



EMOTIONAL REGULATION AND PSYCHOLOGICAL WELL-BEING IN
ADOLESCENTS DURING FOREIGN LANGUAGE LEARNING

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Abstract

Adolescence is one of the most sensitive and transformative stages of human development, characterized by biological, cognitive, and social changes. During this period, emotional regulation becomes an essential psychological skill that influences academic performance, interpersonal relationships, and psychological well-being. This article analyzes the role of emotional regulation in adolescents during the foreign language learning process from developmental, cognitive, and social psychological perspectives.

Introduction

Adolescence represents a transitional period between childhood and adulthood characterized by rapid psychological and emotional development. Emotional regulation plays a central role in helping adolescents adapt to academic, interpersonal, and social challenges. The process of foreign language learning also creates emotional experiences such as anxiety, fear of making mistakes, and communication difficulties.

Theoretical Background

Emotional regulation refers to the ability to monitor, evaluate, and modify emotional reactions in order to achieve personal goals and adapt to environmental demands. Psychological theories explain emotional regulation from cognitive, behavioral, social, and neurological perspectives.

Emotional Regulation Strategies

Adaptive strategies such as cognitive reappraisal, mindfulness, reflective thinking, and social support improve resilience and academic motivation. Maladaptive strategies including avoidance and emotional suppression may increase anxiety and stress.

Digital Environment

Social media and online communication influence adolescents' emotions and self-esteem. Digital platforms provide educational opportunities but may also increase social comparison and emotional stress.

Conclusion

Emotional regulation significantly influences adolescents' psychological well-being and foreign language learning success. Schools and families should support emotional literacy and healthy coping strategies.





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