

## The effectiveness of cognitive behavioral therapy in enhancing emotion regulation among Santri: A literature review

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### Abstract

Individuals face daily challenges that can evoke negative emotions like anxiety, sadness, and anger, requiring adaptive coping strategies to maintain mental well-being. When individuals are unable to respond adaptively, they may develop maladaptive behaviors, increasing their psychological distress. This study aims to explore the factors associated with maladaptive behaviors and the effectiveness of adaptive coping strategies in managing these responses. Using a systematic literature review, the researchers identified, screened, and analyzed relevant studies. The SLR involved defining research questions, applying inclusion and exclusion criteria, and assessing study quality, resulting in the selection of 10 key articles from an initial pool of 26. Findings suggest that adaptive coping strategies, such as cognitive-behavioral approaches, effectively reduce maladaptive behaviors and bolster emotional resilience. This review highlights the importance of integrating adaptive strategies in educational and therapeutic settings to help individuals navigate stressors and reduce maladaptive responses. Further research is recommended to develop accessible interventions for promoting resilience in everyday life.

**Keywords:** Behavioral therapy; cognitive; effectiveness; emotion regulation.

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## 1. INTRODUCTION

Individuals who are students live in dormitories or schools, so they are required to be independent and able to manage emotions well. The ability of students to manage emotions in addition to being a necessity during adolescence also helps students to be able to survive facing problems while in school. When students start trying to manage emotions, sometimes they are not quite able to do it well which often causes tension (Kozubal et al., 2023). In managing emotion's ability in adolescence has not yet developed maturely. Therefore, adolescents tend to follow their emotions in various behaviors (Luthfi & Husni, 2020).

Emotional regulation is one of the emotional competencies, which is part of the important elements in psychological and social adjustment (Annisa, 2023). Emotion regulation is the ability to maximally control individual emotions with various strategies to influence emotions in themselves, experienced, or expressed by a person. In addition, Gross, (2013) states that emotion regulation is a process by which emotions are regulated based on individual goals, either by automatic or controlled, conscious or unconscious means, and involves several elements that work continuously at all times. Emotion regulation involves changes in the dynamics of emotions or the time of emergence, magnitude, and duration and compensates for behavioral, experiential, or physiological responses. Emotion regulation can influence, strengthen, or maintain emotions, according to individual goals. Individuals must reach their emotional maturity according to their development to control emotions in dealing with problems (Van Bockstaele et al., 2024). There are two basic human emotions, namely positive emotions and negative emotions. (Fitri & Adelya, 2017; Tsujimoto et al., 2024).

The forms of emotions that are often found in early adolescence include anger, shame, fear, anxiety, jealousy, envy, sadness, pleasure, affection, and strong curiosity (Yao et al., 2024). In terms of negative emotions, adolescents generally cannot control them well (Mehta et al., 2024). The habit of adolescents mastering negative emotions can make individuals able to control emotions in many situations. In addition, according to Nasrin & Morshidi, (2019) form of emotional maturity is emotional intelligence. Part of emotional intelligence that can be trained is emotion regulation. Emotion regulation has several aspects in its process, namely emotion regulation strategies, not being affected by negative emotions, and the ability to control emotions and accept emotional responses (Gross, 2014).

Emotion regulation involves awareness of emotions, understanding of emotions, acceptance of emotions, the ability to control impulsive behavior and behave according to desired goals when experiencing negative emotions, and the ability to use strategies to regulate emotional responses. Difficulty in one of these abilities will cause individuals to experience difficulty in regulating their emotions (Akbar, 2022). One of the strategies used in improving emotion regulation is cognitive restructuring by conducting an assessment or reappraisal (Ornelas, 2024). CBT was chosen as what would be done with the consideration that persistent and recurrent negative thoughts occurred in the subject which caused negative emotions to become more intense, so that the subject had difficulty in managing the emotions that were being felt.

### 1.1. Purpose of study

Increasing the use of adaptive emotion regulation strategies can reduce negative emotional experiences. Cognitive behavioral therapy (CBT) is expected to improve emotion regulation skills. CBT not only helps individuals overcome the problems they are facing, but also helps build a new view of themselves, namely as individuals who are strong and able to overcome existing challenges, find happiness in life, and determine important goals to be achieved (Arlotas et al., 2018). With the CBT approach, it will be able to improve emotional regulation in individuals, by changing irrational thoughts or beliefs with rational

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thoughts or beliefs. The questions raised in the research were deliberately created based on the needs of the chosen research topic. The research questions were also used in screening the criteria included in the systematic literature review.

RQ-1: What are the behaviors that make an individual said to have improved emotion regulation behavior?

