

Research Article

The Role of Emotion Regulation in Increasing Resilience to Stress and Life Pressure

Laura Mumtazah

Universitas Brawijaya, Indonesia

Corresponding Author, Email: mumtazahlaura@gmail.com

Abstrak

Emotional regulation plays a crucial role in enhancing resilience to stress and life pressures. This study employs a qualitative method through a literature review (library research) to explore the relationship between emotional regulation and resilience. By analyzing various scholarly sources, this research examines how effective emotional regulation strategies contribute to individuals' ability to adapt to adversities and maintain psychological well-being. The findings indicate that emotional regulation functions as a protective factor, enabling individuals to manage negative emotions, reframe stressful situations, and develop coping mechanisms that foster resilience. Cognitive reappraisal, emotional acceptance, and mindfulness are among the key strategies that strengthen resilience by promoting adaptive emotional responses. Furthermore, the study highlights that individuals with higher emotional regulation skills exhibit greater psychological flexibility, which helps mitigate the adverse effects of stress. The role of emotional intelligence in facilitating emotional regulation is also emphasized, as it enhances self-awareness, impulse control, and interpersonal effectiveness. This research underscores the importance of integrating emotional regulation training into mental health interventions and educational settings to improve individuals' resilience against life's challenges. Future studies are recommended to explore the long-term impact of emotional regulation on resilience in diverse populations and cultural contexts. Overall, understanding and cultivating emotional regulation skills are essential for fostering resilience, reducing stress, and enhancing overall well-being.

Kata Kunci: Emotional Regulation, Resilience, Stress Management, Psychological Well-being, Coping Strategies



This is an open access article under the CC BY License
(<https://creativecommons.org/licenses/by/4.0>).

PENDAHULUAN

Emotional regulation plays a critical role in human psychological resilience, enabling individuals to manage stress and life challenges effectively. Resilience refers to the ability to adapt positively to adversity, maintain psychological stability, and recover from stressful events (Giridharan & Pandiyan, 2024). In contemporary society, stressors such as job pressure, academic demands, financial instability, and interpersonal conflicts have heightened the need for resilience (Bano et al., 2025). Research has shown that individuals who can regulate their emotions effectively are more likely to develop resilience, thereby reducing their vulnerability to anxiety, depression, and burnout (Kariuki et al., 2024).

Despite the increasing attention on resilience and stress management, existing studies primarily focus on general coping mechanisms rather than emotional regulation as a structured approach to fostering resilience. While previous research has established the effectiveness of mindfulness and cognitive reappraisal in reducing stress (Munda, 2024), there is a lack of comprehensive analysis of how different emotional regulation strategies contribute to long-term resilience (Brillo et al., 2024). Furthermore, limited studies explore the cultural and individual differences in emotional regulation's impact on resilience (Chen et al., 2025).

Given the rising prevalence of mental health issues worldwide, understanding how emotional regulation enhances resilience is essential for developing effective psychological interventions (Kumari & Khurshid, 2025). This research is particularly relevant in educational and workplace settings, where stress is a significant challenge (McClafferty, 2025). By addressing the gap in the literature, this study aims to contribute to psychological well-being by identifying practical emotional regulation techniques that enhance resilience (Karakasidou et al., 2024).

Several studies have examined the relationship between emotional regulation and mental health. Giridharan and Pandiyan (2024) found that school-based yoga interventions improve adolescents' emotional regulation, thereby increasing resilience. Similarly, Bano et al. (2025) highlighted faith-based coping mechanisms as effective strategies for enhancing resilience. However, these studies often focus on specific groups, such as students or professionals, rather than providing a broader framework applicable to diverse populations. Kariuki et al. (2024) emphasized the role of interpersonal support in emotional regulation, while Munda (2024) explored its application in stress reduction programs.

This study introduces a comprehensive model that integrates multiple emotional regulation strategies, including mindfulness, cognitive reappraisal, and emotional acceptance, to enhance resilience. Unlike previous studies that focus on isolated interventions, this research offers a holistic perspective on the interplay between emotional regulation and resilience (Brillo et al., 2024). It also explores the role of cultural factors in shaping emotional regulation strategies, an aspect that has been largely overlooked in prior research (Chen et al., 2025).

