

# The Effect and Strategy of Psychological Capital Towards the Emotional Regulation of Female College Students

Zhang Yang

Society and Law School, Shandong Women's University, Jinan, 250300, China

309691810@qq.com

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**Abstract:** Positive psychological capital and emotional regulation play great roles in promoting our life. In this study, I adopted psychological capital questionnaire, emotion regulation ability questionnaire and college female students' psychological capital charts to measure the psychological capital of some female college students, so as to explore the relationship between psychological capital and emotion regulation of female college students. The results indicate that positive psychological capital plays an important role in the emotional regulation of female college students and there is a positive correlation between them.

## 1. Introduction

With the development of society and the continuous reforms of education, college time plays an important role in influencing women's life planning. During the transitional stage between the ivory tower and the real society, many female college students' emotion and mood are influenced by many external factors, such as employment, examination, personal relationship and comprehensive factors of above mentioned. Under the great pressure, if they don't know how to control and properly adjust their emotion and mood, they will be impacted negatively both physically and mentally. Emotion and mood are the window of one's mind, the monologue of one's inner world, and the reflection of one's mental health. According to the survey, female college students are thoughtful and tend to have a long-term vision. But at the same time, when there are difficulties, divergence and contradictions in their study and life, they are weak in emotional control and management. The problems of emotional control basically include the following three aspects. First, female college students may become anxious, confused, and lost because of the highly competitive employment market. Second, contradictions and disputes among college students may cause introversion and depression. Third, some female college students feel annoyed, stressed or unsure of themselves upon examination or assignments. In summary, the possible negative emotions of female college students are basically anger, fear, sadness and confusion. If negative emotions can not be well regulated, their college life and future life will both be negatively impacted. Therefore, a psychological capital rich in expectation, optimism, toughness and subjective well-being is important in the emotional regulation of female college students. This study focuses on the relation between psychological capital and emotional regulation of female college students. It aims at finding methods for emotional regulation that are conducive to the self-development and the improvement of comprehensive quality of the female college students, which, by the way, is also the demand of the talent training.

## 2. Relationship between psychological capital and emotional regulation of female college students

The concept of psychological capital comes from the West. It was put forward by Luthans, an American scholar, in 2004. The so-called psychological capital refers to a positive psychological state that remains throughout individuals' growth and development. It is a core psychological element beyond human capital; it is a latent psychological resource in the process of individuals'

growth. [1] As for female college students, psychological capital is a positive psychological state rich in expectation, optimism, toughness and subjective well-being shown during one's growth. Therefore, female college students with psychological capital can effectively regulate their emotions and turn adversity into favorable situations, where they can further their self-development as well as potential abilities.

Psychological capital can greatly promote our life. I used random sampling to investigate about 340 female college students' psychological capital through questionnaires which mainly cover four aspects: expectation, optimism, toughness and subjective well-being. The levels of psychological capital of them are shown by the scores of the questionnaires. The higher score one gets, the higher psychological capital one will have. According to the results of multiple data statistics of the analysis of variance of psychological capital, the average score is 3.75; the standard deviation is 0.60. The average weights of the four aspects are 3.81, 3.75, 3.41 and 4.03 respectively; and the standard deviations are 0.59, 0.67, 0.53 and 0.61 respectively. At the same time, I gave the questionnaires of emotional regulation ability to the same group of students, too. The investigation also goes in four aspects: anger, fear, sadness and confusion. According to the final standard deviation statistics, the average score of the questionnaires is 3.42; the standard deviation is 0.58. The average weights in the four aspects are 3.15, 3.57, 3.91 and 3.05 respectively, and the standard deviations are 0.62, 0.53, 0.47 and 0.70 respectively. The data indicates that there is a positive correlation between the two. The higher the psychological capital one gets, the better one will regulate her emotion and mood; the higher the psychological capital one gets, the less negative emotion and mood one will have. It can be seen from table 1 that the higher psychological capital level female college students have, the better they will regulate their emotions, which can prevent the interference of negative emotions in daily life.

