

Cognitive Emotion Regulation as Determinants of Internalizing and Externalizing Problems of Adolescents

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Cognitive emotion regulation has a pivotal role in determining the emotional and behavioral problems particularly in adolescence age group. The present study examined the role of cognitive coping in predicting the internalizing and externalizing problems among school going adolescents. A sample of 305 boys and girls with age range 12 to 18 years reported the use of cognitive coping strategies after having experienced negative events or situations. Cognitive coping styles; including 'Refocus on Planning', 'Catastrophizing', 'Rumination', 'Putting into Perspective' and 'Self-blame' came out as unique predictors of internalizing problems. 'Planning' and 'Putting into Perspective' turned out to be predictors of internalizing and externalizing problems. Girls dominantly use 'Rumination' and 'Catastrophizing' with high tendencies for internalizing problems; whereas, boys use 'Acceptance, and 'Positive Reappraisal reported higher on externalizing problem. The study carries implications in context of adolescents' counseling in Pakistani cultural context.

Keywords. Adolescents, emotion regulation, cognitive coping, internalizing problems, externalizing problems.