



Research Article

Religiosity and Emotion Regulation: A Systematic Literature Review

Intan Mutiawati Firdaus¹, Rahma Zikra²

1. Master of Psychology, Faculty of Psychology, UIN Syarif Hidayatullah Jakarta, Indonesia
E-mail: meutianintan.30@gmail.com 
2. Master of Psychology, Faculty of Psychology, UIN Syarif Hidayatullah Jakarta, Indonesia
E-mail: rzikra@gmail.com



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Religiosity and Emotion Regulation: A Systematic Literature Review

Abstract. Individuals who have a high level of religiosity tend to be calmer in living life because they are broader in looking at life's problems and more deeply in looking at life's goals. The high level of religiosity is related to a high level of emotional regulation because with high religiosity, individuals are more accepting of events in life so that their emotional regulation is also more organized. Objective: The purpose of this study was to group the results of various recent studies on religiosity and emotion regulation experienced by individuals broadly from elementary school to adulthood. Methods: The method used in this study is systematic literature research (SLR). Results: On an initial search, researchers found 297 journals. After further review, there were 28 journals that met the criteria and were relevant to the research objectives. Conclusion: Religiosity is an individual's self-value as the basis

for responsibility for his actions to himself, others, and God. In high religiosity, a high level of emotion regulation is also found. In addition, individuals who have high religiosity tend to have psychological well-being and are easier to seek psychological help if they encounter difficulties in life.

Keywords: Religiosity and Emotion Regulation, Religiosity and Emotional Regulation

INTRODUCTION

Emotion regulation is an individual's ability to manage emotions (Angelia, et al., 2020). According to Mulia and Sundari (2024), emotion regulation is an individual process to form and respond to their emotions. Emotion regulation is an effort made by an individual to influence the emotions that are being felt, and how these emotions are felt and expressed (Santi, et al., 2022). Reskido et al (2024) explained that there are two types of emotion regulation that can be used by individuals, namely *cognitive reappraisal strategies* and *expressive suppression strategies*. *Cognitive reappraisal strategies* are strategies used by individuals to change their mindset to be more positive when looking at an event that is being faced.

This strategy is used by individuals before individuals express their emotions towards events. That way, the emotions expressed by individuals become more controlled. Then, the second emotion regulation strategy, namely *expressive suppression*. *Expressive suppression* is one of the emotion regulation strategies that individuals can use to regulate strong emotions. Emotional regulation is also able to make individuals think clearly, be calmer, and be wise in acting (Nursanti, et al., 2021). Based on the description that has been described, it can be concluded that emotion regulation is a strategy in managing individual emotions which is divided into strategies for changing mindsets to be more positive and strategies for regulating strong emotions. One of the factors that encourages a person to have good emotional regulation is religiosity (Nursanti, et al., 2021).

Religiosity is a person's involvement in religious values, beliefs, and practices that can function as a coping mechanism (Zinnia, et al., 2025). Religiosity can be described as one of the factors that can affect individual preferences in seeking psychological help, especially in Indonesian society (Syafitri & Rahmah, 2021). Religiosity is the process of internalizing an individual's religious values, and plays a role as a support to increase hope for the future and prosperity (Daulay, et al., 2022).

Religiosity contributes to a more positive life for the younger generation and helps them to achieve success during adolescence (Kurniawan, et al., 2021). Religiosity is a psychological attribute in which with religious roles, individuals have their own character. Religiosity also influences how individuals view their life purpose and what they perceive as a responsibility to themselves, to others, and to their God (Hakim & Hamzah, 2022). Based on several definitions that have been described, it can be concluded that religiosity is an internal religious condition of an individual that can be the basis for emotional regulation, including seeking professional help related to emotional needs. This systematic literature review (SLR) aims to present a description

of religiosity in the regulation of emotions and its treatment of respondents based on the literature with a deadline of 2020 at the latest.