Table 1 Correlation between College Students' psychological capital and negative bad emotions(Correlation coefficient  $-1 < r < 1$ )

Psychological capital Negative emotions	Expectation	Optimism	toughness	Subjective well-being
Anger	-0.482	-0.331	-0.487	-0.213
Fear	-0.358	-0.421	-0.202	-0.406
Sadness	-0.405	-0.292	-0.379	-0.384
Confusion	-0.293	-0.347	-0.482	-0.476

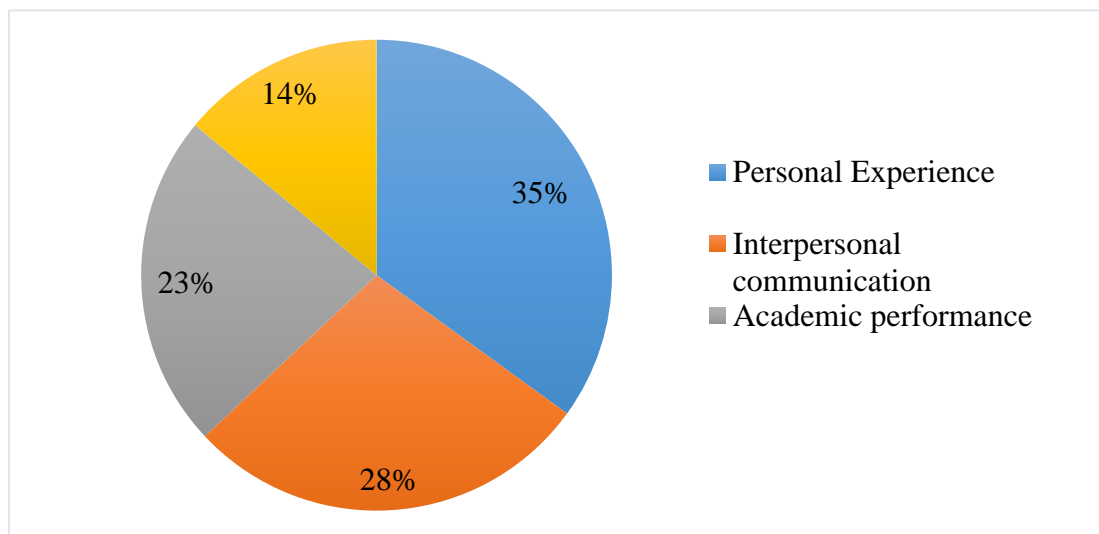


Figure 1 The reflection of psychological capital in real situations

Psychological capital is mainly reflected in female college students' life experience, interpersonal communication, academic performance and personal relationship. The sum of the weights of four

aspects is the level of one's psychological capital. College is an important period for female college students to transit from puberty to maturity. On the whole, the emotions of female college students share the characteristics of violent mood swings, instability and difficulty in self-control. It is inevitable that negative emotions come out of unsatisfactory things. According to the relevant data in Figure 1, it can be seen that the levels of psychological capital differ due to different personal experience. Combined with the statistics of 340 questionnaires, the overall situation of psychological capital can be divided into four categories. First, the psychological capital of female college students has a certain relationship with their academic performance. Poor academic performance may lead to negative emotion like confusion. Second, the corresponding failures in personal relationships may cause them to be sad. Third, continuous setbacks may make female college students face the future with fear. Finally, troubled interpersonal communication may cause female college students to get angry easily when getting along with their classmates and friends. Different experiences may produce different emotions which will lead to different psychological capitals. Therefore, based on the analysis of female college students' emotional regulation, this study focuses on figuring out methods towards those negative emotions. A psychological capital full of expectation, optimism, toughness and subjective well-being is very necessary for them to regulate their emotions.

