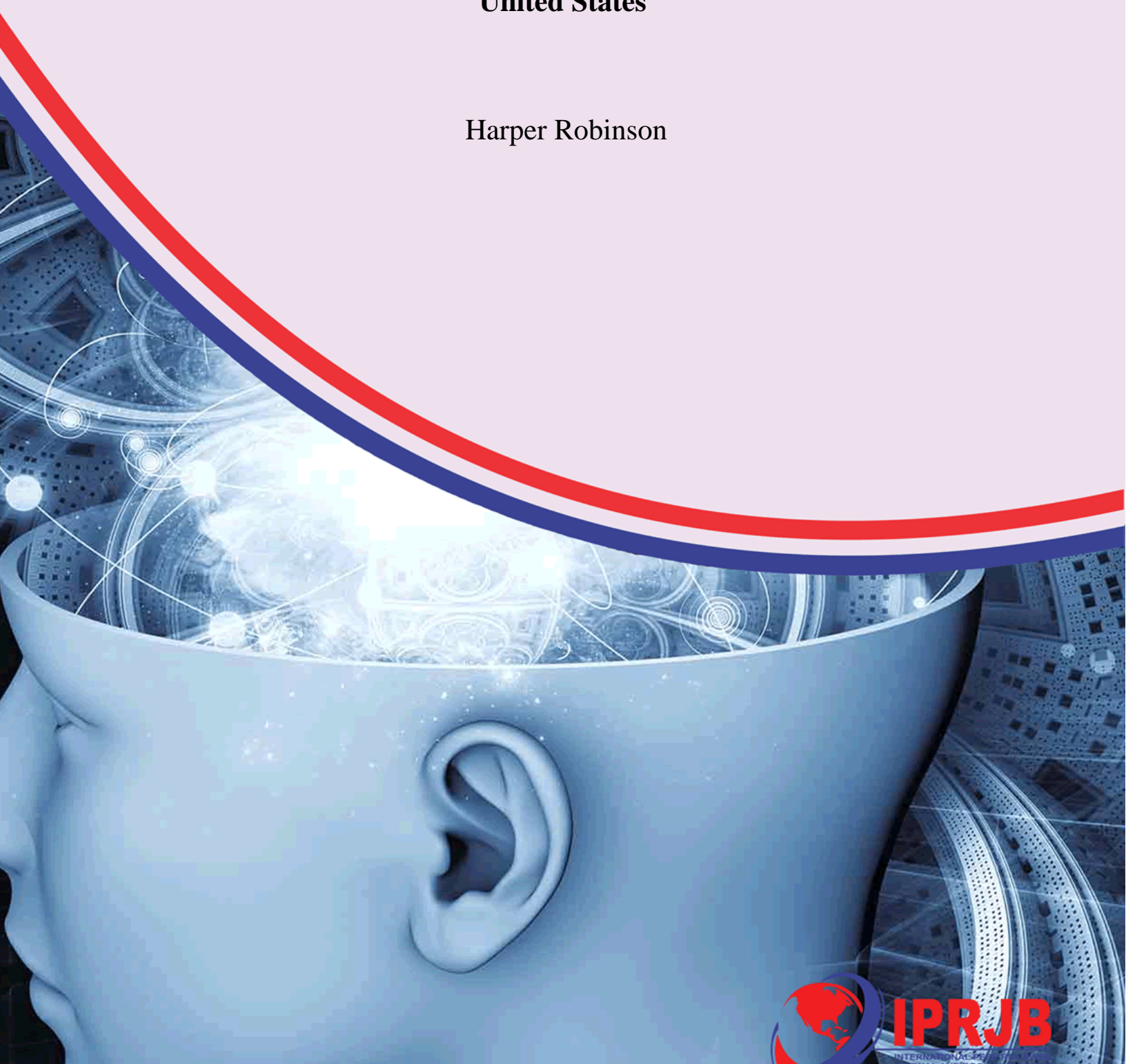


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**Cross-Cultural Differences in Emotional Regulation Strategies in  
United States**

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**Abstract**

**Purpose:** The aim of the study was to analyze the cross-cultural differences in emotional regulation strategies in United States.

