

**ABSTRACT**

UDC: 159.922

DOI: 10.26697/ijes.2020.4.19

**Methodics of Studying Emotional Self-Regulation**Senior Researcher **Polishchuk S. A.**<sup>1</sup><sup>1</sup> *Institute of Social and Political Psychology, Ukraine***Background:**

Any events that go beyond the ordinary life of a person and threaten his mental and physical integrity, lead to the destruction of the social structure of communities and social order (these are manifestations of emergency). Thus, the unfavorable course of the modern viral pandemic produces a new empirical experience in providing psychological assistance to people. It is aimed at forming their constructive behavior that eliminates violations of the internal psychological system. As a result, there is an adaptation to new unfavorable living conditions with the prospect of gains and minimization of losses. Self-regulation, which, in particular, controls the energy balance of the body, plays an important functional role in forming constructive behavior. Therefore, it is important for us to obtain effective diagnostic tools for the level of activity and depth of human emotional contact with the surrounding reality (levels of field reactivity, stereotypes, expansion, emotional control).

*The aim of the research:* developing and testing of the thematic research methods for studying emotional self-regulation.

**Methods:**

1. System and structure analysis of scientific and methodical literature to define the concepts and theoretical and methodological bases of studying the research problem.
2. Questionnaire specification.

**Results:**

The formulated functional purpose of the purpose of the future questionnaire "study of the emotional self-regulation of a person" allowed carrying out the specification of the technique: these are four sense spheres and four manifestations (total 40 tasks) for the pilot version. As it is known, the researcher always faces the problem of a large quantitative load of the method. Of course, this guide makes work much more difficult: you need to give it more time and at the same time maintain concentration without mechanical answers. Moreover, a minimum number of questions to ensure satisfactory reliability of the questionnaire requires at least 20 tasks (answers will take up to 10 minutes), the following calculations were based on exactly 40 of these tasks, divided into 1) 25% for each manifestation, 2) 40% for the first and second sense areas, 3) 10% for the third and fourth sense areas, in particular: Manifestation 1. Field reactivity (sense spheres: search for positions of comfort and safety;

identification with the nature; psychotechnical techniques; sense of satisfaction from the created things). Manifestation 2. Level of stereotypes (sense spheres: sensitivity to violation of needs; affective fixation; self-stimulation of positive emotions; internal balance of emotions). Manifestation 3. The level of expansion (sense spheres: research behaviour, the need to assess own strength; affective feelings; threshold to constructive transformations; affective need for danger). Manifestation 4. Level of emotional control (sense spheres: dependence on the emotional assessment of the environment; empathy; trust in the environment; willingness to receive help). After the first stage of testing, the text of the questionnaire was reduced to five questions.

*Instruction.* To your attention! This technique is designed to study the level of functioning of your emotional self-regulation. Please read the formulated statements. Choose the answer that is most acceptable to you: "no", "no more than yes", "may be different", "more yes than no", "yes".  
*Questionnaire text:* 1. I am comfortable. 2. I feel safe. 3. I feel relaxed. 4. I forget about everyday problems when I am in the countryside. 5. Nature calms me down. 6. My favorite places for recreation are outdoors. 7. Being concerned about the internal balance, I use special exercises (gymnastics, breathing, meditation, yoga, etc.). 8. I get pleasure from what I do. 9. It is important for me to understand myself. 10. I analyze the reasons for my well-being. 11. I can reconcile with my defeats. 12. I like my own way of life. 13. I manage my emotions. 14. I have my preferences. 15. I like walking. 16. I do not worry about trifles. 17. I like active lifestyle. 18. I control myself in difficult life situations. 19. I try to solve my problems on my own. 20. My achievements are important to me. 21. I am satisfied with what I do. 22. I am satisfied with my behavior in difficult life situations. 23. I have enough strength to change. 24. I like complex... 35. I can ask for help.

**Conclusions:**

Qualified individual psychological support (especially in the pandemic situation) involves both informational and sense orientation of the psychologist in the initial indicators of the emotional self-regulation of a person. Our questionnaire is a socially relevant diagnostic psychological tool set to find the necessary research information. Its content potentially requires improving, but in the situation of large-scale public testing, such prior publication allows us to secure our copyright.

**Information about the author:**

**Polishchuk Svitlana Anatoliyivna** – Candidate of Psychological Sciences, Associate Professor, Senior Researcher, Institute of Social and Political Psychology, Kyiv, Ukraine.

*Research interests:* gerontopsychology, stress psychology, psychodiagnostics, experimental psychology, family psychology; <https://orcid.org/0000-0002-6576-8331>