AND BEING WELL IN ADULTHOOD

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ABSTRACT

Control of emotions will be applicable to a person who understand and think about the emotions and continue with good strategies to manage the emotions if they are necessary and to continue with a good manner without hurting his or her emotions. It is said that if mind (mental strength) and body (physical strength) are in control we can gain anything and it leads to success. The main purpose to study this subject to know about the difference between Emotions control and Well-Being in adults with respective to age categories is i.e. 18- 35 years (early stage of adulthood) and 45- 60 years (late stage of adulthood). We collected a sample of 120 adults (i.e., 60 early adulthood and 60 late adulthood) was collected from various area of Hyderabad city through convenient sampling. Data was collected by using the two different tools, they are Emotional Regulation Questionnaire by GROSS, J.J., & JOHN, O.P. (2012) and other is Well-being Index by WHO. The collected data was randomly analyzed by the student's t-test and SPSS 15.20 using mean, SD and 't' test. By the results we know that the relation between the emotions and well-being is not strongly related in the adulthood. We also know that there is no difference in between the motional regulations with respect to age and gender. We found out significant difference in well-being with respect to age.

Key Words: Emotional control/regulations, Emotional Reprisal, Emotional Suppression, Well-Being.

INTRODUCTION

Emotions control/regulation may be known as the self-generated or automatic attempts to influence the emotions they have stored in their memory and how these emotions are expressed or experience. This involves changes in more than one aspects of the emotion, including the eliciting situation, attention, appraisals, subjective experience and behavior or physiology.

The People with good control of emotions are able to maintain the urges to engage in impulsive behaviors, such as self-control, reckless behavior, or physical aggression, during emotional distress.

Regulations of emotions are core of the wellbeing human. The people who are adapted to their emotional regulation skills are able to control their reactions and express themselves in a good manner when confronted with stress and challenging situations.

It is based upon the process of modal of emotion. The difference model emotion suggests that the emotion generation process occurs in different sequence over time. It occurs as follows:

- Situation: the emotional sequence begins with the situations which are related to the matter of emotions.
- Attention: our attention is directed towards the situation without our knowledge.



- Appraisal: the emotional situation is evaluated and interpreted.
- Response: a response is generated by loosely coordinated behavioral and physiological response systems.

First step for Well-being is the positive attitude which is useful to the people who are working for many sectors in society, because it tells us that people situation like their lives are going well. There are some basic fundamental for better living there are housing, employment. These are the conditions for better living in the public policy. However, there are many people who measure their living conditions and fail to measure what people feel about them, like relationships quality, resilience and positive thinking, and also the overall satisfaction in their living life. Well-being is maintained in different categories like health, job, family and economically related to benefits. People who as good levels of well-being are more active in their work and are more likely good at maintaining their communities.

METHODOLOGY

To study the description in nature a survey method is used.

a. Statement of the problem

This study is used to find out the co-relation in between Emotional control and Well-Being of adults of Hyderabad city. To study the difference between the emotional control and well-being in adults with respect to age and gender. 18- 35 years (early stage of adulthood) and 45- 60 years (ending stage of adulthood), comprising sample of 60 in each category. Hence the present study is entitled as, "CONTROL OF EMOTIONS AND BEING WELL IN ADULTHOOD".

b. Objective of the study

Hence the present study is done by the following objectives-

- To study the relationship between Emotional Control (EC) and Well Being (WB) in adulthood.
- To study the difference between EC and WB in adults at various age category.
- To study the gender difference between EC and WB in adults at various age category

c. Hypotheses of the study

The hypotheses are as follows:

H1. There is no relation in between the Emotional Control (EC) and Well Being (WB) in adulthood.

H2. There is no significant difference in between EC in the age categories.

H3. There is no significant gender difference EC in the various age categories.

H4. There is no significant difference between WB in the age categories.



H5. There is no significant difference in gender for WB in the various age categories.