METHOD

This study uses the *Systematic Literature Review* method, which is a writing method that begins by collecting literature according to the set topic, in identifying literature referring to inclusion and exclusion criteria (Selcuk, 2019). The researcher used the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) approach in researching SLR reviews. The PRISMA guide includes four stages on the flow chart, including identification, screening, eligibility, and inclusion criteria from the literature covered in the review.

LITERATURE IDENTIFICATION

This literature was developed through a single database, Google Scholar. The author used the keyword "Religiosity and Emotion Regulation" as the search format. The use of these keywords is a strategy in literature search based on Boolean operators, where search operators help to include and combine words or concepts in the literature search process.

INCLUSION CRITERIA

The inclusion criteria determine the literature that is eligible to identify and classify literature into categories including (inclusion) or excluding (exclusion). The data inclusion process is carried out to narrow the scope of data obtained by researchers so as to help researchers obtain literature that meets the criteria. This research aims to reveal about religiosity and emotion regulation, where individuals who have a high level of religiosity will have high regulatory abilities as well.

Table 1. Inclusion Criteria

Type	Inclusion
Journal	Journal Research (Full-text)
Year of Publication	2020-2025
Sample	Free
Method	Quantitative
Language	Indonesia and the UK
Journal Topics	Literature on religiosity and emotion regulation

RESULT

Researchers found 297 journals on religiosity and emotion regulation using keywords that have been described in the research methods section and obtained from Google Scholar, Garuda, Emerald Insight, and PubMed. In the final stage, the researchers concluded that only 28 journals met the criteria.

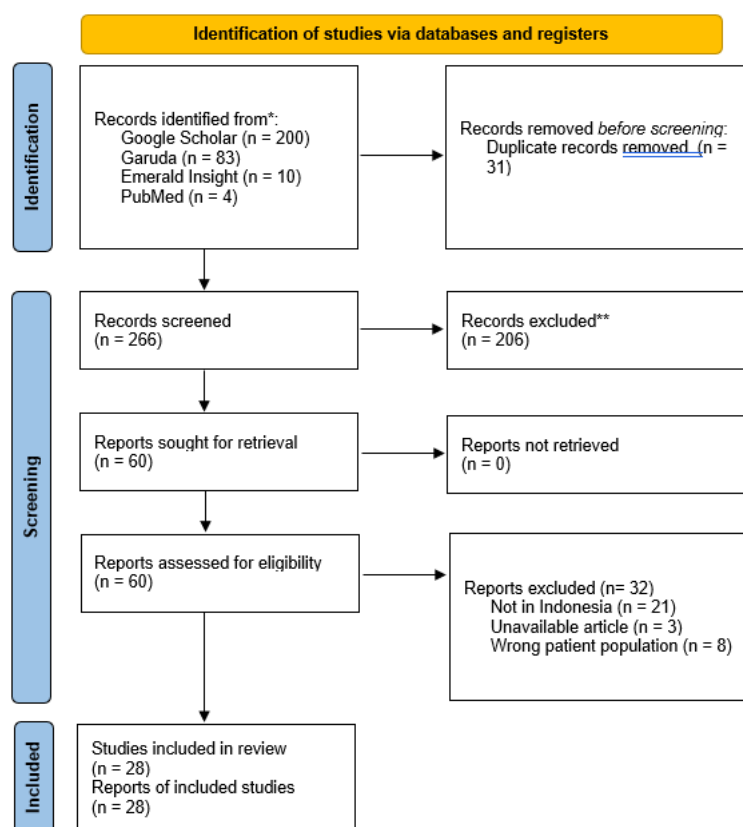


Figure 1. PRISMA Diagram: Religiosity and Emotion Regulation

DISCUSSION

Religiosity is an internal value that an individual has and can be the basis for responsibility towards oneself, others, or God.

The dimension of religiosity according to Glock & Strack has 5 dimensions, namely:

- 1) An individual's belief in his religion,
- 2) Worship, sacred rituals that must be carried out according to religious guidance,
- 3) Experience, the way a person expresses his religious beliefs,
- 4) A person's knowledge of his religious teachings, and
- 5) A person's appreciation of the extent of his or her belief in the religion he adheres to (Prasetyana & Mariyati, 2020).