RQ-2: What techniques are often used to improve emotion regulation in CBT approaches between 2018 and 2023?

RQ-3: Is CBT effective in improving emotion regulation?

## **2. METHODS AND MATERIALS**

The method used for this research is a systematic literature review (SLR). It is designed to recognize, select, sort, and take into account research on a particular topic to determine answers to formulated problems (Dewey & Drahota, 2016). This method establishes a methodical, detailed, and comprehensive analytical procedure of patterns from which all appropriate and relevant research findings are organized and synthesized into topics that inform the field of knowledge, practice, and research questions.

The purpose of the review is to find, and analyze literature to advance understanding and progress in research on the topic (Ahmad et al., 2022). In addition, it identifies research gaps and discovers conceptual frameworks to ground and advance knowledge (Costabile, 2024). The SLR method is useful for helping researchers contribute knowledge or review and deepening research on topics that are being raised and developed by further research. There are SLR stages, among others, which are the determination of *research questions, the search process, inclusion and exclusion criteria, quality assessment, and data collection*.

### **2.1. Data search process**

The data search process is a stage where researchers look for sources of reading articles or journals to get answers to research questions. The search process was carried out with the Publish or Perish (PoP) version 8 application and based on Science Direct (Scopus) and Google Scholar sources.

#### **2.1.1. Inclusion and exclusion criteria**

Accepted and unaccepted criteria are carried out in the Publish or Perish (PoP) version 8 application using the keywords peer-counselor model, peer-counseling, and peer counseling guidance student. Criteria specialization was also carried out in the 2019–2023-year range. Then, some of the findings were processed using the Covidence site.

#### **2.1.2. Quality assessment (QA)**

The quality assessment of the article must meet the criteria determined based on the research question. Quality assessment is asked with the following questions:

QA-1: What is the data search based on cognitive behavior therapy keywords?

QA-2: Is there a connection between the title and abstract and the purpose of the method used, namely SLR?

QA-3: Are the journal articles taken from journals published between 2018-2023?

### **2.2. Data collection**

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Data collection is done by collecting data that has been collected from the Publish or Perish (PoP) version 8 application. From each keyword, data storage will be carried out for later analysis.

### 3. RESULTS

The results section describes the results of the stages of the systematic literature review method in finding data, selecting criteria, and assessing quality.

From the results of the Search Process in research using the help of the Publish or Perish (PoP) Version 8 application by determining several criteria and limiting search results. Researchers limit the search to 55 journals that are relevant to the keywords in the Google Scholar search. While searching at <https://www.sciencedirect.com/> as many as 48 with keyword criteria. So the total number of journal articles from the two searches is 103 journal articles.

After searching for articles, the screening stage was continued based on the criteria that were accepted and not accepted. The process left 25 journals and then data scanning was carried out. Table 1 aims to show whether the data obtained can be used or not in this study by showing the results of the quality assessment.

#### Quality Assessment

QA-1: The data search was based on the keyword's cognitive behavior therapy and emotion regulation.

QA-2: the relationship between the title and abstract with the purpose of the method used, namely SLR

QA-3: journal articles taken are from journals published in the range of 2018-2023

**Table 1**

*Quality assessment*

No	Title and Author	Year	QA1	QA2	QA3	Results
1	"The social cost of depression: Investigating the impact of impaired social emotion regulation, social cognition, and interpersonal behavior on social functioning" (Kupferberg & Hasler, 2023)	2023	T	T	Y	X
2	"Does cognitive behavioral therapy or mindfulness-based therapy improve mental health and emotion regulation among men who perpetrate intimate partner violence? A randomized controlled trial" (Nesset et al., 2021)	2021	T	T	Y	✓
3	"Influence of in-person and remote Satir family therapy on emotions and behavior of adolescents with major depressive disorder" (Lu et al., 2023)	2023	T	T	Y	X
4	"Efektivitas Layanan Konseling Individu Pendekatan Cognitive Behaviour Therapy dalam Mereduksi Perilaku Self Injury pada Siswa" (Wahyudi & Netrawati, 2022)	2022	T	T	Y	X
5	"A naturalistic study of emotion regulation-enhanced cognitive-behavioral group therapy for hoarding disorder in a community setting" (Grisham et al., 2022)	2022	Y	Y	Y	✓
6	"Pengaruh Regulasi Emosi terhadap Penerimaan Diri Wanita Dewasa Awal yang Mengalami Bodyshaming" (Friniar et al., 2023)	2023	T	T	Y	X