Research Objectives

1. To analyze the relationship between emotional regulation and resilience in managing stress and life pressures.
2. To identify the most effective emotional regulation strategies for enhancing resilience.
3. To explore individual and cultural differences in emotional regulation's impact on resilience.
4. To provide practical recommendations for incorporating emotional regulation into psychological interventions and mental health programs.

Research Benefits

This study will benefit psychologists, educators, and policymakers by offering evidence-based insights into emotional regulation's role in resilience. It will aid in developing mental health interventions tailored to different populations, helping individuals build emotional resilience against life's challenges (Kumari & Khurshid, 2025). Furthermore, organizations can implement these findings to improve workplace well-being and reduce stress-related burnout (McClafferty, 2025).

METODE PENELITIAN

This study employs a qualitative research approach using a literature review (library research) method to explore the role of emotional regulation in enhancing resilience against stress and life pressures. The literature review methodology is appropriate for synthesizing existing theoretical and empirical studies to provide a comprehensive understanding of the relationship between emotional regulation and resilience (Girardi et al., 2024).

Type of Research

This study adopts a systematic literature review approach, focusing on scholarly articles, books, and empirical research published in the last five years. The systematic review method ensures a structured and comprehensive analysis of findings, drawing conclusions from previous research (Ceylan et al., 2024).

Data Sources

The study relies on secondary data collected from reputable academic databases, including Google Scholar, ResearchGate, PubMed, ScienceDirect, and Frontiers in Psychology. The selected literature includes peer-reviewed journal articles, books, and conference papers that discuss emotional regulation, resilience, and stress management (Alnabilsya et al., 2024).

Data Collection Techniques

The data collection process involves:

1. Keyword-based searches using terms such as "emotional regulation," "resilience," "stress management," and "coping strategies" to identify relevant academic literature.
2. Inclusion and exclusion criteria, selecting studies published within the last five years, focusing on psychological and behavioral aspects of emotional regulation and resilience (Parsaiyan et al., 2025).
3. Content extraction, summarizing key concepts, theories, and findings related to emotional regulation strategies and their impact on resilience.

Data Analysis Method

The study employs a thematic analysis approach, categorizing findings into key themes such as cognitive reappraisal, mindfulness, emotional intelligence, and adaptive coping strategies. Thematic analysis enables the identification of patterns and recurring concepts across different studies (Shukor et al., 2025). The findings are synthesized and compared to highlight commonalities and discrepancies in previous research, ensuring a balanced and objective review (Pretorius, 2024).

This methodological approach ensures a rigorous, systematic, and credible synthesis of knowledge, contributing valuable insights into how emotional regulation fosters resilience in managing life stressors.

HASIL DAN PEMBAHASAN

Hasil

Table 1 Literature Review

No	Author(s) & Year	Title	Key Findings	Link
1	Morrison-Beedy (2025)	<i>An Alarming Message About Self-Care in Academic Communities</i>	Highlights the importance of emotional regulation in reducing stress in academic environments.	Link
2	Michalczyk & Zhang (2025)	<i>Mindfulness and Athletic Coping</i>	Examines how mindfulness-based emotional regulation enhances resilience in sports.	Link
3	Vazan & Behnammoradi (2025)	<i>Coping with Occupational Stress</i>	Explores resilience-building through emotional regulation training among employees.	Link
4	Segado et al. (2025)	<i>Virtual Reality and Stress Resilience</i>	Discusses how digital tools support emotional regulation and stress reduction.	Link
5	Chen & Kotozaki (2025)	<i>Cognitive and Mental Health Post-COVID-19</i>	Investigates cognitive reappraisal as an emotional regulation strategy for resilience.	Link
6	Rostiawan et al. (2025)	<i>Peer Support and Mental Health</i>	Highlights the role of social connections in fostering resilience through emotional regulation.	Link
7	Zhu et al. (2025)	<i>Evaluating Adolescent Mental Wellbeing</i>	Examines the impact of resilience training on stress management in youth.	Link
8	Baez (2025)	<i>Mindful and Ethical Leadership</i>	Discusses the influence of mindfulness and emotional regulation on workplace resilience.	Link
9	Renn et al. (2025)	<i>Trauma-Informed Resilience Training</i>	Introduces a curriculum on emotional regulation for stress management.	Link
10	Valenzuela et al. (2025)	<i>Emotional Regulation and Human Flourishing</i>	Reviews emotional regulation theories and their role in building resilience.	Link

The literature review reveals strong evidence supporting the role of emotional regulation in fostering resilience against stress and life pressures. The articles analyzed provide a broad perspective on how different emotional regulation strategies, such as mindfulness, cognitive reappraisal, and social support, contribute to an individual's ability to cope with adversity.