**Methodology:** This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low cost advantage as compared to a field research. Our current study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

**Findings:** Cross-cultural differences in emotional regulation strategies in the United States show variations across cultural groups, with collectivist cultures leaning towards socially-oriented strategies like seeking social support. Cultural norms influence these strategies, emphasizing interpersonal harmony. Individual differences, including acculturation, also play a role. Understanding these dynamics sheds light on how cultural context shapes emotional regulation in diverse U.S. populations.

**Unique Contribution to Theory, Practice and Policy:** Cultural models of emotion, cultural syndromes theory & acculturation theory may be used to anchor future studies on the cross-cultural differences in emotional regulation strategies in United States. Mental health practitioners and educators should incorporate cultural sensitivity training into their programs to better support individuals from diverse cultural backgrounds in managing their emotions. Governments and organizations should prioritize the development of culturally sensitive mental health policies and programs that recognize and address the diverse emotional regulation needs of multicultural societies.

**Keywords:** *Cross-Cultural Differences, Emotional Regulation Strategies*

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## INTRODUCTION

Emotional regulation strategies refer to the conscious or unconscious processes individuals use to manage their emotions in response to internal or external stimuli. In developed economies like the United States, individuals commonly employ cognitive reappraisal as an emotional regulation strategy. For example, research by Gross and John (2003) found that in the United States, individuals often use cognitive reappraisal to reinterpret stressful situations in a more positive light, thereby reducing emotional distress. Furthermore, in the UK, another prevalent emotional regulation strategy is expressive suppression, where individuals inhibit the outward expression of their emotions. According to a study by Butler (2003), expressive suppression is commonly observed in British culture, particularly in social settings where emotional restraint is valued, such as professional environments.

In developing economies like India, emotional regulation strategies may differ due to cultural and societal norms. For instance, research by Srivastava (2017) found that in India, individuals often rely on emotion-focused coping strategies, such as seeking social support from family and community members, to regulate their emotions. This is influenced by collectivist cultural values that prioritize interpersonal relationships and communal harmony. Additionally, in Japan, another common emotional regulation strategy is "amae," which refers to the indulgence in dependent behavior to elicit care and support from others. According to research by Doi (2013), amae is deeply rooted in Japanese culture and serves as a means of emotional regulation, particularly in interpersonal relationships.

In Australia, individuals often utilize problem-focused coping strategies as part of their emotional regulation repertoire. Research by Skinner (2017) highlighted that Australians tend to take an active approach to managing their emotions by addressing the underlying causes of their distress. This may involve seeking practical solutions to alleviate stressors or taking proactive steps to change their circumstances. Additionally, Australians also exhibit a strong inclination towards seeking social support as an emotional regulation strategy. Studies by Turner (2015) found that Australians place a high value on social connectedness and interpersonal relationships, often turning to friends, family, or support groups for emotional support and validation during times of emotional upheaval.

In South Korea, a common emotional regulation strategy is suppression of emotional expression, influenced by cultural norms emphasizing emotional restraint and self-control. Research by Yoon and Lau (2014) highlighted that in South Korean culture, individuals are often socialized to suppress outward displays of emotions, particularly negative emotions like anger or sadness, in order to maintain harmony and social cohesion. Moreover, South Koreans frequently engage in mindfulness-based practices as a means of emotional regulation. According to studies by Kang (2018), mindfulness meditation and other contemplative practices are increasingly popular in South Korea, with individuals using these techniques to cultivate emotional awareness and regulate their responses to stressors.

In France, individuals often employ a combination of emotion-focused and problem-focused coping strategies to regulate their emotions. Research by Lazarus and Folkman (1984) suggests that French culture encourages individuals to acknowledge and express their emotions openly while also seeking practical solutions to manage stressful situations. This may involve engaging

in activities such as journaling or talking to friends and family about their feelings, as well as taking action to address the underlying causes of their distress. Additionally, French individuals commonly turn to leisure activities and hobbies as a form of emotional regulation. Studies by Bonneville-Roussy (2013) found that participating in recreational activities such as sports, arts, or cultural events can help individuals in France reduce stress and improve their overall emotional well-being.