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7	"Efek Dialectical Behavior Therapy bagi Pasien dengan Perilaku Kekerasan dan Resiko Bunuh Diri: Studi Literatur" (Hidayati et al., 2021)	2021	T	T	Y	X
8	"TAHAPAN COGNITIVE BEHAVIOR THERAPY PADA RISIKO BUNUH DIRI: SYSTEMATIC REVIEW" (Andriastuti et al., 2022)	2022	T	T	Y	X
9	"Associations between maladaptive and adaptive emotion regulation strategies and aggressive behavior: A systematic review" (Navas-Casado et al., 2023)	2023	T	T	Y	X
10	"Konseling kelompok cognitive restructuring untuk meningkatkan resiliensi akademik mahasiswa." (Fitri & Kushendar, 2019)	2019	T	T	Y	X
11	"Emotion Regulation Strategies in Cognitive Behavioral Therapy for Panic Disorder" (Strauss et al., 2019)	2019	Y	Y	Y	√
12	"Pengaruh Cognitive Behavior Therapy Terhadap Peningkatan Regulasi Emosi Pada Individu Pelaku Nssi (Non-Suicidal Self Injury)" (Adila et al., 2019)	2019	Y	T	Y	√
13	"Treatment CBT Islami Dalam Peningkatan Regulasi Diri Belajar Santri di Pondok Pesantren" (Munawar et al., 2023)	2022	T	T	Y	√
14	"Father Attachment Dan Regulasi Emosi Lebih Efektif Membangun Resiliensi Pada Remaja Korban Bully Dibandingkan Mother Attachment" (Henrizka & Suryani 2023)	2023	T	T	Y	X
15	"Pengembangan Cognitive Behavioral Therapy (Cbt) Board Game Untuk Siswa Yang Mengalami Kekerasan Emosional" (Rahadiz et al., 2022)	2022	Y	T	Y	√
16	"Peningkatan Self-Regulation Dewasa Muda Obesitas Yang Mengalami Binge Eating Disorder" (Indrawati, 2021)	2021	T	T	Y	X
17	"Cognitive Behavior Therapy Counseling Untuk Mengatasi Anxiety Dalam Masa Pandemic Covid-19" (Fitria & Karneli 2020)		T	T	Y	X
18	Pelatihan regulasi emosi untuk menurunkan tingkat kecemasan (Lestari & Yudianto, 2022)	2022	T	T	Y	X
19	"Efektivitas Problem Solving Therapy Untuk Meningkatkan Kemampuan Regulasi Emosi" (Akbar, 2022)	2022	T	T	Y	X
20	"Hubungan Regulasi Emosi Dengan Subjective Well Being Pada Remaja Yang Tinggal Di Pondok Pesantren" (Widiastuti & Widyastuti, 2023)	2023	Y	T	Y	√
21	"Longitudinal effects of cognitive behavioral therapy for depression on the neural correlates of emotion regulation" (Rubin-Falcone et al., 2018)	2018	Y	Y	Y	√
22	"Peer Attachment dengan Regulasi Emosi Pada Santri" (Luthfi & Husni, 2020)	2022	T	T	Y	X
23	"PENGARUH COGNITIVE BEHAVIOUR THERAPY (CBT) TERHADAP ANSietas REMAJA DI WILAYAH RAWAN BANJIR" (Afriyanti et al., 2018)	2018	T	T	Y	X
24	"Penerapan Cognitive Behaviour Therapy dalam Mengembangkan Kepribadian Remaja di Panti Asuhan" (Aini, 2019)	2019	T	T	Y	X
25	"The Effectiveness of Group Counseling with Cognitive Restructuring Technique to Improve Students' Emotion Regulation and Self-Esteem" (Riyadah et al., 2021)	2021	Y	Y	Y	√

26	"Efektivitas Problem Solving Therapy Untuk Meningkatkan Kemampuan Regulasi Emosi" (Akbar, 2022)	2022	Y	Y	Y	√
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The above information indicates that (Y) is said to meet the assessment criteria, while (T) means that the journal article does not meet the requirements of one or more assessment criteria. Furthermore, (√) states that the journal article is accepted and will be reviewed to answer the research question. The final results show that there are only n=10 journal articles.

The results of the Quality Assessment are 8 journal articles that discuss individual behavior when it can be said that there is an increase in emotion regulation. Emotion regulation is a skill that individuals can learn by reappraising perceived events and reducing excessive emotional expression. Changing negative thoughts that persist and repeat will cause negative emotions to get worse. By modifying the interpretation of events, individuals can reduce the impact of their emotions. Increased use of emotion regulation strategies that can be used in improving emotion regulation.

