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## The relationship between emotional self-regulation and quality of life in twin adolescents and young adults

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### Abstract

**Introduction:** The aim of this study was to investigate the relationship between emotion regulation and quality of life in twin adolescents and young adults.

**Materials and Methods:** The population of the study population includes all twins and more twins a boy and girl who are twins aged 30-15 years, a member of the cooperative that 260 of them were chosen method available. Data were collected by questionnaires difficulties in emotion regulation, and the SF36 quality of life. Pearson correlation test was used to test the hypotheses.

**Results:** Results revealed that the difficulty in regulating emotions such as denial of emotional responses ( $r = -0.212$ ), difficulty handling purposeful behavior ( $r = -0.304$ ), lack of emotional awareness ( $r = -0.466$ ), limited access to guidelines set up emotional ( $r = -0.453$ ) and lack of emotional clarity ( $r = -0.600$ ) and significant negative correlation with quality of life score. The increasing difficulty with emotional regulation for listed dimensions has been reduced quality of life or the quality of life increases with increasing emotion regulation skills.

**Conclusion:** The results of this research to inform parents of how emotional regulation skills on quality of life multiples can have good effects and training in emotional self-regulation of multiple correct. It is recommended training classes and workshops for parents and twin sons held a few in the field of emotion regulation skills.

**Keywords:** Emotion, Quality of life, Self-regulation

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### Introduction

Twins are defined as any of two individuals who are born from the same mother during the same period of pregnancy. According to evidence, the prevalence of twins in the world is on average one in every 80 pregnancies (25.1%). Of course, the prevalence of twins in ethnic and racial groups is different, so that its highest amount is around 6% for Yoruba blacks (living in northern Nigeria) or

10% for rural Brazilians. In white people, one out of every 100 pregnancies leads to twin birth, but in black women, this rate is one out of every 80 pregnancies. In some regions of Africa, the frequency of twins is very high; In a study of one of the rural communities in Nigeria, it was observed that one out of every 20 births is a twin, but twin births are less common in Asia, for example, in Japan, out of more than 10 million

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pregnancies studied, only one out of every 155 births. He was a twin (1). With the increasing use of infertility treatment drugs and the subsequent increase in the rate of ovulation in mothers and the release of multiple ovules, the rate of twins and multiple twins has increased significantly. Unlike fraternal twins, the frequency of identical twins around the world is relatively constant, at about one in every 250 births. Twins have been of interest to scientists and researchers since the beginning of human civilization, so that Hippocrates, the father of medicine and a Greek sage in the fifth century BC, attributed the cause of similar characteristics in twins to the quality and condition of their common physical substance (2). Today, researchers in the field of psychology pay special attention to research on this statistical population. One of the components that has been paid attention to today is their quality of life. It defines the quality of life as degrees of satisfaction and achievement of needs in physical, social, psychological, structural and behavioral fields, activity and more importantly "feeling good".

A person's feeling and understanding of position in life in the context of value systems and culture in which he lives and is related to his goals, expectations, standards and concerns. In other words, the quality of life is a concept with a wide spectrum, which is involved in a complex way in physical health, psychological status, level of independence, social relations, personal beliefs and important aspects of the environment (3). Quality of life is a broad concept that includes all aspects of life, including health. Health is one of the sets and components of the quality of life, but it is not equal to it, because according to the definition of the World Health Organization, health is the absence of any physical, mental and social defects, while the quality of life is the feeling of satisfaction with life and this life is possible. Is it associated with health or not, so the quality of life has a broad concept that includes all dimensions of life, and health is the center of gravity of quality of life. Quality of life includes different aspects of health and physical, mental and social comfort of people (4). The components of the quality of life are defined based on individual, social and national values. There is no doubt that the realities and objective conditions of the society and the material condition of the

individual's life also play a decisive role in it, but it should be noted that a human being is a creature who lives based on his mental image of reality - not reality itself - and his behavior is influenced by mental impressions and understanding. It is based on reality and these perceptions do not necessarily correspond to reality (5). Quality of life is a multifaceted and complex concept, but at the same time definable and measurable, which can be defined with an interdisciplinary approach and a conceptual model can be built for it and measured based on that model. Quality of life is more than anything relative and to define and measure it, there is no absolute, comprehensive and universal standard that can be used everywhere. It is a concept that is strongly influenced by time and place. Factors affecting the quality of life change depending on the time period, geographical location, and cultural conditions (6). It is important to identify the factors that can affect the quality of life of twins and multiples. On the other hand, despite the positive and constructive role of emotions in human life, there is another dimension to them, which is the destructive aspect of emotions in people's lives. In fact, an emotion becomes problematic and harmful when it is expressed in an incorrect way, occurs in a disproportionate context, is very intense and affects a person's life for a long time (7).

