Investigating the Impact of Difficulty of Emotion Regulation and Empathy in Families of Esfahan

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Abstract: The aim of conducting research is to investigate the impact of difficulty of emotion regulation and empathy in families of Esfahan. The research method is descriptive-survey and statistical population included all the families of Esfahan which 50 people of the population were randomly selected. The tool of measuring information was the difficulty of emotion regulation questionnaire with reliability of 85% and empathy questionnaire with reliability of 89%. To analyze the data, pearson correlation test was used. The results indicated that there is a significant relationship between difficulties of emotion and empathy regulation of families and between non-acceptance and empathy of families and between non-targeted and empathy of families and between impulse control difficulties and empathy of families and between lack of awareness and empathy of families and between limited access to emotion regulation strategies and empathy of families and between lack of emotion transparency and empathy of families.

Key words: Difficulty of emotion regulation, empathy, transparency, randomly, Iran

INTRODUCTION

The term of emotion regulation refers to a series of regulatory processes that can affect type and intensity of emotions, period of their persistence, how to experience and express emotions. Emotion regulation plays an important role in human adaptation to stressful life events. People in everyday life constantly encounter internal and external stimuli which potentially can be arousing emotions, so they are constantly using emotion regulation strategies.

Adaptation and psychological adaptation depends largely on emotion regulation. Most psychological disorders are characterized by an emotional distress and these distresses are basically related to the defective function in emotion regulation. In human life, experience of negative emotions is inevitable so undoubtedly there is a significant potential in everyday life for "difficulty of emotion regulation" and emotion regulation is one of the most important assignments for physical health in psychological, especially in marital relationships (Masoud *et al.*, 2011). The term of empathy first was used by Lipez in the early twentieth century in the study of psychology and it has been many attempts to appropriate definition of it that, in some cases as emotional responses is defined that is rooted from understanding situations or emotional states of others means what others feel or is defined as emotional ability to experience of emotions of others. Fash Bakh defines empathy as emotional response that is originated from the other person's emotional states (Abolghasemi, 2009).

Empathy at least has two concepts: the concept of a cognitive response, the understanding of other emotion or concept of an emotional connection with another person to the issue of empathy four aspects are considered:

- Knowledge of the other person's emotional state
- Understand the states
- The identification of the person with the position
- Providing proper emotional response

Empathy is included a state where the unspoken feelings of person can be presented to the others (Noori *et al.*, 2005). Family is the best resort and the beach of calm and confident. The main pillars of the family are couple and if these two main elements have consensus and harmony and compatibility, other family members will be in psychological comfort.

The relationship between empathy and difficulty of emotion regulation: Communion and affection at the behavior and look of couple determines the quality of the relationship. Successful relationship brings the ability to cope with the situation, the effective communication and empathy with each other's emotional state and with relief beside each other increases empathy, good conduct and loyalty and causes in the different conditions be able to

control their emotions and solving life's problems. So, couples to be able to strength emotional ties they should pay attention to their explicit behaviors and quality of their non-verbal relationship (Rahimi and Yusefi, 2010).

Research objectives: Determining the relationship between difficulty of emotion regulation (emotional non-acceptance, difficulty of handling purposeful behavior, impulse control difficulties, lack of emotional awareness, limited access to emotion regulation strategies and lack of emotional transparency) with empathy in families of Esfahan.

MATERIALS AND METHODS

The present research methodology is descriptive survey and statistical population consisted families of Esfahan and a sample of 25 females and 25 males in families (50 individuals from the target population).

In this study, sampling is random. Tools of collecting questionnaire to conduct this study include: the difficulty of emotion regulation questionnaire; scale of empathy by James and Associates in 1998. Pearson correlation test was used for statistical analysis.

RESULTS AND DISCUSSION

Hypothesis 1: There is a significant relationship between difficulties in emotion regulation and empathy of families. According to Table 1 the significance level is equal to 0 and because is less than significant level $\alpha = 0.05$ so, there is a moderate and inverse correlation between difficulties of emotion regulation and empathy of families (-0.64).