Religiosity can be possessed by the majority of ages from elementary school to adulthood and helps them to look at life more broadly and look at the purpose of life more deeply. Religiosity provides values, beliefs and practices so that individuals have a deep meaning, purpose and stability in life that is used in facing the demands and changes that occur in their lives (Poerwanto & Murdiyani, 2021).

Religiosity is also a factor in supporting psychological well-being. As research by Mulia and Sundari (2024) states that religiosity and emotion regulation affect the psychological well-being of teachers. Religious coping is a significant predictor of the intention to seek psychological help, while religiosity is not (Syafitri & Rahmah, 2021). Individuals who have high religiosity tend to have higher psychological well-being and are more likely to seek psychological help if they encounter difficult conditions.

One of the indicators that shows high religiosity is the high regulation of emotions from individuals. The higher the student's religiosity, the higher their emotional regulation (Angelia, et al., 2020). The higher the Islamic religiosity possessed by students, the higher their ability to regulate emotions (Reskido, et al., 2024). The higher the religiosity, the higher the emotional regulation of single parent mothers, on the other hand, the lower the religiosity, the lower the emotional regulation of single parent mothers (Nursanti, et al., 2021). Based on several studies, it is known that the level of individual religiosity is in line with the level of self-regulation.

Table 2. Preview of Selected Literature

(Author, Year)	Purpose	Participants	Result
(Mulia & Sundari, 2024)	Knowing the influence of religiosity and emotion regulation on well-being Psychological Teacher.	58 Teachers	Ψ Religiosity and emotion regulation affect the psychological well-being of teachers Ψ Religiosity makes a dominant contribution to the psychological well-being of teachers, in the dimension of life goals. Ψ Emotion regulation strategies by means of cognitive reappraisal (changing the way of thinking) have a dominant effect on the psychological well-being of teachers.
(Angelia, et al., 2020)	Examine the relationship between students' religiosity and the regulation of emotions possessed by students.	319 Elementary School Students	The higher the student's religiosity, the higher their emotional regulation.
(Reskido, et al., 2024)	Explain the relationship between Islamic religiosity and emotion regulation in Muslim students in Yogyakarta.	154 Muslim students in Yogyakarta	Ψ The higher the Islamic religiosity possessed by students, the higher their ability to regulate emotions. Ψ The emotion regulation strategy that tends to be used by students, both men and women, is cognitive

			reappraisal, compared to expressive suppression.
(Nursanti, et al., 2021)	Knowing if there is a connection between religiosity with emotional regulation in single parent mothers.	40 single parent mothers in Jombang	Ψ The higher the religiosity, the higher the emotional regulation of the single parent mother, on the other hand, the lower the religiosity, the lower the emotional regulation of the single parent mother.
(Zinnia, et al., 2025)	Analyze relationships regulation of emotions and religiosity with dysmenorrhea in adolescents.	75 eighth-grade respondents at SMPN 1 Baleendah Bandung Regency	Ψ The better the regulation of emotions and the level of religiosity, the lower the intensity of menstrual pain felt.
(Syafitri & Rahmah, 2021)	Knowing the contribution of religiosity and religious coping in influencing the search for psychological help	731 Respondents	Ψ Religious coping is a significant predictor of intention to seek psychological help, while religiosity is not. Ψ The religious aspect of coping which is a significant predictor of the intention to seek psychological help becomes a full assessment of wisdom, negative feelings towards God, and passive coping skills. Ψ There are different predictors of the intention to seek psychological help based on the type of university
(Hamidah & Hendriani, 2024)	Investigating the role of religiosity in the regulation of high school students' emotions based on the "X" religion in Surabaya,	360 student	Ψ These "X" high school students are more dominant in cognitive reappraisal strategy skills that are higher than those who are low. Ψ Significantly, the study participants were more