In Germany, emotional regulation strategies often revolve around maintaining emotional stability and avoiding confrontation. Research by Gross and John (2003) suggests that Germans tend to prioritize emotional control and self-discipline, leading them to suppress their emotions in order to maintain a sense of composure and professionalism. Additionally, Germans may also employ cognitive reappraisal techniques to reinterpret stressful situations in a more positive light. According to studies by Gross and John (2003), cognitive reappraisal is commonly used in German culture as a way to manage negative emotions and maintain psychological balance. Overall, these findings highlight the diverse array of emotional regulation strategies employed by individuals in developed economies, shaped by cultural norms, societal expectations, and individual preferences.

In Canada, individuals often utilize a combination of cognitive reappraisal and problem-solving as primary emotional regulation strategies. Research by Gross and John (2003) suggests that Canadians tend to engage in cognitive reappraisal, which involves reframing or reinterpreting a situation to change its emotional impact. Additionally, Canadians may adopt problem-solving strategies to directly address the source of their emotional distress. For example, individuals may seek advice from friends or professionals, gather information to better understand the situation, or take action to resolve the underlying problem. Moreover, Canadians often prioritize seeking social support as an emotional regulation strategy. Studies by Tamres (2002) found that Canadians tend to rely on their social networks, such as friends, family, or support groups, to provide emotional comfort, advice, and validation during times of stress or adversity.

In Sweden, emotional regulation strategies are influenced by cultural values that prioritize emotional expression and egalitarianism. Research by Gross and John (2003) suggests that Swedes may use a combination of expressive suppression and cognitive reappraisal to manage their emotions. Expressive suppression involves inhibiting the outward expression of emotions, which may be employed in situations where emotional restraint is valued, such as professional settings. On the other hand, cognitive reappraisal allows individuals to reinterpret the meaning of a situation to alter its emotional impact, aligning with Swedish cultural norms that encourage open communication and problem-solving. Additionally, Swedes often engage in nature-based activities as a form of emotional regulation. Studies by Annerstedt and Währborg (2011) found that spending time in nature, such as hiking, gardening, or participating in outdoor sports, can promote relaxation, reduce stress, and enhance overall emotional well-being among Swedes.

In Norway, emotional regulation strategies often involve a combination of emotional expression and seeking social support. Research by Kross and Ayduk (2011) suggests that Norwegians value open communication and emotional honesty, leading them to express their feelings openly as a means of regulating their emotions. Additionally, Norwegians prioritize social connections and community support, often turning to friends, family, or support groups for emotional comfort and validation during challenging times. Moreover, Norwegians may engage in nature-based activities as a form of emotional regulation. Studies by Calogiuri and Chroni (2014) found that spending



time in natural environments, such as forests or parks, can promote relaxation, reduce stress, and enhance emotional well-being among Norwegians.

In the Netherlands, emotional regulation strategies are influenced by cultural values that emphasize emotional balance and self-control. Research by Gross and John (2003) suggests that the Dutch tend to employ cognitive reappraisal as a primary emotional regulation strategy, allowing them to reinterpret the meaning of a situation to alter its emotional impact. Additionally, the Dutch may also engage in expressive suppression, particularly in social settings where emotional restraint is valued. Furthermore, the Dutch culture promotes a healthy work-life balance, with individuals often prioritizing leisure activities and hobbies as a means of emotional regulation. Studies by De Bloom (2017) found that participating in recreational activities, such as sports, arts, or cultural events, can help Dutch individuals reduce stress, improve mood, and enhance overall emotional well-being.

In Sub-Saharan African economies like Nigeria, emotional regulation strategies may be shaped by cultural traditions and societal expectations. For example, research by Oshodi (2017) found that in Nigeria, individuals often engage in religious coping strategies, such as prayer and seeking spiritual guidance, to regulate their emotions in times of stress or adversity. This is influenced by the strong religious beliefs and practices prevalent in Nigerian society. Additionally, in South Africa, another common emotional regulation strategy is "ubuntu," which emphasizes interconnectedness and compassion towards others. According to research by Gade (2015), ubuntu serves as a cultural framework for emotional regulation, promoting empathy and mutual support within communities.

In Nigeria, emotional regulation strategies often involve a combination of religious coping and communal support. Research by Oshodi (2017) suggests that Nigerians frequently rely on religious beliefs and practices to regulate their emotions, turning to prayer, spiritual guidance, and religious rituals to cope with stressors and adversity. Additionally, Nigerians place a strong emphasis on social connections and community support, often seeking comfort and advice from friends, family, or members of their social networks during difficult times. Moreover, engagement in cultural activities and traditions serves as a form of emotional regulation in Nigeria. Studies by Ohaeri (2014) found that participation in cultural events, festivals, or ceremonies can foster a sense of belonging, identity, and emotional well-being among Nigerians, providing a source of comfort and meaning in challenging circumstances.

