

The role of social networks (telegram) in predicting social adjustment and cognitive adjustment of the excitement and resilience of the girl's teens

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Abstract This study aimed to determine the role of social networks in predicting cognitive emotion regulation and social adaptability and resiliency were girls. The research method was descriptive correlational. The population included all high school students in the city of Rasht in 1396-95. 186 students participated in this study were ed through multistage cluster sampling method. The research tools include social adjustment questionnaire, Connor-Davidson Resilience Scale, a questionnaire was cognitive emotion regulation. Research data using SPSS software and Pearson correlation and stepwise regression analysis were analyzed. The results of this study showed that the social compatibility with social networks, cognitive emotion regulation and social networks and resiliency with social networks there is a significant relationship. The results showed that all three consistency and resilience of social and cognitive emotion regulation girls variance social networks to significantly predict. **Keywords:** social adaptation, resilience, cognitive emotion regulation, social networks.

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