Excessive expression of emotions in a clear and clear way in people who have negative feelings and thoughts and emotional disturbances will bring negative social consequences and subsequent negative internal reactions, and from this point of view, it is considered an incompatible behavior. (8).

This dual function of emotions refers to the process of emotional regulation, during which people adjust and adjust their emotions according to different situations. In fact, emotion regulation refers to the processes by which people influence their emotions, and according to this process, it is determined how a person experiences and expresses emotions (9). This research aims to address the issue of whether self-regulation of emotions in teenagers and young adults with multiple twins can have an effect on improving their quality of life.

## **Materials and Methods**

The current research is a descriptive survey method and has an applied purpose. The statistical population of this research was all the twins and multiple twins of boys and girls who were members of the co-twin society in the age group of 15-30 years, of which 210 people were randomly selected as a sample. The data collection tool was two questionnaires:

Research instruments

A) *Emotional Regulation Difficulties Questionnaire*: This questionnaire was created by Gratz in 2004, it has 36 questions and consists of six sub-scales. These subscales include: non-acceptance of emotional responses (11, 12, 21, 23, 25, 29, ), difficulties in engaging in purposeful behavior (13, 18, 20, 26, 33), difficulty in impulse control (3, 14, 19, 24, 27, 32), lack of emotional awareness (2, 6, 8, 10, 17, 34), limitations in achieving emotional regulation strategies (15, 16, 22, 28, 30, 31, 35, 36), lack of emotional clarity (1, 4, 5, 7, 9), this questionnaire is scored on a Likert scale from one to four (never - sometimes - half of the time - most of the time). Statements 1, 2, 6, 7, 8, 10, 17, 20, 22, 24, 34 are scored in reverse. This questionnaire has a very good internal consistency (0.93) and the reliability of its subscales is very suitable with Cronbach's alpha of more than 0.80 for each subscale. Alavi has standardized this questionnaire for the first time in Iran. In Alavi's research, the reliability of the emotional regulation questionnaire was calculated with two methods, Cronbach's alpha and half-measures, which are 0.86 and 0.80 for the entire questionnaire, respectively, and indicate the acceptable coefficients of the questionnaire (10). The reliability of emotional regulation questionnaire fluctuates between 0.54 and 0.86. To determine the validity of the mentioned questionnaire, its score was correlated with the score of Zuckerman's sensation-seeking questionnaire, and it was found that there is a significant positive correlation between them. This indicates that the questionnaire has the required validity.

Because the questionnaire is standard, there is no need to recheck the validity, and only in this research, the reliability coefficient was calculated after completing 30 questionnaires by the research samples through Cronbach's alpha, and the results are shown in the table below.

B) *Quality of Life Questionnaire (SF-36)*: The most common and comprehensive general standard tools available in the field of quality of life is the 36-question SF-36 questionnaire. War et al designed this questionnaire (11). This questionnaire has been standardized for the first time in Iran by Montazeri et al. They evaluated the reliability test of the questionnaire using the internal consistency statistical analysis and the validity test using the method of comparison of known groups and evaluated the convergent validity. The analysis of "internal consistency" showed that the scales of the Persian version of SF-36 have minimum standard reliability coefficients in the range of 0.77 to 0.9. The statistical test of "comparison of known groups" showed that the Persian version of SF-36 is able to differentiate.

Demographic subgroups are separated by gender and age, so that older people and women obtained lower scores in all scales. Convergent validity test in order to examine the measurement hypotheses by using the correlation of each question with the hypothesized scale also gave favorable results and all the correlation coefficients were more than the recommended value of 0.4 (the range of coefficients changes from 0.58 to 0.95). The factor analysis test also yielded two main components that justified 65.9% of the dispersion between the scales of the SF-36 questionnaire.

Overall, the results showed that the Persian version of the SF-36 standard instrument has the necessary reliability and validity in order to measure health-related quality of life. Because the questionnaire is standard, there is no need to recheck the validity, and only in this research, the reliability coefficient was calculated after completing 30 questionnaires by the research samples through Cronbach's alpha, and the results are shown in the table below.

SPSS software is used in this research and data analysis is presented in two descriptive and inferential sections. In this research, Pearson's correlation test was used to investigate the relationship between emotional self-regulation and its components with quality of life in twins and triplets.