Firstly, mindfulness-based emotional regulation is frequently mentioned as a key technique for stress reduction and resilience building. Studies by Michalczyk & Zhang (2025) and Baez (2025) emphasize that mindfulness enhances emotional self-awareness and self-regulation, reducing the psychological impact of stress. Mindfulness training in workplaces and athletic environments has shown significant improvements in stress resilience.

Secondly, cognitive reappraisal, a technique where individuals reinterpret stressful situations positively, has been identified as an effective emotional regulation strategy. Chen & Kotozaki (2025) highlight that cognitive reappraisal fosters adaptability, especially in post-pandemic recovery, by reducing anxiety and depression levels. This aligns with findings from Segado et al. (2025), who explored how virtual reality simulations help individuals practice cognitive reappraisal to manage stress in high-pressure scenarios.

Thirdly, social support and peer interactions play a crucial role in emotional regulation and resilience. Rostiawan et al. (2025) found that peer connections significantly reduce emotional distress by fostering a sense of belonging and shared coping mechanisms. Similarly, Morrison-Beedy (2025) discusses how community support within academic settings mitigates stress and promotes resilience. These findings suggest that group-based interventions, such as peer mentoring and team-building exercises, can be powerful tools in emotional regulation training.

Additionally, occupational stress management through emotional regulation has been extensively studied. Vazan & Behnammoradi (2025) demonstrate that workplace stress can be alleviated by structured training programs focusing on resilience-building and emotional intelligence. Baez (2025) further supports this claim by highlighting the impact of mindful leadership in reducing stress and promoting emotional regulation in corporate settings.

Another important theme is the role of resilience training in youth mental health. Zhu et al. (2025) provide evidence that structured resilience training programs enhance adolescents' emotional regulation skills, leading to better academic performance and mental stability. Their findings are reinforced by Valenzuela et al. (2025), who argue that early interventions in emotional regulation significantly improve long-term psychological well-being.

Lastly, research by Renn et al. (2025) introduces a trauma-informed curriculum that integrates emotional regulation techniques into stress resilience training. This approach is particularly beneficial for individuals facing chronic stress or past trauma, as it helps them develop healthier coping mechanisms and prevent long-term mental health issues.

Overall, these findings underline the crucial role of emotional regulation in resilience-building across various contexts—workplaces, schools, sports, and clinical interventions. Future research should explore culturally specific emotional regulation strategies and their long-term effectiveness in stress management programs..

Pembahasan

The findings from the literature review highlight the significance of emotional

regulation in enhancing resilience against stress and life pressures. In modern society, where stress levels are rising due to economic instability, workplace demands, and social uncertainties, emotional regulation has emerged as a key psychological skill for maintaining well-being. The COVID-19 pandemic has further intensified mental health concerns, making resilience-building strategies more relevant than ever. Research by Chen & Kotozaki (2025) shows that cognitive reappraisal, a form of emotional regulation, has played a vital role in helping individuals reframe negative experiences and cope with post-pandemic anxiety.

One of the most prominent themes in the reviewed studies is the role of mindfulness-based practices in regulating emotions and reducing stress. Mindfulness has gained traction in mental health interventions, workplace well-being programs, and even athletic training. Baez (2025) discusses how mindful leadership fosters resilience in corporate environments, improving employee performance and reducing burnout. Similarly, Michalczyk & Zhang (2025) highlight the effectiveness of mindfulness in sports psychology, helping athletes manage stress and maintain peak performance under pressure. This aligns with Lazarus and Folkman's (1984) stress and coping theory, which suggests that stress is not just an external phenomenon but is also influenced by individual perceptions and coping mechanisms.

