Relationship Between Self-Esteem And Emotional Regulation Among Young Adults Residing In Kolkata

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Abstract

Background: The present study aimed to investigate the relationship between self-esteem and emotional regulation among young adults residing in Kolkata.

Objective:

1) To find if there is a relationship between self-esteem and different strategies of emotional regulation among young adults residing in Kolkata.

2) To find if there is a significant difference between male and female residing in Kolkata with respect to self-esteem and different strategies of emotional regulation.

Methodology: For the mentioned purpose, we correlated self-esteem and emotional regulation strategy among males (n=60) and females (n=60). Emotional regulation Questionnaire (assess emotional regulation) and Rosenberg Self-Esteem Scale (assess self-esteem) were used in the study.

Results: The result suggests that there is a strong positive correlation between cognitive reappraisal and self-esteem but negative correlation between expressive suppression and self-esteem among young adults residing in Kolkata. T- Test analysis also reveals that there is no significant difference between male and female in terms of self –esteem but there is a significant difference between male and female in terms of cognitive reappraisal and expressive suppression.

Conclusion- This study found that men and women with higher self-esteem reported higher levels of emotion regulation, such as being able to express their emotions in a healthy manner and managing their emotions effectively. This suggests that by learning how to better regulate their emotions, people can improve their self-esteem. Emotion regulation plays a critical role in developing one's sense of self.

Keywords: Self-esteem, Emotional Regulation.

I. INTRODUCTION

Being confident and embracing yourself are crucial to one's happiness, success, and fulfilling relationships. The key to living a full and fulfilling life is having a high sense of self-esteem. We gain confidence and drive to act on our strengths, ultimately leading to fulfilment as we live life positively.

Self-esteem is a term that describes a person's perception of their worth and value. Self-esteem is important because it can significantly influence people's decisions and choices. In other words, a person's self-esteem influences whether they will take care of themselves and reach their full potential, thereby motivating. Self-esteem is thought to be a psychological characteristic of an individual that relates to an individual's value-based self-evaluation of people (Alesi et al., 2012). According to Rosenberg (1965a), self-esteem is an overall assessment of a person's positive or negative attitudes towards themselves and their thoughts and feelings about themselves.

Emotions have dynamics that could make us higher or motive us problems. Emotions regulation is a process of identification and control of emotions or reactions to emotions, according to the National Rehabilitation Information Centre. Emotions are controlled by laws regulating emotions and related behaviours, in other words. As a result of emotions regulation, we are able to exercise active control over our reaction to powerful thoughts like anger and fear. In the case of a difficulty manipulating strong emotions, it may help to practice some daily habits which allow you to adjust your reaction in difficult situations.

Developing a thorough understanding of the subject matter of the study is a crucial component. A review of the literature enables one to understand the importance of the study's chosen problem.

Emotional intelligence and self-esteem with other variables

Abbas (2011) in his current study, examined how 240 students and workers' self-esteem and emotional intelligence correlated (120 male and 120 female). The results indicated a substantial and positive correlation between emotional intelligence and self-esteem. Males demonstrated higher levels of self-esteem than females, and females were more emotionally sophisticated than males (p 0.05).

Tajpreet; et al. (2015) in their study examined how 200 randomly chosen pupils from six conveniently chosen district schools rated their emotional intelligence and self-esteem. The findings showed a strong positive association between self-esteem and emotional intelligence at the level of 0.01.

Bibi; et al. (2016) in their study, examined the connection between self-esteem and emotional intelligence among 250 university students from Pakistan, including both boys and girls. Results showed the positive association between emotional intelligence and self-esteem among Pakistani university students, with women being found to be more emotionally intelligent than men. Also, it showed that among university students, there is no statistically significant gender difference in self-esteem.

Bouvet et al. (2016) in their study, investigated the effects of relaxing on anxiety, self-esteem, and emotional regulation in 30 persons with mild or moderate intellectual impairments (ID) who were employed in a supported employment centre in France. Results showed that in the Relaxation Group (RG), relaxation significantly decreased state anxiety, $t(14, 15) = 17.8^{***}$, $d = 0.72$, and improved self-esteem, $t(14, 15) = 7.7^{***}$, $d = 1.03$, and cognitive reappraisal, $t(14, 15) = 6.3^{***}$, $d = 1.3$, whereas the Control Group (CG) showed no change for these variables.