Variables

Main variables

- Emotional Regulation
- Well-Being

Background variables

- **Gender**
Male Adults and Female Adults
- **Age**
18-35 years (Early stage of adulthood)
45-60 years (Late stage of adulthood)

d. Sample of the study

The sample populations are 120 adults from the various age categories (60 in each category). 60 people from early stage of adulthood with respective to both the genders and 60 people from late stage of adulthood with respective to both the genders.

e. Tools Used for Data Collection

Sl. No.	VARIABLES	TOOLS	CONSTRUCTED BY
1	Emotional Regulation	Emotional Regulation Questionnaire	GROSS, J.J., & JOHN, O.P. (2003)
2	Well-Being	Well-Being Index	WHO (2006)

f. Statistical Analysis

The data was statistically analyzed by student's t-test and SPSS 15 version 20 using mean, SD and 't' test.

RESULT AND DISCUSSION

Data analysis is divided in two parts. These are as follows:

• **Part-1 Correlation test**

- 1. Correlation in between Emotional Control and Well-Being in adulthood:** from the Table-1 we get to know that relation between emotional control and well-being is not strongly significant, because of emotional control only manages to control emotions and emotional reaction but as well-being includes many aspects like physical, emotional &



psychological, social & economic, life satisfaction, development and activity, engaging activities with work.

• **Part-2 't' test**

2. Comparison of Emotional Control of adults with respect to age and gender: Table-2 shows that there is no certain difference in the Emotional Control in Early stage and late stage in adulthood at 5%. They are very common to each other with regulation because of emotional and emotional control, because Emotion Control skills are developed by the course of infancy, childhood and also gains skills during adolescence during the period of mature obtained. They are corresponding to each other because emotion control skills are developed equally in adulthood for both the genders. In adulthood, they will gain maturity to understand, managing and modifying their emotions and reactions effectively.

3. Comparison of Well-Being at adulthood with respect to gender and age: from the Table-3 we know that there is extremely significant difference in Well Being of early stage and late stage of adulthood at 5%. The early adulthood has much better well-being as compared to the late stage adulthood, most because of their better status of health, relationships, economic stability, living condition and fewer burdens or life stresses. They are same to each other because now days, genders are not showing any difference for work at different society and they are equally contributing to their communities.

Table-1: Correlation between Emotional Regulation and Well-Being of Adulthood

Variables	N	Value of 'r'
Emotional Regulation and Well-Being	120	0.062

Table-2: 't' value table of Emotional Regulation with respect to age and gender.

Age Group	Mean	N	S.D.	't' value	Level of significance
Early stage of Adulthood (18-35 yrs.)	43.4	60	4.25	0.303	Not Significant
Late stage of Adulthood (45-60 yrs.)	43.1	60	4.76		
Gender	Mean	N	S.D.	't' value	Level of significance
Males (18-60 yrs.)	43.2	60	4.52	0.101	Not Significant



Females (18-60 yrs.)	43.3	60	4.51		
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Table-3: 't' value table of Well-Being with respect to age and gender

Age Group	Mean	N	S.D.	't' value	Level of significance
Early stage of Adulthood (18-35 yrs.)	56.0	60	9.14	5.57	Significant
Late stage of Adulthood (45-60 yrs.)	48.0	60	6.34		
Gender	Mean	N	S.D.	't' value	Level of significance
Males (18-60 yrs.)	52.8	60	9.79	0.996	Not Significant
Females (18-60 yrs.)	51.2	60	7.68		

CONCLUSION

- By this research we know that these are different from each other like emotional control only manage or control emotions and emotional reaction but well-being includes different aspects like physical, emotional & psychological, social & economic, life satisfaction, development and activity, engaging with different activities and work.
- Emotional regulations in early stage and late stage of adulthood are same to each other due to the emotion control skills are fully developed till adolescence.
- The well-being at early stage of adulthood has much better as compared to the late stage of adulthood, most due to the better status of health, relationship, economic, living condition and less burden or life stresses.
- Male and female has equal well-being because both are more energetic and productive at work and there are good at maintain their community status.
- Suggestion is given for the further study is that if we conduct a comparative study between lower-economic and high-economic status or literate and illiterate people so we get better result.



V. REFERENCES

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