Another critical factor identified in the review is the impact of social support networks in enhancing emotional regulation and resilience. Rostiawan et al. (2025) emphasize that strong peer relationships significantly contribute to emotional stability and stress reduction, particularly among adolescents and young adults. This aligns with Bandura's (1986) social learning theory, which states that individuals learn emotional regulation strategies through social interactions and modeling. Communities that foster positive peer interactions, such as academic institutions and support groups, can create an environment conducive to resilience-building.

The occupational stress perspective is also a crucial area of discussion. Workplace stress has been identified as a leading cause of burnout, anxiety, and depression. Vazan & Behnammoradi (2025) argue that emotional regulation training in corporate settings can mitigate occupational stress by helping employees develop self-awareness and adaptive coping mechanisms. This supports Goleman's (1995) emotional intelligence theory, which posits that individuals with higher emotional intelligence are better equipped to manage workplace pressures and interpersonal conflicts. In high-stress industries, such as banking and healthcare, incorporating emotional regulation strategies into professional development programs could significantly enhance workforce resilience.

The use of digital interventions in resilience training is another emerging theme in the reviewed literature. Segado et al. (2025) introduce the concept of virtual reality (VR) for emotional regulation, demonstrating its effectiveness in simulating stressful scenarios and teaching individuals how to manage their responses in real-time. This innovative approach aligns with cognitive-behavioral therapy (CBT) principles, which emphasize exposure to stressors in a controlled setting to develop adaptive coping strategies. As digital mental health tools gain popularity, the integration of VR-based resilience training could revolutionize stress management techniques.

Moreover, research on trauma-informed resilience programs by Renn et al. (2025) sheds light on the importance of structured emotional regulation interventions for

individuals with a history of trauma or chronic stress. Trauma survivors often struggle with emotional dysregulation, making resilience-building even more critical. The Polyvagal Theory (Porges, 1995) explains how emotional regulation is connected to the nervous system's ability to manage stress responses. By incorporating trauma-sensitive approaches, mental health practitioners can enhance the effectiveness of resilience interventions.

A key practical implication of these findings is the need for early interventions in emotional regulation training. Zhu et al. (2025) advocate for resilience-building programs in schools, arguing that adolescents who develop emotional regulation skills early in life are better prepared to face future challenges. This aligns with Erikson's psychosocial development theory (1950), which states that emotional development during adolescence significantly impacts future psychological well-being. Governments and educational institutions should invest in integrating emotional regulation into curricula to support long-term mental health.

Despite the promising findings, cultural considerations in emotional regulation remain an underexplored aspect. The way individuals regulate emotions varies across cultures due to differences in social norms, family structures, and coping traditions. For instance, collectivist societies may emphasize emotional suppression as a form of regulation, whereas individualist cultures may encourage expressive coping. Future research should explore culturally specific emotional regulation techniques and their impact on resilience, ensuring that psychological interventions are tailored to diverse populations.

From the author's perspective, the current findings reinforce the urgent need to prioritize emotional regulation as a fundamental life skill. Mental health challenges are no longer confined to clinical settings; they have become a widespread societal concern affecting students, employees, and communities at large. Governments, educators, and organizational leaders must recognize the importance of emotionally intelligent environments and proactively incorporate resilience training into public policies and workplace practices.

In conclusion, the literature highlights multiple pathways through which emotional regulation contributes to resilience. Whether through mindfulness, cognitive reappraisal, social support, digital tools, or trauma-informed care, the ability to regulate emotions serves as a protective buffer against stress and life pressures. Moving forward, interdisciplinary collaborations between psychologists, educators, and policymakers will be crucial in designing holistic interventions that empower individuals to navigate challenges with emotional resilience.

KESIMPULAN

This study highlights the critical role of emotional regulation in enhancing resilience against stress and life pressures. The findings from the literature review confirm that effective emotional regulation strategies—such as mindfulness, cognitive reappraisal, and social support—serve as protective mechanisms that help individuals manage stress and improve psychological well-being. Research shows that these strategies are applicable in various settings, including workplaces, educational institutions, and clinical environments. Emotional regulation not only reduces the impact of stressors but also fosters mental flexibility, allowing individuals to adapt and thrive in challenging circumstances. As modern society faces increasing

psychological demands, integrating emotional regulation techniques into everyday life is essential for building a resilient population.

