

This project is about linking something directly non-observable (personality) with something directly observable (behaviors related to ways of emotion regulation in family conflicts). Generally, I assume that if this directly non-observable personality is built of components (e.g., anxiety and melancholic type of temperament) that match with each other (cohere) because they play the same role within personality (e.g., anxiety and melancholic type, both are connected with withdrawal strategy upon conflicts), it may produce directly observable consistent behaviors (e.g., non-effective emotion regulation strategies of conflict resolution) across situations in people having this (coherent) personality. And, if these components (e.g., anxiety and sanguine type of temperament) do not match each other (incohere), because they do not play the same role within personality (e.g., anxiety might be connected with withdrawal but the sanguine type with seeking social support upon conflicts) it may produce directly observable inconsistent behaviors (e.g., one time the withdrawal and another time the seeking social support) across situations in people having this (incoherent) personality.

I have planned two studies. The first study aims to analyze how personality coherence is associated with the consistency of behavioral emotion regulation strategies in the family conflicts of young adults in selected European countries. Participants (first-year university students) would be asked to fill out the personality questionnaires evaluating the type of temperament, type of anxiety, and type of depression. These data enable us to identify coherent and incoherent types of personalities. Next, individuals with coherent and incoherent personalities would complete the questionnaire assessing the behavioral emotion regulation strategies three times across the academic year at the most demanding time points, potentially evoking family conflicts. The adaptive (Seeking Distraction, Actively Approaching, and Seeking Social Support) and non-adaptive (Withdrawal, Ignoring) strategies will be tested. Consistency of emotion regulation strategies in family conflicts in young adults will likely be associated with coherent types of personalities. However, the occurrence of "paradoxical relations," e.g., behavioral consistency of using behavioral emotion regulation strategies associated with personality incoherence, might be observed. How do we explain these paradoxes? One possible solution is to consider other factors, for example, cultural factors. It might be a time of parents-children cohabitation. In European countries, gender-specific "cultural norms" of leaving the parental home are represented by two broad geographical constellations: the Mediterranean and Central-North European, which differ regarding the average age of leaving home and cohabitation time of parents and child. The question arises if family religiousness relates to parents' and children's cohabitation time. In addition, people have their own emotion beliefs about goodness (e.g., I think that happiness is good) and controllability of emotions (e.g., I do not believe I can control my anger). These beliefs are formed mainly by a specific culture. In sum, the aforementioned cultural facts may specifically influence the intensity of family conflicts and the formation and permanence of using particular emotion regulation strategies. That is why the study will be conducted in six European countries (Poland, Holland, Italy, France, Ireland, and Lithuania) that differ in the time of child-parents cohabitation, level of religiousness, and might differ in emotion beliefs. The second study will also be carried out in a group of first-year students; however, for economic reasons, it will only be conducted in Poland. It is designed to test the same hypotheses as in the first study but in the context of actual, not perceived (as in the first study) behavior. In the first stage, as in the first study, participants will complete personality tests assessing temperament type, anxiety type, and depression type. In addition, they will be asked about the intensity of family conflicts, the family's level of religiosity, and their beliefs about emotions. In the second stage, the diary method will be employed. For 30 days, students will report daily about using the actual emotion regulation strategies (as mentioned above) via a special smartphone app. The reporting about strategies will be based on the real events during students' contact with their parents.

Why is it important? Because knowing the structure of directly non-observable personality and characteristics of the situation (e.g., the intensity of family conflicts) and environment (e.g., cultural differences), one can make an approximate prediction about one's consistency or inconsistency of behaviors in emotion regulation. Obviously, there are situations when the consistency/inconsistency of behaviors might be adaptive or maladaptive. For instance, the coherent person might consistently use ineffective emotion regulation strategies upon problems. I believe that this project will advance personality science and might provide applied benefits.