

Investigating the relationship between emotional expressiveness with self-regulation and self-expression in people under protection of welfare organization in Rasht

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The main purpose of this study was to investigate the relationship between emotional expressiveness with self-regulation and expressivity in people who are protected by the State Welfare Organization of Rasht city. The research method was descriptive-correlation type. The statistical population of the study included all women and men referred to the State Welfare Organization of Rasht city. Using an available sampling method, 162 people who were referred to the State Welfare Organization of Rasht city were ed. The research questionnaires included: emotional expressiveness scale, self-regulation and expressivity. Using the correlation coefficient tests, multiple regressions, the research hypotheses were investigated. The results showed that there was a significant correlation between emotional expressiveness with self-regulation (correlation coefficient: 0.679) and expressivity (correlation coefficient: 0.596). The emotional expressiveness components are able to predict 36% and 34% of self-regulation and expressivity respectively.

Keywords : emotional expression, self-regulation, expressivity.

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