Hypothesis 2: There is a significant relationship between non-acceptance and empathy of families. According to Table 2 the significance level is equal to 0 and because is less than significant level $\alpha = 0.05$ so, there is a moderate and inverse correlation between non-acceptance and empathy of families (-0.64).

Hypothesis 3: There is a significant relationship between non-targeted and empathy of families. According to Table 3 the significance level is equal to 0.35 and because is more than significant level $\alpha = 0.05$ so, there is not a correlation between non-targeted and empathy of families (-0.14).

Hypothesis 4: There is a significant relationship between impulse control difficulties and empathy of families. According to Table 4 the significance level is equal to 0 and because is less than significant level $\alpha = 0.05$ so, there is a moderate and inverse correlation between impulse control difficulties and empathy of families (-0.58).

Hypothesis 5: There is a significant relationship between lack of emotional awareness and empathy of families. According to Table 5 the significance level is equal to 0 and because is less than significant level $\alpha = 0.05$ so, there is a moderate and inverse correlation between lack of emotional awareness and empathy of families (-0.49).

Hypothesis 6: There is a significant relationship between limited access to emotion regulation strategies and empathy of families. According to Table 6 the significance

Table 1: Pearson correlation coefficient of difficulties of emotion regulation and empathy (hypothesis 1)

Parameters	The number of data	The r value of correlation	Sig. level
Difficulties of emotion regulation and empathy	50	-0.636	0.000

Table 2: Pearson correlation coefficient of non-acceptance and empathy (hypothesis 2)

Parameters	The number of data	The r value of correlation	Sig. level
Non-acceptance and empathy	50	-0.638	0.000

Table 3: Pearson correlation coefficient of non-targeted and empathy (hypothesis 3)

Parameters	The number of data	The r value of correlation	Sig. level
Non-targeted and empathy	50	-0.135	0.350

Table 4: Pearson correlation coefficient of impulse control difficulties and empathy (hypothesis 4)

Parameters	The number of data	The r value of correlation	Sig. level
Impulse control difficulties and empathy	50	-0.582	0.000

Table 5: Pearson correlation coefficient of lack of emotional awareness and empathy (hypothesis 5)

Parameters	The number of data	The r value of correlation	Sig. level
Lack of emotional awareness and empathy	50	-0.488	0.000

Table 6: Pearson correlation coefficient of limited access to emotion regulation strategies and empathy (hypothesis 6)

Parameters	The number of data	The r value of correlation	Sig. level
Limited access to emotion regulation strategies and empathy	50	-0.372	0.008

Table 7: Pearson correlation coefficient of lack of emotional transparency and empathy (hypothesis 7)

Parameters	The number of data	The r value of correlation	Sig. level
Lack of emotional transparency and empathy	50	-0.130	0.369

level is equal to 0.01 and because is less than significant level α = 0.05 so, there is a moderate and inverse correlation between limited access to emotion regulation strategies and empathy of families (-0.37).

Hypothesis 7: There is a significant relationship between lack of emotional transparency and empathy of families. According to Table 7 the significance level is equal to 0.37 and because is more than significant level α = 0.05 so, there is not a correlation between lack of emotional transparency and empathy of families (-0.13).

CONCLUSION

Based on the findings of this study, there is a significant correlation between the difficulty of emotion regulation and empathy of families.

In explanation of this hypothesis can be said that most of the research on emotion regulation is based on the assumption that the aim emotion regulation is support, formation of self-esteem, efficacy of person and individuality of person. In other words, emotional regulation is called to adjust and regulate emotional processes. So, difficulty in regulation means disorder of emotions. Although, many references want to consider equal the disorder of feelings with lack of control over stimulating emotions.

Also, when these cases are adaptive, disorder of emotions is called to insufficiencies in the ability to experience, expression and use of feelings. When people's emotions are deregulated, they report feeling of losing control.

In explaining the relationship between communication patterns and empathy, the discussion can be raised so that families with high dialogue create usually open communication in family. They encourage disagreements and expressing feelings that this issue follows the joy of creating open and wide communication and engaging with the communications.

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