### **3. The regulatory effect and strategy of psychological capital on emotions of female college students**

Nowadays, female college students are getting sensitive. Thus, emotional changes are closely related to their daily lives. Good psychological capital helps with the emotional regulation of female college students. At the same time, we should pay attention to the accumulation of psychological capital of female college students. Based on the data in Table 1, each component of psychological capital has a certain regulatory effect on negative emotions, and this study obtained the regulatory effect and strategy of psychological capital for emotions according to different correlations.

#### **3.1 The expectation component of psychological capital alleviates confusion**

Psychological capital is a core psychological resource beneficial to personal growth and development. Strengthening the psychological capital will promote the emotional regulation, so that the female college students can reach a good balance in emotional regulation.

Psychological capital rich in expectation can alleviate the confusion. And thus students can have a certain plan for the future, improve their psychological quality, prevent and reduce the negative impact of confusion. When female college students have negative emotion cognition like confusion, they should pay attention to self-efficacy and have hope for the future.

Nowadays female college students may be depressed because they don't achieve an ideal academic score and thus become confused. As vigorous teenagers as they are, they should dare to try and work hard, keep positive, avoid evasion in new fields, adjust their mentality, face the future, and never withdraw. It's necessary to enrich themselves with such a psychological capital with expectation which will strengthen their emotional regulation.

#### **3.2 The optimistic component of psychological capital regulates sadness**

The issue of troubled relationship may lead to sadness. However, optimism is everyone's potential and non-transferable right. The optimism component in psychological capital can improve the self-confidence of female college students, stimulate their self-potential, initiative and creativity. In this way, they can not only transfer their sadness into courage to enable themselves to try challenging work, but also can fully activate the potential optimism in their psychological resources. To alleviate and change the negative mood, they can divert their attention or finding someone to talk about their depression. There are conflicts and contradictions among people, and there are unhappy things in life every day. To lead a colorful life, students need to be generous and tolerant to others and pursue their life goals with a positive mind.

### **3.3 The toughness component of psychological capital offsets fear**

Fear itself is not terrifying. It is the idea of making no change that terrifies. The experience during their growth can improve the toughness of psychological capital in which way female college students are able to regulate their fear to face the difficulties and adversity in their life with hope and to face the future positively. In all likelihood, there will be unhappy things happening in life. If we immerse ourselves in the setbacks and lead a life full of fear towards the future, we will be nothing more than a walking dead. It is not difficult to overcome fear. We should make wise use of the adversity and setbacks. That means we need to face the difficulties, and build up our toughness so as to cultivate the willpower to surpass the ordinary.

### **3.4 The component of subjective well-being of psychological capital improves anger**

Feeling happiness is a kind of ability. Everyone's subjective well-being may be different. In the communication with their classmates, teachers and friends, contradiction may lead to female college students' anger in the thereafter interpersonal communications. The component of subjective well-being in psychological capital will lead female college students to get over obstacles and change their anger when their emotions are out of control. To cultivate and develop subjective well-being, female college students need to pay attention to their self-development in their daily life. And they should try to improve themselves comprehensively and change their negative emotions.

In short, confusion, sadness, fear and anger are the typical representatives of negative emotions among female college students. Emotional regulation is the influence produced by changing these negative emotions. Psychological capital rich in expectation, optimism, toughness and subjective well-being will enable female college students to maintain a stable and positive emotion throughout their growth, which will do a big favor to them. Therefore, for female college students, psychological capital can promote their emotional regulation. They affect and regulate each other.

## **4. Conclusion**

This study is about psychological capital and female college students' emotional control. It focuses on female college students. It aims to find out the emotional regulation function of positive psychological capital for female college students. The study will help female college students to regulate and control their emotions. There is a positive correlation between psychological capital and female college students' emotional regulation. This study provides a way of psychological regulation for female college students to help control their emotions and improve themselves. At the same time, it also suggests that contemporary female college students should not only focus on their academic performance, they should also improve their comprehensive quality and accumulate psychological capital so as to have the potential competitive power in the future.

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