

# **Self-Emotional Regulation and its Relationship with Anxiety among Students of Al-Istiqlal University and Al-Quds University**

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## **Abstract**

This study aims to know the correlation between self-emotional regulation and anxiety among students of Al-Istiqlal University and Al-Quds University and to uncover the level of self-emotional regulation and the level of anxiety (as a state - as a trait), in addition to know the differences in the level of self-emotional regulation and anxiety according to the variables of (the university, gender, type of faculty, place of residence, the level of the family income, social status of parents, and the order of the person inside the family ). In order to achieve the aims of the study, the researcher used two measures which are the measure of self-emotional regulation which was prepared by Gross and John, which was translated and prepared by Al-Barahma (2017). It included (10) items, and the measure of anxiety (as a state - as a trait) (STAI) which was prepared by Spielberger et al, and which was translated and prepared by Al- Abed (2001) which included (40) items.

The sample of the study consisted of (400) male and female students from Al-Istiqlal University and Al-Quds University from the faculties of Arts and Law at both Universities. The sample was chosen by the Sample available.

The descriptive analytical method was used in this study because it suits the nature of the present problem and the aims of the study.

### **The results of the study showed the following:**

- There is a positive correlation between the measure of self-emotional regulation and the measure of anxiety (as a state- as a trait) In the study members.
- The level of self-emotional regulation and anxiety (as a state - as a trait) which is enjoyed by the students of Al-Istiqlal University and Al-Quds University is medium.

- There are no statistically significant differences at the significance level of ( $\alpha \leq 0.05$ ) in the level of self-emotional regulation among the students of Al-Istiqlal University and Al-Quds University which are due to the variable of the university, and the measure of anxiety as a state and they were rejected in the measure of anxiety as a trait. The differences are in favor of Al-Quds University.
- There are no statistically significant differences at the significance level of ( $\alpha \leq 0.05$ ) in the level of self-emotional regulation among the students of Al-Istiqlal University and Al-Quds University which are due to the variable of gender, and there are statistically significant differences at the significance level the measure of anxiety as a state while they were rejected in the measure of anxiety as a trait. The differences are in favor of females.
- There are no statistically significant differences at the significance level of ( $\alpha \leq 0.05$ ) in the level of self-emotional regulation and anxiety (as a state - as a trait) among the students of Al-Istiqlal University and Al-Quds University which are due to the variables of type of faculty, place of permanent residence, the level of family income, the social status of the parents, and the order of the person inside the family.

In the light of these results, the researcher recommended Holding educational sessions and programs on the two concepts of self-emotional regulation and anxiety (state-trait) among the students of the Palestinian universities and Focusing on the importance of the role of parents to help their sons/daughters to organize their affections by using the strategies of self-emotional regulation and the necessity of working on increasing the efforts, and offering psychological guidance for intervention and knowing the causes of anxiety) as a state - as a trait) and Conducting more studies in order to explain the variance in anxiety (as a state - as a trait) among the students according to the variables of gender and the university.