

A Meta-Cognitive Analysis of Emotional Regulation Strategies in Adolescent Development: Case Studies from Urban India

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Abstract. This study dissects the meta-cognitive processes underlying emotional regulation strategies among adolescents in urban India. Employing a mixed-methods approach, we analyzed qualitative interviews and quantitative surveys to evaluate prevalent strategies and their effectiveness. Findings suggest a complex interplay between socio-cultural influences and individual cognitive frameworks. Our results underscore the need for culturally sensitive interventions tailored to enhance emotional regulation in adolescents.

Keywords: Meta-Cognitive Processes, Emotional Regulation, Adolescent Development, Urban India, Socio-Cultural Influences, Psychological Resilience, Mixed-Methods Approach

Introduction

In the rapidly evolving socio-economic landscape of the 21st century, adolescent psychological development has emerged as a focal point for researchers and practitioners alike. With globalization exerting its influence, traditional cultural paradigms are being continuously challenged, particularly in urban settings where adolescents are often caught in the confluence of traditional values and modern societal pressures. Emotional regulation, a crucial facet of psychological resilience, is central to navigating these challenges effectively. Adolescents in urban India, in particular, represent a demographic characterized

by rapid transitions and diverse socio-cultural interactions. As they grapple with the challenges of academic pressure, familial expectations, and self-identity formation, understanding their emotional regulation strategies becomes imperative. Existing literature predominantly focuses on Western populations, often overlooking the unique socio-cultural dynamics inherent to Indian society. This oversight presents a significant gap in our understanding of emotional regulation within this context. This paper delves into the meta-cognitive processes governing emotional regulation strategies among adolescents in urban India—a demographic experiencing swift socio-cultural change. By employing a mixed-methods approach, we aim to illuminate the nuanced interplay between individual cognitive patterns and broader socio-cultural influences. The study is structured as follows: we begin by reviewing relevant literature on emotional regulation and meta-cognition, followed by a detailed description of our mixed-methods research design. We then present our findings, discussing their implications for future interventions and policy recommendations.

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