Rahimi (2016) in her study, examined the correlations between academic success, self-esteem, and emotional intelligence among 300 university students. The results showed that emotional intelligence and self-esteem

did not significantly predict success. Also, it showed that there were no differences in emotional intelligence between male and female students, but that female students had higher self-esteem than male students.

Habibah et al. (2018) in their study, investigated at the relationship between emotional intelligence and self-esteem among 163 hearing-impaired adolescents in Malaysia. The findings revealed significant positive relationships between the emotional intelligence and self-esteem components (interpersonal and general mood).

Onwubiko et al. (2020) in their study, evaluated the connection between emotional intelligence and self-esteem among 140 librarians working in Nigerian institutions. Results revealed a strong and positive relationship between self-esteem and age, perception of emotion, own emotion management, and other people's emotion management. In addition, the study found that librarians had high levels of self-worth, general emotional intelligence, emotion observation, emotion management, emotion management of others, and emotion use.

Murad (2021) in his study, examined the connections between 490 college students' emotional intelligence, self-esteem, and drive for achievement. The results revealed a statistically significant relationship between emotional intelligence, self-esteem, and drive for achievement (0.57 and 0.45, respectively). Also, it demonstrated that among the respondents, self-esteem and achievement motivation could predict emotional intelligence.

Rahmani (2021) in her study, investigated the relationships between emotional intelligence, attachment style, and self-esteem in teenagers who are the only child or one of two children. The results indicated that emotional intelligence and self-esteem are significantly correlated. Also, it showed that there were no appreciable variations in emotional intelligence, attachment style, or self-esteem between single-child households and those with two children.

Saati; et al., (2021) in their research examined 155 patients with ostomies to investigate the relationship between emotional intelligence and self-esteem. The link between overall emotional intelligence and self-esteem was deemed beneficial and significant according to the Pearson correlation coefficient values.

Self-esteem and Cognitive Emotional Regulation

Akter; et al. (2018) in their study, examined the link between self-esteem and cognitive emotion management strategies in 150 young adults in Bangladesh (80 male and 70 female), aged 19 to 27. The results demonstrated a significant positive link between positive refocusing and self-esteem. The results also showed a strong inverse relationship between acceptance, rumination, and catastrophizing, as well as other forms of blaming. Reappraisal and worry-focused methods were utilised by persons with high and low self-esteem, according to the study.

Emotional regulation or emotional intelligence and self esteem

Gomez et al. (2018) investigated the relationship between emotion control and self-esteem in young adults as well as any potential gender differences in this interaction. Results indicated that their research supported their predictions that men would have better self-esteem and that women would have a stronger relationship between emotion control and self-esteem. The study added to the expanding body of knowledge regarding the significance of emotion management for self-esteem.

Cheda (2019) in his research, looked at how social media use affected 100 intermediate and degree-level students in Hyderabad and Secunderabad in terms of self-esteem and emotional control. The results indicated that emotional regulation and self-esteem are correlated, and that there is no statistically significant difference

between gender and emotional regulation. It also showed that there was a big gap between gender and self-esteem.

Nimy (2021) in his present study examined the relationship between emotional regulation and self-esteem among 60 undergraduate students with age group of 18 to 20 years. The results highlighted that there is statistically no significant relationship between emotional regulation and self-esteem. The study also revealed that there are no significant gender differences in both variables among undergraduate students.

Janhuja et al. (2020) in their study, looked at 110 students (52 yoga practitioners and 58 non-yogis) between the ages of 13 and 18 in the Mandi region to determine the impact of yoga on emotional control, self-esteem, and feelings (Himachal Pradesh). Research results showed that emotional control, self-esteem, and feeling components were significantly different among adolescents who practised yoga compared to those who did not.

II.   SIGNIFICANCE OF THE STUDY

The study between self-esteem and different strategies of emotional regulation aims to explore the role of different strategies of emotional regulation in improving self-esteem of young adults. The results of this study may help to develop interventions that can help young adults to better manage their emotions and increase their self-esteem. The results of this study could provide insight into how to effectively manage emotions and increase self-esteem among young adults. This type of intervention could have a positive impact on the overall wellbeing of this population. Understanding the connection between emotional regulation and self-esteem can help us develop interventions that focus on improving self-esteem through better emotional regulation. This could include things like mindfulness and cognitive-behavioral therapies, as well as strategies to help individuals learn to better recognize and manage their emotions. These interventions could lead to improved mental health, better relationships, and more success in academic and professional pursuits.

