

Relationship between hardiness and hope with emotional self-regulation of male and female students of Faculty of Humanities, Islamic Azad University of Rasht

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Abstract The purpose of this study was to determine the relationship between hardiness and hope with emotional self-regulation of students. The research method was descriptive-correlational. The statistical population of all humanities students of Rasht University of Azad University in 1395 was ed as cluster sampling method. The research instruments included a questionnaire of hardiness, hope, and emotional self-regulation. Data were analyzed using SPSS software, Pearson correlation and stepwise regression analysis. The results of this study showed that there is a positive and significant relationship between hope with emotional self-regulation and hardiness with emotional self-regulation. Also, the results of the study showed that HBI, Hope, could significantly predict the emotional self-regulation variance.

Keywords : Key words: Hardening, Hope, Emotional self-regulation.

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