Emotion regulation is closely related to awareness of emotions, understanding of emotions, acceptance of emotions, ability to control impulsive behavior, and behavior by the goals to be achieved when experiencing negative emotions. Individuals who have poor regulation can be seen from the lack of impulsive control when experiencing anger, annoyance, and so on. Whereas individuals who can understand emotional regulation will be able to control the behavior shown, the behaviors that individuals say can improve emotional regulation include the following (table 2): Individuals can tolerate negative emotions, change their emotions and find more adaptive ways, and check logic and experience.

**Table 2**

*Behavior that is said to increase emotion regulation*

No	Title	Analysis Result
1	"A naturalistic study of emotion regulation-enhanced cognitive-behavioral group therapy for hoarding disorder in a community setting" (Grisham et al., 2022)	Individuals can tolerate negative emotions. Apart from that, they can withstand negative situations.
2	"Emotion Regulation Strategies in Cognitive Behavioral Therapy for Panic Disorder" (Strauss et al., 2019)	There are significant changes in improving emotional regulation using CBT cognitive restructuring methods. The results show that the average is -0.05, -0.33, and $p = .744$ .
3	"Pengaruh Cognitive Behavior Therapy Terhadap Peningkatan Regulasi Emosi Pada Individu Pelaku Nssi" (Non-Suicidal Self Injury) (Adila et al., 2019)	Individuals can and do change their emotions and find more adaptive ways of expressing their emotions.
4	"The Effectiveness of Group Counseling with Cognitive Restructuring Technique to Improve Students' Emotion Regulation and Self-Esteem" (Riyadah et al., 2021)	It proves effective: answers from individuals by checking their logic and experience.
5	"Pengembangan Cognitive Behavioral Therapy (Cbt) Board Game Untuk Siswa Yang Mengalami Kekerasan Emosional" (Rahadiz et al., 2022)	This research considers that CBT is the best approach in psychotherapy for several issues, one of which is self-regulation.
6	"Efektivitas Problem Solving Therapy Untuk Meningkatkan Kemampuan Regulasi Emosi" (Akbar, 2022)	Individuals can be said to improve if they can control their emotions well and do not take actions that hurt themselves.
7	"Hubungan Regulasi Emosi Dengan Subjective Well Being Pada Remaja Yang Tinggal Di	The ability of individuals who have improved their emotional regulation can be seen in resolving interpersonal conflicts, balancing feelings of anger,

	Pondok Pesantren" (Widiastuti & Widyastuti, 2023)	disappointment, and frustration, and being able to analyze problems objectively and realistically.
8	"Longitudinal effects of cognitive behavioral therapy for depression on the neural correlates of emotion regulation" (Rubin-Falcone et al., 2018)	By using CBT to improve emotional regulation, changes can be seen such as emotions can be controlled and activity increases as well as neural correlates of emotional regulation.

In improving individual emotion regulation, of course, there will be steps that can accelerate or most effectively improve emotional regulation in individuals. So that individuals can change negative thoughts by changing to rational thinking. In providing medicine for individuals who experience low emotional regulation in themselves several things must be done to be able to achieve the goals expected by individuals to improve emotional regulation.

Improving emotional regulation in individuals can be done with an approach that is quite well-known in overcoming this and is the most effective in overcoming or improving emotional regulation in individuals, namely the CBT approach. With the CBT approach, individuals can be helped to improve emotion regulation. The nature of the CBT approach cannot be separated from the techniques that are often used in overcoming or improving emotional regulation in individuals. These techniques can accelerate or facilitate improving emotional regulation in individuals (table 3).

**Table 3**

*Techniques that are often used*

No	Title	Analysis Result
1	"A naturalistic study of emotion regulation-enhanced cognitive-behavioral group therapy for hoarding disorder in a community setting" (Grisham et al., 2022)	Providing a CBT approach using psychoeducation techniques, motivational strategies, and cognitive restructuring
2	"Emotion Regulation Strategies in Cognitive Behavioral Therapy for Panic Disorder" (Strauss et al., 2019)	In this research, techniques are mentioned as empirical supports that are hypothesized to operate and are explained introspectively.
3	"Pengaruh Cognitive Behavior Therapy Terhadap Peningkatan Regulasi Emosi Pada Individu Pelaku Nssi (Non-Suicidal Self Injury)" (Adila et al., 2019)	CBT in this study uses the Socratic questioning technique to increase self-regulation.
4	"The Effectiveness of Group Counseling with Cognitive Restructuring Technique to Improve Students' Emotion Regulation and Self-Esteem" (Riyadah et al., 2021)	CBT group counseling using restructuring techniques
5	"Efektivitas Problem Solving Therapy Untuk Meningkatkan Kemampuan Regulasi Emosi" (Akbar, 2022)	Improve emotional regulation and avoid self-injury behavior using problem-solving techniques.
6	"Longitudinal effects of cognitive behavioral therapy for depression on the neural correlates of emotion regulation" (Rubin-Falcone et al., 2018)	In analyzing the mapping using CBT with cognitive restructuring techniques, a self-regulation strategy was chosen