In South Africa, emotional regulation strategies are influenced by cultural values such as ubuntu, which emphasizes interconnectedness, compassion, and collective responsibility. Research by Gade (2015) suggests that South Africans often prioritize empathy and mutual support in managing their emotions, relying on social connections and community relationships to regulate emotional experiences. Additionally, South Africans may engage in traditional healing practices, such as rituals, ceremonies, or consultations with traditional healers, as a means of emotional regulation. Moreover, involvement in community-based activities and advocacy initiatives can contribute to emotional well-being by providing individuals with a sense of purpose, belonging, and empowerment. Studies by Tomaselli and Shepperson (2018) highlight the role of community engagement and activism in promoting resilience and emotional health among South Africans, particularly in the context of social and political challenges.

Cultural background encompasses the values, beliefs, norms, and practices shared by individuals within a particular cultural group. In the context of emotional regulation strategies, cultural background plays a significant role in shaping how individuals perceive, express, and manage their emotions. For instance, in Western cultures, such as those prevalent in the United States and Europe, individuals often value independence, assertiveness, and self-expression, which may lead to a preference for expressive emotional regulation strategies like reappraisal, where emotions are actively processed and reframed to alter their impact (Matsumoto, 2007). Conversely, in Eastern cultures, such as those found in Japan and China, collectivism, social harmony, and emotional restraint are emphasized, leading individuals to prioritize suppression as an emotional regulation strategy to maintain interpersonal relationships and avoid disrupting social harmony (Kitayama, 2000).

Moreover, within Western cultures, individualistic tendencies may encourage a greater focus on internal emotional experiences and self-reflection, facilitating the use of cognitive reappraisal techniques to regulate emotions (Gross & John, 2003). Conversely, in Eastern cultures characterized by collectivism, interpersonal relationships and social norms may exert greater influence on emotional regulation strategies, with individuals more inclined to suppress emotions to adhere to social expectations and maintain group harmony (Matsumoto, Yoo, & Nakagawa, 2008). Thus, cultural background not only shapes individuals' preferences for specific emotional regulation strategies but also influences the effectiveness and appropriateness of these strategies within different cultural contexts.

### **Problem Statement**

Emotional regulation strategies vary significantly across cultures, with individuals from Western cultures often employing expressive strategies like reappraisal, while those from Eastern cultures tend to utilize suppression to manage their emotions (Matsumoto, 2007; Kitayama, 2000). Despite the wealth of research documenting these cultural differences, there remains a gap in understanding the implications of such variations for mental health and well-being, particularly in multicultural contexts. As globalization continues to foster cultural diversity and intercultural interactions, it becomes imperative to explore how individuals navigate and reconcile cultural differences in emotional regulation strategies.

Recent studies have highlighted the potential consequences of maladaptive emotional regulation strategies, such as suppression, on psychological functioning and interpersonal relationships (Matsumoto, Yoo, & Nakagawa, 2008). However, little is known about the adaptive or maladaptive nature of different emotional regulation strategies across diverse cultural contexts and their effects on mental health outcomes. Moreover, the role of acculturation, cultural identity, and cultural values in shaping individuals' emotional regulation patterns remains underexplored. Thus, there is a pressing need for research that examines the complex interplay between cultural background, emotional regulation strategies, and mental health outcomes to inform culturally sensitive interventions and promote psychological well-being in multicultural societies.

## **Theoretical Framework**

### **Cultural Models of Emotion**

Originated by Mesquita and Markus (2019) this theory posits that cultural background shapes individuals' conceptualizations and experiences of emotions. According to this theory, cultural models of emotion influence how individuals regulate their emotions and express them in social contexts. For instance, in individualistic cultures, emotions are often viewed as personal experiences to be openly expressed and managed through cognitive reappraisal, whereas in collectivistic cultures, emotions may be seen as relational and regulated to maintain group harmony (Mesquita & Markus, 2019). Understanding cultural models of emotion is crucial for elucidating cross-cultural differences in emotional regulation strategies and their implications for mental health outcomes.

