

**ABSTRACT**

**Name of Institution** : De La Salle University – Dasmariñas

**Address** : Dasmariñas, Cavite

**Title** : The Effect of Emotion Regulation on the Cognitive  
Consequence of Long-term Memory

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**Objectives**

The objective of this study is to know what emotion would have greater effect to the cognitive consequence on long term memory, the positive or negative emotion.



Specifically, it sought to answer the following questions:

1. What is the average memory score of the group in the positive emotion regulation after the experiment?
2. What is the average memory score of the group in the negative emotion regulation after the experiment?
3. Is there a significant difference on the average memory score between positive emotion regulation and negative emotion regulation?

## **Scope and Coverage**

The selected Bachelor of Arts major in psychology second year students of De La Salle University – Dasmariñas were considered as the pool of respondents in the study. Respondents of the study covered thirty (30) students. They were selected because psychology students are inclined to memory use.

To achieve the objectives of the study, the following procedures were observed:

After selecting the pool of respondents, an edited 20 – 30 minute film clip that elicits positive emotion were presented to the respondents. After viewing the first film clip, a distraction were presented to the respondents in a



form of human figure drawing. Following the distraction was the self –made recall test about the first film.

A one-hour gap was allotted, and then the next film clip was viewed. Another 20 – 30 minute film was presented to illicit negative emotion. After which, another distraction was given in a form of a house figure drawing. It was followed by another self – made recall test.

After getting all the results and data of both tests needed in the study, the researchers computed for mean scores to know if the two films caused significant difference between the positive and negative emotion to the respondents. The two - group experimental design with no control was used. After getting the mean scores, the T – test was used to determine if there was no significant difference in the average memory score between the positive emotion regulation and negative emotion regulation.

## **Methodology**

The study suggested having subject that was randomly selected. Two movies were used to conduct the study. First is “Jackass” to elicit positive mood. The second film is “The Ghost and the Darkness”, a suspense thriller, to elicit the negative mood of the respondents. They can be considered as independent variables. As mentioned already, the respondents had a distraction after watching each film. The distraction was followed by a self-



made memory recall test to measure and find out the influence of the dependent variable that is the output of the two films.

## Major findings

1. The obtained mean scores of the group on the positive emotion regulation (X1) is 15.1. The obtained mean scores of the memory test of the group on the negative emotion regulation (X2) is 9.133.
2. The comparison of means of the positive emotion regulation and the negative emotion regulation revealed a t-test computed value of 15.7433, which is measured at a 0.05 level of significance. The theoretical value is 1.746. This implies that the null hypothesis is rejected.

The experimental method was used in the study specifically; a two - group experimental design with no control group. The respondents have undergone two different treatments. First, the group received the positive emotion regulation then a distractor and a memory recall test were given. Afterwards, a one-hour break was given to the respondents. Then, the negative emotion regulation was applied and the previous procedures were followed.



### **Conclusion**

Based on the findings and results gathered, it could be concluded that:

1. The emotion regulation has cognitive consequences on memory of the AB Psychology 2 –4 class who served as respondents of the researchers.
2. The data gathered illustrate that there is a significant difference between the average memory score of the negative emotion regulator and the positive emotion regulator.

From the results obtained, the null hypothesis is rejected. This implies that emotion regulation has an effect on the long – term memory of the AB Psychology students who are the respondents of this study.

### **Recommendation**

Based on the findings and conclusions derived, the researchers offer the following recommendations:

1. For the future psychologists, they should conduct further study on emotion regulation.
2. For future researchers, who wish to conduct a study on emotion regulation, they should have a broad understanding regarding the



concepts and the consequences of emotion regulation on one's behavior.

3. For future experimenters, in terms of the procedure conducted, higher impact films should be used to be able to get more efficient and accurate data from the respondents and to avoid feeble responses. Likewise, in terms of procedure conducted, the experiment must have a gap for a long period of time such as weeks, months or even years.