III.   RESEARCH METHODOLOGY

3.1 Research Problem

The aim of the present study is to find the relationship between self- esteem and emotional regulation among young adults residing in Kolkata.

3.2 Objectives

1. To find out if there is a relationship of Self-Esteem and emotional regulation strategy among males residing in Kolkata.

2. To find out if there is a relationship of Self-Esteem and emotional regulation strategy among females residing in Kolkata.

3. To find out if there is a relationship of Self-Esteem and emotional regulation strategy among young adults residing in Kolkata.

4. To determine if there is a significant difference among male and female residing in Kolkata with respect to Self-Esteem.

5. To determine if there is a significant difference among male and female residing in Kolkata with respect to Emotional Regulation Strategy.

3.3 Hypothesis

- **(H0) 1:** There is no significant relationship between Self-Esteem and different strategies of emotional regulation among males.

(1.a) Cognitive reappraisal

(1.b) Expressive suppression

- **(H0) 2:** There is no significant relationship between Self-Esteem and different strategies of emotional regulation among females.

(2.a) Cognitive reappraisal

(2.b) Expressive suppression

- **(H0) 3**: There is no significant relationship between Self- esteem and different strategies of emotional regulation among young adults residing in Kolkata.

(3.a) Cognitive Reappraisal

(3.b) Expressive Suppression

- **(H0) 4**: There is no significant difference between male and female with respect to Self-Esteem.
- **(H0) 5:** There is no significant difference among male and female with respect to different emotional regulation strategies.

(5.a) Cognitive Reappraisal

(5.b) Expressive Suppression

3.4 Sample

The sampling technique used in the present study was Convenience/ Incidental Sampling which is a type of non-probability sampling. The participants were administered the Rosenberg Self-esteem Scale and Emotional regulation Questionnaire. The research was conducted on 150 individuals out of which 120 were selected for the final study.

INCLUSION CRITERIA-

- Age criteria of participants - within the age range of 18-24 years.

- Education of participants- a minimum educational level of class XII

- Can read and comprehend English

EXCLUSION CRITERIA-

- Participants of age below 18 and above 24 were excluded.

- Participants outside Kolkata were excluded.

- Having any significant physical/neurological disability or psychological morbidity, and past psychiatric history.

3.5 Tools

The tools which were used for this research purpose have been described in detail:-

a. *John & Gross's Emotion Regulation Questionnaire (2003)*

The ERQ is a 10-item self-report questionnaire based on the Gross (1998) emotion regulation process model. This scale is reliable and precise. Both ERQ scale scores have, moreover, frequently demonstrated acceptable levels of internal consistency reliability (Cronbach's α > .70) across a range of sample types and cultures (Balzarotti et al., 2010; Cabello et al., 2013; English & John, 2013; Gross & John, 2003; Spaapen et al., 2014; Wiltink et al., 2011). The Cronbach alphas for cognitive reappraisal and expressive suppression are 0.75 and 0.71, respectively.

b. *Rosenberg's Self Esteem Scale (1965)*

The Rosenberg Scale of Self-Esteem is a 10-item scale that assesses each positive and negative ideas about oneself to decide one's universal experience of self-worth. It was developed by Morris Rosenberg in 1965. The Rosenberg Self-Esteem Scale (RSE) exhibits a good level of internal consistency with a Guttman scale

coefficient of repeatability of.92. Over a period of two weeks, test-retest reliability revealed correlations of.85 and.88, showing outstanding stability.

3.6 Procedure-

Before the actual work was undertaken, the area of study was decided and a literature review was carried out. Detailed planning was then carried out. At this stage, the purpose and objectives of the study were defined. The method (including the measurement tools to be used) and the sampling was determined. The consent form, Emotional Regulation Questionnaire (ERQ) and Rosenberg Self-Esteem Scale (RSES) was provided to the participants. Then it was investigated whether self-esteem among young adults were correlated with emotional regulation.

3.7 Statistical Techniques-

To analyse the data, t-tests and correlation were employed. SPSS software will be used to analyse data.

