



**ABSTRACT**

**Name of Institution** : De La Salle University-Dasmariñas  
**Address** : Dasmariñas, Cavite  
**Title** : The Cognitive Consequence of Emotion  
Regulation on Memory of Selected AB  
Psychology 1-4 Students of De La Salle  
University-Dasmariñas  
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**Funding Source** : Parents  
**Cost** : 7,000 Php  
**Date Started** : November 2001  
**Date Completed** : October 2002

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**Objectives:**

General:

To know if there is a cognitive consequence on memory when regulating emotions through expressive suppression.

Specific:

1. What is the demographic profile of the respondents in terms of:

a. age



- b. socio-economic status
  - c. grade point average, and;
  - d. gender?
2. What are the average memory scores of the control and experimental group before the treatment?
  3. What are the average memory scores of the control and experimental group after the treatment?
  4. Is there a significant difference between the memory score of the control and experimental group before the treatment?
  5. Is there a significant difference between the memory score of the control and experimental group after the treatment?

#### **Scope and Coverage**

This study was primarily concerned on the cognitive consequence of emotion regulation on memory of selected AB Psychology 1-4 students of De La Salle University-Dasmariñas. The researchers randomly assigned 15 respondents for both control and experimental group considering the four intervening variables to eliminate its influence and place the respondents into equal footing.



### **Methodology**

In particular, the experimental pretest-posttest research design was used. Subjects were randomly assigned to groups and then presented on the dependent variable. The pretest-posttest nonequivalent-group design can assess similarity of subjects on the dependent variable of interest and on other variables that may be related to the dependent variable. A distractor test involving math problem was utilized to put the respondents on equal condition. To measure the cognitive consequence through memory, a paper-and-pencil cued-recognition test of visual and auditory details in the film was administered. A 3-m film clip was used to elicit a negative emotion.

### **Major Findings**

1. The demographic profile of the respondents in terms of age, socio-economic status, grade point average and gender does not vary to eliminate its influence to the study.
2. The obtained mean scores of the memory test for the control group before the treatment is 17.93 with the standard deviation of 1.53. The obtained mean scores of the experimental group before the treatment is 17.47 with the standard deviation of 1.73.
3. The comparison of the means of the control and experimental group revealed a t-test computed value of 0.77, which is measured at a 0.05 level



of significance. The theoretical value is 2.048; this implies that the null hypothesis is accepted.

4. The obtained mean scores of the memory test for the control group after the treatment is 18.40 with a standard deviation of 2.35. The obtained mean scores of the memory test for the experimental group after the treatment is 17.67 with a standard deviation of 1.80.
5. The comparison of the means of the control and experimental group after the treatment revealed a t-test computed value of 0.97, which is measured at a 0.05 level of significance. Considering a theoretical value of 2.048, the results obtained from the study accept the null hypothesis.

### **Conclusions**

1. There is no significant difference between the memory scores of the control and experimental group before the treatment.
2. There is no significant difference between the memory scores of the control and experimental group after the treatment.
3. The null hypothesis was accepted.

### **Recommendations**

1. For future psychologists should have a further study on emotion regulation.



2. For future researchers who wish to conduct a study on emotion regulation should have a broad understanding regarding the concept and the consequences of emotion regulation on one's behavior.
3. For future experimenters, in terms of the procedure conducted, different films should be used to be able to elicit a response from the respondents, to avoid familiarity that could affect their emotional responses.
4. For future administrators, in terms of the test structure, an open-ended question based on the film clip should be used rather than a forced-choice method to eliminate clues and be able to measure their memory effectively.