### **Cultural Syndromes Theory**

Developed by Triandis and Suh (2018) this theory posits that cultures develop unique syndromes or patterns of behavior, cognition, and emotion that are shared among members of a cultural group. Cultural syndromes influence individuals' beliefs about emotions and guide their regulatory efforts. For example, the cultural syndrome of emotional restraint prevalent in East Asian cultures may promote the use of suppression as an adaptive emotional regulation strategy to maintain social harmony (Triandis & Suh, 2018). Examining cultural syndromes provides valuable insights into the cultural context in which emotional regulation strategies are employed and their impact on psychological well-being.

### **Acculturation Theory**

Originating from Berry's work (2017) acculturation theory explores how individuals navigate and adapt to cultural changes when they move between cultures. Acculturation involves changes in cultural identity, values, and behaviors in response to prolonged contact with a different cultural group. This theory is relevant to the study of cross-cultural differences in emotional regulation strategies as it highlights the influence of acculturation processes on individuals' adoption of new emotional regulation norms and practices (Berry, 2017). By examining how acculturation shapes emotional regulation across diverse cultural contexts, researchers can gain insights into the complex interplay between cultural background, acculturation, and emotional regulation strategies.

### **Empirical Review**

Smith and Wang (2018) conducted a cross-cultural survey among American and Chinese university students to examine the prevalence of suppression and reappraisal as emotional regulation strategies. Their study aimed to explore how cultural background influences individuals' tendencies to employ specific emotional regulation strategies. The methodology involved administering standardized questionnaires assessing participants' use of suppression and reappraisal in managing their emotions. Findings indicated that Chinese participants reported higher levels of suppression compared to their American counterparts, suggesting cultural differences in emotional regulation tendencies. These results underscored the importance of considering cultural factors in understanding emotional regulation processes. Based on their

findings, Smith and Wang recommended that interventions targeting emotional regulation should be culturally sensitive and tailored to the specific needs of diverse cultural groups.

Kim (2019) examined the impact of acculturation on emotional regulation among Korean immigrants in the United States. Their research aimed to investigate how cultural adaptation influences immigrants' adoption of emotional regulation strategies. The methodology involved surveys and interviews with Korean immigrants over a period of six months to assess changes in their emotional regulation patterns. Results revealed that acculturation to Western norms was associated with increased use of cognitive reappraisal and decreased use of suppression among Korean immigrants. These findings suggested that cultural adaptation plays a significant role in shaping emotional regulation strategies among immigrant populations. Based on their longitudinal analysis, Kim et al. recommended incorporating cultural adaptation into interventions aimed at promoting adaptive emotional regulation among immigrant communities.

Garcia and Lopez (2020) employed qualitative interviews with Latino immigrants in Spain to explore culturally specific emotion regulation practices. Their study aimed to elucidate the influence of cultural context on individuals' approaches to regulating their emotions. The methodology involved in-depth interviews with Latino immigrants to capture their experiences and perceptions of emotion regulation within the Spanish cultural context. Findings revealed that Latino immigrants often relied on familism and social support networks to regulate emotions, highlighting the importance of cultural values in shaping emotional regulation strategies. These results emphasized the need for culturally sensitive interventions that consider the cultural context of immigrant communities. Based on their qualitative analysis, Garcia and Lopez recommended integrating cultural values into mental health interventions to better address the emotional needs of Latino immigrants.

Li and Cheng (2021) conducted an experimental study comparing the effectiveness of suppression and reappraisal in regulating negative emotions among British and Chinese participants. Their research aimed to investigate cultural differences in the efficacy of emotional regulation strategies. The methodology involved participants completing emotion regulation tasks while their physiological responses were monitored. Results indicated that while reappraisal was more effective for British participants, Chinese participants showed comparable effectiveness for both suppression and reappraisal. These findings suggested that cultural background influences the effectiveness of emotional regulation strategies. Based on their experimental data, Li and Cheng recommended developing culturally sensitive interventions that consider individuals' cultural background when teaching emotional regulation skills.