- Mean- The term "mean" in arithmetic means a extent with a value between the extremes of the set. There are different kinds of means, and how they are calculated depends on the relationship that is acknowledged about or is viewed as governing the different members.

- Standard Deviation (SD) - Standard deviation measures how much the data points vary compared to the mean for descriptive statistics. It shows how values are distributed in the sample, as well as its extent to which data points differ significantly from the mean.

- Pearson's Correlation- The correlation measure is a measure of how closely two variables are related; its value goes from +1 to -1.If both variables are rising or dropping at the same moment, the measure is positive.

- Independent Sample T-test- A type of hypothetical and inferential statistical test is a t-test. Under the null hypothesis, it is carried out. Even when some specific qualities or attributes may be connected, it is used to compare whether the means of two groups are significantly different or not. When combined with the knowledge that two sets of data are from the same population, the T-test aids in estimating the difference between their respective averages.

- SPSS Statistics- SPSS is a comprehensive and flexible statistical package for the social sciences which can be applied to a variety of statistical tasks.

IV. RESULTS

Table 1: Showing Mean and Standard deviations of the young adults residing in Kolkata with respect to self-esteem.

DIMENSION	GROUP	MEAN	STANDARD DEVIATION
SE	Male	27.08	4.760
(Self-Esteem)	Female	26.68	5.054

Graph1: Showing Mean and Standard deviations of the young adults residing in Kolkata with respect to self-esteem.

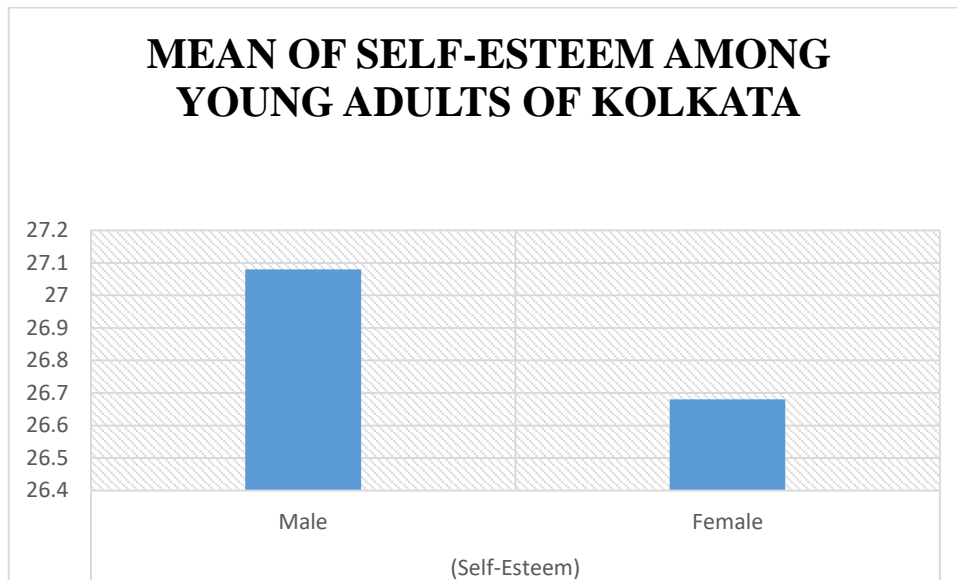**MEAN OF SELF-ESTEEM AMONG YOUNG ADULTS OF KOLKATA**

Table 1 and graph 1 showing Mean and Standard deviation values of self-esteem among young adults residing in Kolkata, that is, male and female. From the data it can be seen that overall male (group 1) has the highest mean value among the young adults and female (group 2) has the lowest mean value among the two groups. These data signify that males have higher Self-esteem, whereas females have lower self-esteem

Table 2 Showing mean and standard deviation of the young adults residing in Kolkata with respect to the different dimensions of emotion regulation.

