

# The relations between emotion regulation and problem behavior in adolescence / 邱馨節 撰 .- 彰化縣大

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## ABSTRACT

Abstract The first purpose of this study was to to examine the relationship between emotion regulation and problem behavior in adolescence. Furthermore, this study was to compare the gender, grade, family style difference in emotion regulation and problem behavior . There were four hundred nine ( 207 boys and 202 girls ) fifth to eighth-grade students in Elementary and Junior High School. Materials were used including (a) Emotion Regulation Questionnaire ( b ) the Internalizing and Externalizing subscales of the Social Skills Improvement System -Student Form. The data collected were analzed by descriptive statistics, t-test, ANOVA analysis, and Pearson product-moment correlation. The results showed that: 1. The emotion regulation and problem behavior were partly associated. 2. There were significant difference in gender, grade, and family style of emotion regulation and problem behavior . 3. Emotion regulation could positively predict behavioral problem. Finally, this study based on research results has discussed and offer recommendations for future research.

Keywords : adolescence、 emotion regulation、 problem behavior

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