Improving emotion regulation in individuals can be done in many ways. In this case, the most popular way to improve emotion regulation is by using a CBT approach because this approach is considered to help individuals recognize negative thought forms and replace them with more accurate and positive ones so that individuals have positive emotions. Positive emotions facilitate individuals to be able to carry out resilience. Create a new picture of the situation to assess more positively, normalize responses, regulate



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avoidance behavior, and control their emotional regulation. In addition, individuals who are strong and able to overcome existing challenges, find happiness in life, and determine important goals to be achieved.

Several journals have analyzed and demonstrated that the Cognitive Behavioral Therapy (CBT) approach is highly effective in enhancing emotional regulation in individuals. CBT itself is very suitable for overcoming these problems because many studies use the CBT approach to help individuals improve self-regulation. So, it can be taken that the CBT approach is very suitable for improving emotional regulation in individuals.

**Table 4**

*CBT in improving emotion regulation*

No	Title	Analysis Result
1	"Does cognitive behavioral therapy or mindfulness-based therapy improve mental health and emotion regulation among men who perpetrate intimate partner violence? A randomized controlled trial" (Nesset et al., 2021)	The results of the analysis show that cognitive behavior therapy can have a significant impact on improving emotional regulation. This can be seen from the results which show the average score of the intervention group - 0.47, $p < 0.001$ ; while the comparison group -0.34, $p < 0.001$ . so this shows increased emotional regulation
2	"A naturalistic study of emotion regulation-enhanced cognitive-behavioral group therapy for hoarding disorder in a community setting" (Grisham et al., 2022)	It can be said that CBT can improve emotional regulation significantly, namely by 40%
3	"Pengaruh Cognitive Behavior Therapy Terhadap Peningkatan Regulasi Emosi Pada Individu Pelaku Nssi (Non-Suicidal Self Injury)" (Adila et al., 2019)	The success of CBT in research can be seen from the increase in emotional regulation scores after subjects were given the CBT method.
4	"The Effectiveness of Group Counseling with Cognitive Restructuring Technique to Improve Students' Emotion Regulation and Self-Esteem" (Riyadah et al., 2021)	The findings from the research are that the cognitive restructuring method confirms the increase in students' emotional regulation with results $(F)(1,202,31,261)=122,935$ $P < 0.01$
5	"Efektivitas Problem Solving Therapy Untuk Meningkatkan Kemampuan Regulasi Emosi" (Akbar, 2022)	Low emotional regulation will lead to self-injury behavior.
6	"Hubungan Regulasi Emosi Dengan Subjective Well Being Pada Remaja Yang Tinggal Di Pondok Pesantren" (Widiastuti & Widyastuti, 2023)	The techniques used by CBT try to succeed in improving emotional regulation.

#### 4. CONCLUSION

Emotional regulation is a crucial emotional competency that plays a significant role in an individual's psychological and social adjustment. It refers to the ability to effectively manage and respond to one's emotional experiences, which encompasses controlling feelings, thoughts, and behaviors associated with different emotional states. This capability is vital for maintaining mental health and fostering healthy interpersonal relationships, as it allows individuals to navigate challenging situations without becoming overwhelmed by their emotions.

Various strategies can be employed to influence emotions, either by altering the experience of emotions or by modifying the way emotions are expressed. Effective emotion regulation is associated with numerous positive outcomes, including reduced anxiety, improved social interactions, and enhanced overall well-being. Cognitive Behavioral Therapy (CBT) is an evidence-based therapeutic approach that can significantly enhance emotion regulation skills. CBT focuses on identifying and restructuring negative thought patterns and beliefs that contribute to emotional distress. By using cognitive and behavioral techniques, individuals can develop healthier coping strategies, improve their emotional awareness, and



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learn to respond to emotional challenges more adaptively. The structured nature of CBT makes it particularly well-suited for individuals seeking to improve their emotion regulation, providing practical tools and techniques to manage their feelings more effectively. Through CBT, individuals can achieve greater emotional balance, leading to improved mental health and more fulfilling social interactions.

**Conflict of Interest:** The authors declare no conflict of interest.

**Ethical Approval:** The study adheres to the ethical guidelines for conducting research.

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