DIMENSION	GROUP	MEAN	STANDARD DEVIATION
CRF (Cognitive Reappraisal Facet)	Male	28.07	6.901
	Female	25.40	5.978
ESF (Expressive Suppression Facet)	Male	19.05	5.525
	Female	17.10	4.856

Graph 2 The graph showing mean and standard deviation of the young adults residing in Kolkata with respect to the different dimensions of emotion regulation.
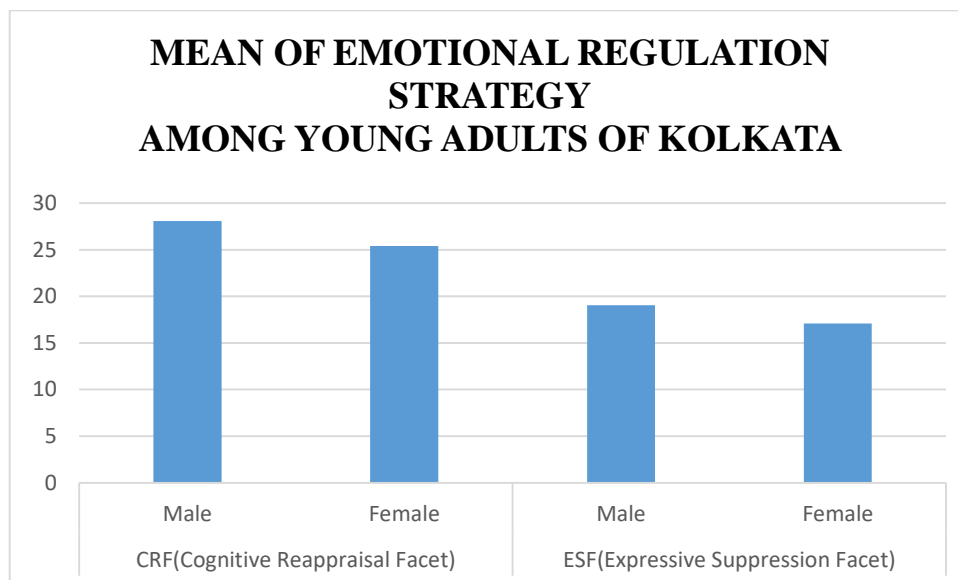

Table2 Graph2 showing Mean and Standard deviation value of different dimensions of emotion regulation among young adults, that is, male (group 1) and female (group 2) residing in Kolkata. From the data it can be seen that male group have highest mean value for cognitive reappraisal but lowest mean value for expressive suppression which signify that male group more engages in cognitive reappraisal type than expressive suppression type of emotion regulation strategy. On the other hand, female group also have highest value for cognitive reappraisal and expressive suppression subscale which indicates that female group also more engages in cognitive reappraisal type than expressive suppression type of emotion regulation strategy.

Table 3 Showing correlational values (as obtained by calculating Pearson's product moment correlation) of self-esteem with different dimensions of emotional regulation strategies in male (group 1) residing in Kolkata.

VARIABLE	SELF-ESTEEM
Cognitive Reappraisal	.415**
Expressive Suppression	-.207

Table 3 showing correlational values (as obtained by calculating Pearson's product moment correlation) of self-esteem with different dimensions of emotional regulation strategies in group 1 (male) residing in Kolkata. From the above data it can be seen that cognitive reappraisal had significant positive correlation with self-esteem (p<0.01). On the other hand, expressive suppression had significant negative correlation with self-esteem (p<0.05). Thus, alternative hypothesis is accepted that is, there is a significant relationship between Self-Esteem and different strategies of emotional regulation- (a) cognitive reappraisal and (b) expressive suppression among males.

Table 4 Showing correlation values (as obtained by calculating Pearson's product moment correlation) of self-esteem with different dimensions of emotion regulation strategies in female (group 2) residing in Kolkata.

VARIABLE	SELF-ESTEEM
Cognitive Reappraisal	.352**
Expressive Suppression	-.232

Table 4 showing correlational values (as obtained by calculating Pearson's product moment correlation) of self-esteem with different dimensions of emotional regulation strategies in group 2 (female) residing in Kolkata. From the above data it can be seen that cognitive reappraisal had significant positive correlation with self-esteem (p<0.01). On the other hand, expressive suppression had significant negative correlation with self-esteem (p<0.05). Thus, alternative hypothesis is accepted that is, there is a significant relationship between Self-Esteem and different strategies of emotional regulation- (a) cognitive reappraisal and (b) expressive suppression among females.

Table 5 Showing correlation values (as obtained by calculating Pearson's product moment correlation) of self-esteem with different dimension of emotional regulation strategy among young adults residing in Kolkata.