Despite the positive outcomes, there are still gaps in the literature that future research should address. One significant area for further exploration is the cultural variability in emotional regulation. Different societies have distinct approaches to handling emotions, and more studies are needed to understand how these differences influence resilience. Additionally, while digital interventions such as virtual reality (VR) and mobile applications have shown promise in enhancing emotional regulation, further empirical studies are required to evaluate their long-term effectiveness. Another crucial area for future investigation is the neuroscientific basis of emotional regulation, particularly how brain mechanisms facilitate resilience and adaptability to stress.

Based on these findings, it is recommended that future research focuses on developing culturally adaptive emotional regulation interventions, ensuring that resilience-building strategies are effective across diverse populations. Moreover, longitudinal studies should be conducted to assess the sustained impact of emotional regulation training on mental health and well-being. Researchers should also explore the potential of interdisciplinary collaborations between psychology, neuroscience, and technology to develop innovative solutions for stress management. Ultimately, by advancing our understanding of emotional regulation and its connection to resilience, future research can contribute to more effective mental health policies and intervention programs, fostering a healthier and more resilient society.

Bibliography

- Alnabilsya, R., Israel, S., Soroker, I., & Levit-Binnun, N. (2024). Mindfulness and resilience from the perspective of mental health workers in the Arab-Bedouin society in Israel. OSF. [Link](#)
- Bano, S., Akram, W., & Habiba, U. E. (2025). The role of faith-based coping mechanisms in enhancing mental resilience: A study among Muslim students. *Research Journal of Psychology*. [Link](#)
- Brillo, P. H., Magno, J. G., & Nuezca, A. P. (2024). Emotional intelligence, time management skills, and perceived stress level of students during the post-pandemic transition in education. *International Journal of Psychology*. [Link](#)
- Ceylan, H. İ., Aouani, H., Selmi, W., & Hammami, A. (2024). Meditative pathways to emotional intelligence in athletes: Narrative review study. *Journal of Men's Health*. [Link](#)
- Chen, C., Nibbio, G., & Kotozaki, Y. (2025). Cognitive and mental health improvement under-and post-COVID-19. *Frontiers in Psychology*. [Link](#)
- Girardi, D., Dal Corso, L., & De Carlo, A. (2024). New perspectives on the job demands-resources theory: Bridging theory and practice to promote health and well-being. *ResearchGate*. [Link](#)
- Giridharan, S., & Pandiyan, B. (2024). A path to resilience: The impact of school-based yoga on adolescent mental well-being. *Cureus*. [Link](#)
- Karakasidou, E., Galanakis, M., & Tsitsas, G. (2024). Well-being and education: current indications and emerging perspectives. *Frontiers in Psychology*. [Link](#)
- Kariuki, P. N., Omariba, M., & Motari, J. M. (2024). Addressing the burden of alcohol and drug abuse. *EAS Publisher*. [Link](#)
- Kumari, U., & Khurshid, S. (2025). Role of emotions in physical health. *Archives of Psychology*. [Link](#)

- McClafferty, H. (2025). Yoga in pediatrics: A holistic approach to resilience and stress management. *Pediatric Annals*. [Link](#)
- Munda, B. X. (2024). Stress and academic procrastination among Indian school students. *ResearchGate*. [Link](#)
- Parsaiyan, S. F., & Abdulrahmian, R. (2025). Bridging language and well-being: Exploring the potentials of integrating positive psychology content into English language teaching. *Teaching English as a Second Language*. [Link](#)
- Pretorius, A. (2024). Self-management: An indispensable emotional intelligence skill for secondary school principals. *SSERR*. [Link](#)
- Shukor, K. A., Noor, A. F. M., & Abidin, M. Z. H. Z. (2025). The role of religion in contributing to SDG4: Understanding its impact on student resilience. *SDGs Review*. [Link](#)
- Syukur, Y., & Syahrial, M. (2024). Membangkitkan harapan dan meningkatkan resiliensi siswa SMP. *Jurnal Pendidikan Sosial dan Konseling*. [Link](#)