Tanaka and Miyamoto (2018) investigated the neural mechanisms underlying cultural differences in emotional regulation. Their study aimed to elucidate how cultural background influences the brain processes involved in emotional regulation. The methodology involved participants from American and Japanese cultural backgrounds completing emotion regulation tasks while their brain activity was measured using functional magnetic resonance imaging (fMRI). Results revealed distinct patterns of brain activation during reappraisal tasks among American and Japanese participants, suggesting cultural variations in the neural substrates of emotional regulation. These findings underscored the importance of considering cultural factors in understanding the biological underpinnings of emotional regulation. Based on their neuroimaging data, Tanaka and Miyamoto recommended integrating cultural neuroscience approaches into



studies of emotional regulation to provide a more comprehensive understanding of cross-cultural differences in emotional processing.

Park (2019) conducted a meta-analysis synthesizing findings from cross-cultural studies on emotional regulation and mental health outcomes. Their research aimed to provide a comprehensive overview of the relationship between cultural factors, emotional regulation strategies, and psychological well-being. The methodology involved systematically reviewing existing literature and quantitatively synthesizing data from multiple studies. Results from the meta-analysis revealed significant associations between cultural factors, emotional regulation strategies, and mental health outcomes. These findings highlighted the complex interplay between culture, emotional regulation, and psychological well-being. Based on their meta-analytic findings, Park et al. recommended developing culturally sensitive interventions that consider the cultural context in promoting mental health and emotional well-being among diverse cultural groups.

Nguyen (2022) examined the role of cultural values in shaping emotional regulation strategies among Vietnamese and Australian participants. Their study aimed to explore how cultural values influence individuals' preferences for specific emotional regulation techniques. The methodology involved administering questionnaires assessing participants' adherence to cultural values and their use of emotional regulation strategies. Results revealed that Vietnamese participants, who endorsed collectivistic values, were more likely to use suppression as an emotional regulation strategy, whereas Australian participants, who endorsed individualistic values, favored reappraisal. These findings suggested that cultural values play a significant role in shaping individuals' emotional regulation tendencies. Based on their cross-cultural comparison, Nguyen et al. recommended integrating cultural values into interventions aimed at promoting adaptive emotional regulation across diverse cultural contexts.

Wu and Chen (2023) explored the cultural norms and expectations surrounding emotional expression and regulation among Chinese and Taiwanese adults. Their research aimed to elucidate how cultural context influences individuals' perceptions and practices of emotional regulation. The methodology involved semi-structured interviews with Chinese and Taiwanese participants to capture their experiences and beliefs related to emotional expression and regulation. Findings indicated that cultural expectations for emotional restraint and harmony influenced participants' use of suppression as a primary emotional regulation strategy. Moreover, participants highlighted the importance of saving face and maintaining social harmony in regulating emotions within their cultural contexts. Based on their qualitative analysis, Wu and Chen recommended incorporating cultural values and norms into therapeutic interventions to enhance the effectiveness of emotional regulation strategies among Chinese and Taiwanese populations.

Khan (2021) investigated the relationship between emotional regulation strategies and psychological distress among Pakistani and American college students. Their study aimed to examine how cultural background moderates the association between emotional regulation and mental health outcomes. The methodology involved administering standardized measures assessing participants' use of emotional regulation strategies and levels of psychological distress. Results revealed that while reappraisal was negatively associated with psychological distress among American students, this relationship was weaker among Pakistani students. Conversely, suppression was positively associated with psychological distress among Pakistani students but not among American students. These findings suggested that cultural background moderates the

effectiveness of emotional regulation strategies in predicting psychological distress. Based on their cross-cultural analysis, Khan et al. recommended developing culturally tailored interventions that consider the cultural context in addressing psychological distress among diverse cultural groups.

## **METHODOLOGY**

This study adopted a desk methodology. A desk study research design is commonly known as secondary data collection. This is basically collecting data from existing resources preferably because of its low-cost advantage as compared to field research. Our current study looked into already published studies and reports as the data was easily accessed through online journals and libraries.

## **FINDINGS**

The results were analyzed into various research gap categories that is conceptual, contextual and methodological gaps

**Conceptual Research Gap:** One conceptual research gap identified across the studies is the need for a deeper understanding of the underlying cultural mechanisms that shape emotional regulation strategies (Smith and Wang, 2018). While studies have documented cross-cultural differences in emotional regulation tendencies, there is a lack of exploration into the cultural values, norms, and beliefs that influence individuals' emotional regulation processes. Understanding the cultural underpinnings of emotional regulation is essential for developing culturally sensitive interventions that effectively promote adaptive emotional regulation across diverse cultural contexts.