VARIABLE	SELF-ESTEEM
Cognitive Reappraisal	.383**
Expressive Suppression	-.207*

Table 5 Showing correlational values (as obtained by calculating Pearson's product moment correlation) of self-esteem with different dimensions of emotional regulation strategies among young adults residing in Kolkata. From

the above data it can be seen that cognitive reappraisal had significant positive correlation with self-esteem (p<0.01). On the other hand, expressive suppression had significant negative correlation with self-esteem (p<0.05). Thus, alternative hypothesis is accepted that is, there is a significant relationship between Self-Esteem and different strategies of emotional regulation- (a) cognitive reappraisal and (b) expressive suppression among young adults residing in Kolkata.

SECTION-3

Table 6 Showing comparative values (as obtained by t-test) of self-esteem between male and female residing in Kolkata.

GROUP		N	MEAN	STANDARD DEVIATION	T-VALUE	SIGNIFINCANCE VALUE	REMARK
SELF-ESTEEM	Male	60	27.08	4.760	.446	.656	NOT SIGNIFICANT
	Female	60	26.68	5.054			

Table 6 showing T value of self-esteem of the two groups, that is, male (group 1) and female (group 2) residing in Kolkata. From the above data it can be seen that the two groups does not differ significantly with respect to self-esteem. Thus null hypothesis is accepted, that is, there is no significant difference among the 2 groups of male and female with respect to self-esteem.

Table7 Showing comparative values (as obtained by t-test) of different strategies of emotional regulation between male and female residing in Kolkata.

GROUP		N	MEAN	STANDARD DEVIATION	T-VALUE	SIGNIFINCANCE VALUE	REMARK
Cognitive Reappraisal	Male	60	28.07	6.901	2.262	.026	SIGNIFICANT
	Female	60	25.40	5.978			
Expressive Suppression	Male	60	19.05	5.525	2.053	.042	SIGNIFICANT
	Female	60	17.10	4.856			

Table 7 Showing T value of two dimension of emotional regulation of the two groups, that is, male (group 1) and female (group 2). From the above data it can be seen that the two groups, that is male (group1) and female (group2) differ significantly with respect to cognitive appraisal and expressive suppression type of emotion regulation. It is also concluded that the males have higher cognitive reappraisal and expressive suppression as compared with females which indicates that the overall emotional regulation of males is healthier than female. Thus alternative hypothesis is accepted, that is, there is significant difference among the 2 groups, that is, male and female with respect to different strategies of emotional regulation – (a) cognitive reappraisal and (b) expressive suppression.

IV.   DISCUSSION

The purpose of this existing study is to investigate the relationship between self-esteem and emotional regulation among young adults residing in Kolkata. It is a correlation between self-esteem and improved coping mechanisms and how to set a higher standard in our life, **(Baumeister, Campbell, Krueger & Wohs, 2003)**. Additionally, it's important to recognise that emotion control and self-esteem are linked for both male and female because low self-esteem has been linked to more violent behaviour **(Donnellan, Trzesniewski, Robins, Moffitt, & Caspi, 2005)**. In addition, the fact that low self-esteem has been associated with more aggressive behaviour is also a clear indication of the need for understanding how emotion regulation and self-esteem affect both men and women **(Donnellan, Trzesniewski, Robins, Moffitt & Caspi, 2005)**. We expected men to have higher self-esteem, whereas women would have better control of their emotions. Findings revealed that there is significant positive relationship between self-esteem and cognitive reappraisal among young adults residing in Kolkata, that is, male and female. On the contrary, it has indicated negative relationship with expressive suppression and self-esteem among young adults residing in Kolkata. The study concluded that cognitive reappraisal can be a useful coping strategy for improving self-esteem among young adults, while expressive suppression can be detrimental. Thus, it is important to encourage the use of cognitive reappraisal to improve mental health. This has been further supported by the fact that expressive suppression is associated with more negative emotions and lower self-esteem, leading to maladaptive behavior and poor mental health. On the other hand, cognitive reappraisal has been linked to positive emotions, higher self-esteem, and better mental health outcomes. **Akter; et al. (2018)** in their study showed a strong inverse relationship between acceptance, rumination, and catastrophizing, as well as other forms of blaming. Reappraisal and worry-focused methods were utilised by persons with high and low self-esteem, according to the study. Our findings also revealed that male use cognitive reappraisal (i.e., reframing a negative event, in less emotional way) and expressive suppression, that is, different strategies of emotional regulation much effectively than female. Males tend to be more cognitively oriented, focusing on problem-solving and being more willing to take action. Females, on the other hand, tend to be more emotionally oriented, focusing on understanding the emotions involved and being more likely to talk about them. Thus, the different strategies of emotional regulation that males and females use are likely due to these differences in their cognitive and emotional orientations**. Domes et al. (2010)** therefore suggested that men may reappraise situations more effectively than women by using a widespread brain network. Despite previous studies hinting at a more efficient reappraisal process in men based on their prefrontal cortex engagement and related stronger executive functioning **(e.g., McRae et al., 2008; Domes et al., 2010; also see Masumoto et al., 2016)**, this study yielded no evidence suggesting a potential advantage of men in the behavioural test for reappraisal inventiveness. Note that while greater reappraisal inventiveness does not automatically translate to efficacy in cognitive reappraisal, it may inform about vital cognitive prerequisites of efficient reappraisal implementation. Moreover, in contrast with our hypothesis there was no significant difference between male and female with respect to self-esteem. In other words, both genders had a similar level of self-esteem. This suggests that despite the long-held belief that females have lower self-esteem than males, this is actually not true. The study found that there was no significant difference between the genders when it came to self-esteem. This suggests that a combination of societal factors, such as gender roles, and individual factors, such as self-awareness, may play a role in how each person views themselves. The study's findings show that self-esteem is not determined by gender alone and that it instead is a complex mix of numerous factors

