



Gender Perspectives on Emotional Regulation: Keys to Enhancing Resilience and Psychological Well-being



Ya-Chi Chen¹, Fen-Fang Tsai¹, Han-Yun Chang^{1,2*}

¹Department of Psychology, Asia University, Taichung, Taiwan, R.O.C

²Asia University Hospital, Clinical Psychology Center, Taichung, Taiwan, R.O.C.

*Corresponding author: Han-Yun Chang (Ta8001017@asia.edu.tw)

Objective

Psychological well-being serves as a robust predictor of mental health and a protective factor against depression. However, Asian college students, including those in Taiwan, generally report lower levels of psychological well-being compared to other ethnic groups, and research focusing on Taiwanese university students remains limited. This study aims to examine the impact of emotional regulation abilities and resilience on the psychological well-being of Taiwanese college students. Additionally, it investigates the moderating role of gender in these relationships, providing evidence-based suggestions for psychological counseling and practical interventions for students.

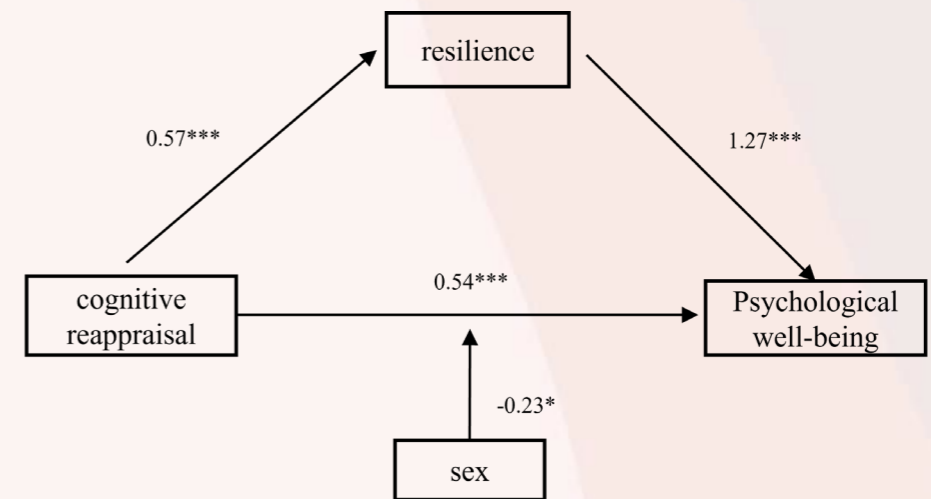
Methods

A total of 1,085 university students in Taiwan, aged 18 to 25 ($M = 20.59$, $SD = 1.46$), participated in the study. Participants completed the Ryff's Psychological Well-being Scale, the Emotion Regulation Questionnaire, and the Connor-Davidson Resilience Scale. Data were analyzed using Process Models 5 in SPSS to test mediation and moderation effects.

Results

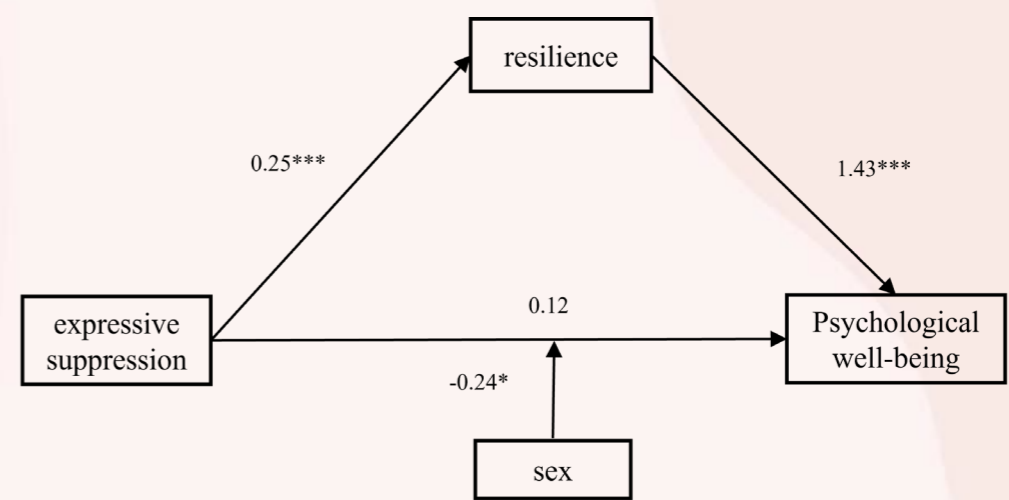
Findings indicated that resilience partially mediated the relationship between cognitive reappraisal and psychological well-being. Gender significantly moderated the relationship between cognitive reappraisal and psychological well-being, with a stronger positive predictive effect observed in males compared to females. Additionally, resilience fully mediated the relationship between expressive suppression and psychological well-being. Gender also played a significant moderating role in this relationship, with expressive suppression positively predicting psychological well-being in males but negatively predicting it in females. However, neither the predictive effect of expressive suppression on psychological well-being for males nor for females reached statistical significance.

Results



Notes: * $p < 0.05$; *** $p < 0.001$

Figure 1. Moderated mediation model—resilience as a mediator between cognitive reappraisal and Psychological well-being, and sex as a moderator between cognitive reappraisal and Psychological well-being



Notes: * $p < 0.05$; *** $p < 0.001$

Figure 2. Moderated mediation model—resilience as a mediator between expressive suppression and Psychological well-being, and sex as a moderator between expressive suppression and Psychological well-being

Conclusion

The study highlights the critical roles of cognitive reappraisal and resilience in enhancing the psychological well-being of Taiwanese college students. These findings challenge the conventional view that expressive suppression is a maladaptive emotional regulation strategy, suggesting that it may function differently in collectivist cultures such as those in Taiwan, with notable gender differences. Overall, this study provides new empirical evidence for improving college students' psychological well-being and offers culturally tailored strategies for psychological counseling.

References

- Bowman, N. A. (2010). The development of psychological well-being among first-year college students. *Journal of college student development*, 51(2), 180-200.
- Liu, Y., Pan, H., Yang, R., Wang, X., Rao, J., Zhang, X., & Pan, C. (2021). The relationship between test anxiety and emotion regulation: the mediating effect of psychological resilience. *Annals of general psychiatry*, 20, 1-9.
- Lopes, A. R., & Nihei, O. K. (2021). Depression, anxiety and stress symptoms in Brazilian university students during the COVID-19 pandemic: Predictors and association with life satisfaction, psychological well-being and coping strategies. *PLoS one*, 16(10), e0258493.

Disclosure of conflict of interest
Name of first author: Ya-Chi Chen
I have no COI with regard to the presentation