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PSYCHOLOGICAL APPROACH TO EMOTION REGULATION

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Abstract: This article discusses the psychological approach to emotion regulation. Emotional states play a fundamental role in human life, and poor regulation of emotions can negatively affect both psychological and physical health. The article explores effective methods of emotional regulation, psychotherapeutic approaches, and various stress-coping strategies aimed at restoring an individual's inner balance.

Keywords: emotion, stress, health, inner balance, psychological approach.

Emotion regulation is one of the most important functions of consciousness and a key indicator of psychological stability. Every person encounters various emotional states in daily life, such as stress, anger, sadness, fear, or happiness. These emotions, in turn, influence decision-making processes, relationships, and overall well-being. However, emotions are not inherently positive or negative; rather, their regulation and adaptability help maintain an individual's internal psychological balance. Effective methods of emotion regulation and psychological approaches not only enhance self-understanding but also contribute to success in social and professional life.

The American psychologist William James defines emotion as follows: "Emotion is the conscious perception of automatic vegetative and somatic reactions that arise in the organism in response to an external or internal stimulus." According to his theory, emotion is a subjective psychological state formed as a result of the central nervous system processing bodily reactions.

Emotional states significantly affect both mental and physical health. If emotions are not properly regulated, they may lead to negative consequences. For example, chronic stress can result in severe depression. Failure to maintain emotional balance may cause persistent anxiety and worry, which can impair cognitive functions and make daily activities more difficult. Continuous stress, anger, or fear can lead to increased heart rate, elevated blood pressure, and other cardiovascular problems.

Uncontrolled emotions, such as anger or frustration, can create serious conflicts with family members and close friends, potentially leading to social isolation and loneliness. In the workplace, poor emotional regulation may reduce productivity, damage professional relationships, and sometimes result in career setbacks. When emotional states are not managed effectively, concentration becomes difficult, which in turn decreases efficiency and creativity.

Difficulties in regulating emotions may also lead to impulsive and uncontrolled behavior, including aggression or excessive emotional reactions. Developing emotional



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regulation skills, correctly interpreting emotions, and applying effective coping strategies help maintain psychological balance and prevent many negative outcomes.

People often experience negative thoughts in stressful or adverse situations. Through cognitive restructuring, these negative thoughts can be replaced with positive and constructive ones. Emotional responses largely depend on how a person evaluates a situation. Reappraising a negative situation and viewing it from a more positive perspective improves emotional regulation.

Mindfulness techniques, which involve focusing attention on the present moment, help individuals become fully aware of their emotions and thoughts. This practice reduces stress and anxiety and supports better emotional control. Mindfulness exercises are often combined with deep breathing techniques, whose calming effects contribute to stress reduction and emotional balance.

Physical activity, such as running, yoga, or regular walking, improves mood through the release of endorphins. This helps reduce stress and stabilize emotional states.

Suppressing emotions can lead to various negative consequences. Therefore, expressing emotions in a healthy and constructive manner is essential for maintaining psychological stability. Understanding one's own emotions is crucial for working with them effectively. Self-awareness and reflection on one's inner world are key components of successful emotional regulation. Recognizing the intensity of one's emotions and learning how to manage them openly contributes to emotional resilience.

Conclusion

Emotion regulation is one of the main factors of psychological stability and social adaptation. When emotions remain uncontrolled, negative consequences may arise, such as impulsive behavior, increased stress, weakened cognitive processes, and impaired social relationships. Therefore, developing emotional regulation mechanisms—such as cognitive reappraisal, accurate situational analysis, calming physiological responses, and self-control methods—is essential for mental health, effective communication, and overall personal success.

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