(Garaigordobil et.al.,2008) in their study showed significant differences associated with age in self-concept, self-esteem, and quantity of psychopathological symptoms. As regards gender, no significant differences were found for self-concept and self-esteem, but there were differences in psychopathological symptoms, with females scoring higher in various disorders (somatization, interpersonal sensitivity, depression, anxiety, phobic anxiety, and total quantity of symptoms). Lastly, significant difference were found between males and females with respect to different emotional regulation strategies, that is, cognitive reappraisal and expressive suppression. It has been found that both male and female use cognitive reappraisal appreciably more than expressive suppression but comparing both male and female it is found that the overall emotional regulation of male is healthier compared to female. This suggests that male are better at managing their emotions in a healthier way. Moreover, males are more adept at using positive forms of emotional regulation, such as cognitive reappraisal, than females. This could be due to gender differences in socialization and communication styles. Research has shown that males are encouraged to express their emotions more openly and to use more cognitive reappraisal methods to regulate their emotions. On the other hand, females are raised to be more emotionally restrained and to express their emotions in more indirect ways. As a result, males may have better skills in reframing their emotions in a positive light, while females may be more likely to suppress their emotions, which can lead to long-term negative health consequences. (Karmakar et.al.,2021) in their study showed significant difference exists between male and female with respect to their emotion regulation and young and mid adults also differed significantly with respect their emotion regulation. Males are significantly higher on cognitive reappraisal than females. This may be due to the fact that with age people are becoming more experienced and thereby try to appraise the emotion evoking situation rather than suppressing it.

VI. LIMITATION OF THE STUDY

The present study is not above limitations. Firstly, answers are derived from self-reporting and taken by means of the internet as well as in person. Other offline methods, such as observation and face to face interviews etc., should be used in the next research for replicating these findings. A relatively small sample size and the specific location of the study are the second limitation of the study. Further study based on samples selected from wider

VII. IMPLICATION FOR FURTHER RESEARCH

- Further research can be conducted with a focus to understand the dynamics of this relationship.
- Additionally, research could investigate how this relationship changes as people age, and how it may differ between genders, socioeconomic classes, and ethnicities.
- It could also provide insight into the cultural and environmental factors that may influence this relationship.

VIII. CONCLUSION

A variety of aspects of emotion regulation are related to men's and women's self-esteem in this study, adding to the growing body of research on how emotion regulation impacts self-esteem. Emotion regulation plays a critical role in developing one's sense of self. Specifically, the study found that men and women with higher self-esteem reported higher levels of emotion regulation, such as being able to express their emotions in a healthy manner and

being able to manage their emotions effectively. This suggests that by learning how to better regulate their emotions, people can improve their self-esteem.

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