



**Abstract**

## To Predict the Relationship between Emotion Regulation on Goal Pursuits

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as statistical analysis and impulse control was found to be the predictor of goal attainment. Every individual is different and they have their own capabilities of pushing themselves toward their goals. In conclusion, it can be said, the higher the tendency to control one's impulse the better opportunity a person has while achieving his goal.

### Abstract

Emotion Regulation is the process through which a person inflects their emotions consciously and unconsciously (Bargh, Williams, 2007; Rottenberg, Gross, 2003) to aptly respond to substantial/environmental demands (Grazt & Roemer, 2004). Emotion regulation is the development of emotion which is determined by which emotion we have, when we have them and how we express or experience it. With determining these emotions how a person achieves his/her goal is what we investigate in this study. Psychological flexibility has the capability to change behavior in such a way that it integrates the consciousness with open approach to one's thoughts and feelings which is a constant while pursuing a goal. Hayes (1999) suggested that the psychological flexibility benefits mental health by diminishing the impact of negative internal events and helping the person to clearly define and achieve the goals important to them. Emotional stability is the process of a person's personality trying to continually striving for greater level of emotional health, in both spheres; intra-physically and intra-personally.

#### Biography:

Lubna Kumar has completed her MSc. In clinical and health psychology from Bangor University, United Kingdom at the age of 24 in the session 2018-2019. She takes online sessions and works as a freelancer as a counseling and clinical psychologist.

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#### Hypothesis:

- More the emotional stability, the better chances are of achieving the goal.
- More emotionally flexible one is while pursuing his/her goal the higher chance there is of achieving a goal.

Results suggested that participants with positive emotional stability are significantly related to morality. Participants with emotional stability scored higher in morality than participants with instability. Therefore, it was concluded that morality depends on stability. This is an experimental study that focuses on six questionnaires comprising of different scales that help to predict our result accurately. Regression was used