The Role of Perfectionism and Self-compassion in Predicting the Positive Cognitive-emotional Regulation Strategies of Secondary School Students

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Abstract

This study aims to investigate the role of perfectionism and self-compassion in predicting the positive strategies of cognitive regulation of emotions of secondary school students using a descriptive-correlational method. The population consisted of all secondary school students of Nowshahr city who were studying in the academic year 2022-2023. The sample size was estimated to be 260 individuals based on the Krejcie and Morgan's Table. Hill et al.'s perfectionism scale (2004), Cognitive Emotion Regulation Questionnaire (CERQ-P) and Rees et al.'s (2011) self-compassion scale were used to measure the variables. The findings indicate that the two variables of perfectionism and self-compassion are influential in explaining the positive strategies of cognitive emotion regulation with beta coefficients of 0.431 and 0.364; Also, among the components of perfectionism, two components of order and organization and interpersonal sensitivity with beta coefficients of 0.408 and 0.403 play a role in predicting positive strategies of cognitive regulation of emotion, and among the components of self-compassion, the components of mindfulness, feeling of isolation, self-judgment, and increased identification with beta coefficients of 0.432, 0.586, 0.622, and 0.297, respectively, are able to predict strategies. They have positive cognitive regulation of emotion.

Keywords: perfectionism, self-compassion, cognitive-emotional regulation

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