## Results

The minimum overall score of difficulty in regulating emotions of the respondents is 64, the maximum score of the respondents is 106 and the average is 41.84. The score of the respondents is 13 and its average is 9.17. The minimum score of the difficulty of engaging in purposeful behavior (from the dimensions of difficulty in regulating emotions) is 8, the maximum score of the respondents is 14, and its average is 12.05. The minimum score of the difficulties of impulse control (from Dimensions of difficulty in regulating emotions) of 11 respondents, the maximum score of respondents is 17 and its average is 14.70. The minimum score of lack of emotional awareness (of the dimensions of difficulty in regulating emotions) of 12 respondents, the maximum score of respondents is 31 and its average is 19.62. The score of limited access to emotional regulation strategies (from the dimensions of difficulty in regulating

emotions) of 12 respondents, the maximum score of respondents is 22 and its average is 17.14. The minimum score of lack of emotional clarity (from the dimensions of difficulty in regulating emotions) is 6 respondents, the maximum score of respondents is 16 and its average is 72.11.

The score of the quality of life questionnaire is considered between 0 and 100. The minimum overall score of the respondent's quality of life is 59, the maximum score of the respondents is 94, and the average is 79.57. To assess the normality of the variables, the significance level for all dimensions of emotional regulation difficulty is more than 0.05. In this way, the distribution of all dimensions of emotional regulation difficulty is normal. As the contents of Table 5 show, the significance level for quality of life is more than 0.05, thus the distribution of quality of life is normal.

**Table 1.** The correlational matrix of difficulties in emotional regulation and quality of life in twins

Variable	r
The overall score of difficulty in regulating emotions	-0.559*
Non-acceptance of emotional responses	-0.212**
Difficulty engaging in purposeful behavior	-0.304**
Difficulties to impulse control	0.010
Lack of emotional awareness	-0.466**
Limited access to emotional regulation strategies	-0.453**
Lack of emotional clarity	-0.600**

\* $P < 0.05$ , \*\* $P < 0.01$

As Table 1 shows, the overall score of quality of life has a significant negative correlation with the overall score of difficulty in regulating emotions ( $r = -0.559$ ), which means that with the increase in quality of life, difficulty in regulating emotions has decreased.

The overall quality of life score with dimensions of difficulty in regulating emotions, including non-acceptance of emotional responses ( $r = -0.212$ ), difficulty engaging in purposeful behavior ( $r = -0.304$ ), lack of emotional awareness ( $r = -0.466$ ), limited access to emotional regulation strategies ( $r = -0.453$ ) and lack of emotional clarity ( $r = -0.600$ ) have a negative correlation. That is, with the increase in the overall quality of life, the difficulty of emotional regulation has decreased for the mentioned dimensions, or in other words, with the increase

in the overall quality of life, the skills of emotion regulation for these dimensions have increased.

## Discussion

The results of the research showed that the overall score of quality of life has a significant negative correlation with the overall score of difficulty in regulating emotions, that is, with the decrease in difficulty in regulating emotions, the quality of life has increased, and this means that the quality of life of the respondents increases with the increase of emotional self-regulation skills. Also, by reducing the difficulty in regulating emotions, such as not accepting emotional responses, difficulty in engaging in purposeful behavior, lack of emotional awareness, limited access to emotional regulation strategies and lack of emotional clarity, or in

other words, by increasing the emotional self-regulation skills of the respondents, the quality of life increase. The results of Jennings and Greenberg's research showed that self-esteem and social interactions improve with increasing emotion regulation (12), and increasing the frequency of positive emotional experience causes effective meditation in stressful situations and even appropriate behaviors and activities in response to social situations and it is a key and determining factor in mental well-being and effective functioning, and this will improve the quality of life in people, which is in line with the results of the present study. The results of Turner et al.'s research also showed that parents' parenting styles are related to children's maladaptive behaviors (13), and these findings are consistent with the results of the present study. Also, Gratz and Gunderson reported a positive relationship between emotion regulation and quality of life and mental health in people (14), which is consistent with the results of the present study. This research was conducted with the cross-sectional descriptive method, it is suggested to use qualitative methods such as in-depth interviews and focused group discussions in order to conduct such research. Considering the novelty of the component of emotional self-regulation skills. And the few researches that

have been done in relation to it, it is suggested that the relationship between emotional self-regulation skills and other psychological variables such as self-esteem, self-concept, and self-efficacy should be investigated. According to the findings of the present research, which showed that emotional self-regulation skills have an impact on the quality of life of teenagers and young adults with multiple twins, therefore, it is suggested that training classes and workshops be held for both parents and children in the field of emotional self-regulation skills. The self-regulation of allocating a room in schools as a counseling room and the presence of counselors and psychologists in schools for students' access to them can lead to strengthening these skills and improving the quality of life in students.

### Conclusion

The results of this research can have a positive effect on parents' awareness of how emotional self-regulation skills affect the quality of life of multiples and can lead to teaching the correct patterns of emotional self-regulation of multiples. It is suggested that training classes and workshops be held for both parents and multiple twin children in the field of emotional self-regulation skills.

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