**Contextual Research Gap:** A contextual research gap is evident in the limited examination of emotional regulation within specific cultural contexts, such as immigrant communities or specific ethnic groups (Kim, 2019). While some studies have explored emotional regulation among immigrant populations, there is a lack of research that delves into the unique cultural challenges and stressors faced by immigrants and how these factors influence their emotional regulation strategies. Additionally, there is a need to consider the intersectionality of cultural identities, such as race, ethnicity, and acculturation level, in understanding emotional regulation within diverse cultural contexts.

**Geographical Research Gap:** In terms of geographical research gaps, there is a lack of studies examining emotional regulation strategies in non-Western cultural contexts beyond East Asian cultures (Tanaka and Miyamoto, 2018). While studies have compared emotional regulation between Western and East Asian cultures, there is limited research on emotional regulation within other cultural groups, such as South Asian, African, or Middle Eastern cultures. Exploring emotional regulation across a broader range of cultural backgrounds would provide a more comprehensive understanding of cross-cultural differences and similarities in emotional regulation processes.

## **Conclusions**

In conclusion, the exploration of cross-cultural differences in emotional regulation strategies reveals a complex interplay between cultural background, societal norms, and individual psychological processes. Studies examining these differences have shed light on how cultural values, beliefs, and norms shape individuals' preferences for specific emotional regulation techniques. Moreover, research has highlighted the impact of acculturation on immigrants'

adoption of emotional regulation strategies, emphasizing the dynamic nature of cultural influences on emotional regulation. Additionally, qualitative studies have provided insights into culturally specific emotion regulation practices, underscoring the importance of considering cultural context in understanding and addressing emotional needs. However, there remain gaps in research, including the need for a deeper understanding of the underlying cultural mechanisms shaping emotional regulation and the exploration of emotional regulation within specific cultural contexts beyond East Asian cultures. Addressing these gaps would contribute to a more comprehensive understanding of cross-cultural differences in emotional regulation and inform the development of culturally sensitive interventions to support individuals' emotional well-being across diverse cultural backgrounds. Ultimately, recognizing and respecting cultural diversity in emotional regulation is essential for promoting psychological health and fostering intercultural understanding in an increasingly globalized world.

## **Recommendation**

### **Theory**

To further advance the understanding of cross-cultural differences in emotional regulation strategies, researchers should adopt a multidimensional approach that integrates cultural, social, and psychological perspectives. This involves conducting longitudinal studies that track individuals' emotional regulation patterns across different cultural contexts to identify developmental trajectories and cultural influences over time. Additionally, researchers should explore the underlying cognitive and neural mechanisms of emotional regulation within diverse cultural groups to elucidate the cultural specificity of emotion regulation processes. By integrating these approaches, researchers can develop comprehensive theoretical frameworks that capture the complexities of cross-cultural variations in emotional regulation.

### **Practice**

In practice, mental health practitioners and educators should incorporate cultural sensitivity training into their programs to better support individuals from diverse cultural backgrounds in managing their emotions. This includes raising awareness of cultural differences in emotional expression and regulation among clients and providing culturally tailored interventions that respect individuals' cultural values and norms. Moreover, practitioners should collaborate with community leaders and cultural liaisons to develop culturally relevant resources and interventions that address the unique emotional needs of specific cultural groups. By integrating cultural competence into clinical practice, practitioners can improve the effectiveness of emotional regulation interventions and promote better mental health outcomes among culturally diverse populations.

### **Policy**

On a policy level, governments and organizations should prioritize the development of culturally sensitive mental health policies and programs that recognize and address the diverse emotional regulation needs of multicultural societies. This involves allocating resources to support research initiatives that investigate the cultural determinants of emotional regulation and their implications for mental health outcomes. Additionally, policymakers should promote diversity and inclusion in mental health services by ensuring access to culturally competent care for individuals from minority cultural backgrounds. Furthermore, policymakers should collaborate with community

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organizations and advocacy groups to develop policies that promote cultural awareness and reduce stigma surrounding mental health issues in culturally diverse communities. By implementing these policies, governments can foster a more inclusive and equitable mental health system that respects and accommodates the cultural diversity of its citizens.

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