	especially in the context of using cognitive reappraisal strategies and expressive suppression.		dominant in adopting expressive suppression strategies in regulating their emotions.
(Prasetyana & Mariyati, 2020)	Knowing the positive relationship between religiosity and self-regulation in madrasah diniyah students in Sidoarjo.	65 Students	Ψ The higher the religiosity of the students, the higher the self-regulation of the students. Ψ Most of the students of madrasah diniyah in Sidoarjo have very high self-regulation with indications of reflection of student behavior. Ψ Most of the students of the diniyah madrasah in Sidoarjo have a very high religiosity with an indication of the students' belief in their religion and make their religious teachings as knowledge and guidelines for life.
(Poerwanto & Murdiyani, 2021)	Knowing the relationship between self-concept, self-regulation and the level of religiosity with self-adjustment in students of Al Berr Pasuruan Islamic Boarding School.	80 people	Ψ The relationship between the variables of self-concept, self-regulation, level of religiosity and positive self-adjustment, namely the higher the self-concept, self-regulation, and level of religiosity in students, the higher the student's self-adjustment.
(Fauzizah, et al., 2024)	Knowing whether religiosity has a relationship with self-regulation.	70 students of FDK UIN SU S1 Level	Ψ There is a relationship between religiosity and self-regulation of FDK UIN SU students, both of which have a causal or causal relationship. Ψ The higher the level of

			religiosity that exists in UIN SU FDK students, the higher the level of self-regulation.
(Karam, et al., 2023)	To evaluate the relationship between social support, religiosity and psychological distress among Lebanese adults, taking into account the role of moderation of emotion regulation.	387 adult participants	Ψ This study did not show that emotion regulation has a role of moderation between religiosity and psychological distress. Ψ This study also shows that religiosity has a direct impact on psychological distress.
(Graca & Brandao, 2024)	Exploring the mediating role of emotion regulation on the relationship between religious/spiritual treatment and psychological well-being and life satisfaction	109 students of Portuguese University	Ψ Both the negative and positive coping of religiosity is connected to student adaptation (especially psychological well-being) through ER difficulties.
(Mohammadi, et al., 2023)	Assess relationships religious beliefs with the regulation of emotions and impulsivity in students.	368 junior high school students	Ψ Religious beliefs can play a role in regulating emotions and lowering levels of impulsivity in adolescents.
(Bustamam, et al., 2024)	See the overview religiosity and emotion regulation, as well as to see the relationship between religiosity and emotion regulation in high school students.	364 students from five high schools in Banda City Aceh	Ψ The higher the religiosity, the higher the regulation of the student's emotions and vice versa.
(Cumming, 2020)	Investigate the possible differences	101 Participants	Ψ There was no difference between religious and non-

	between religious and non-religious individuals, and how they regulate emotions.		religious participants in the use of emotion regulation strategies. Ψ There is a significant relationship between religiosity and coping styles such as: acceptance, rejection, and finding comfort in their religion or spiritual beliefs.
(Zulfiqar, et al., 2024)	Assessing the relationship between religiosity and emotion regulation and durability.	300 students of the University of KPK, Pakistan	Ψ Religiosity is a source of strength to regulate emotions and self-resilience.
(Rahmayanti, et al., 2024)	Examining the influence proactive personality and emotional regulation of employee engagement, taking into account moderation of religiosity in this pattern of relationships.	100 respondents	Ψ Employee attachment can be influenced by proactive personalities and emotional regulation, and this influence is stronger when the level of religiosity of lecturers is high.
(Odo, 2022)	Examining the role of emotion regulation and commitment of religiosity in ethical behavior among high school students.	666 teenagers	Ψ The hypothesis that commitment to religiosity will significantly predict ethical behavior is also confirmed.
(Mohamadi, et al., 2024)	Investigating the mediating role of emotion regulation and social support in the relationship between religious beliefs and self-	220 participants	Ψ In general, religious beliefs, mediated by the regulation of negative emotions and social support, explain nearly half of the distribution of high-risk behaviors in adolescents.

	compassion and tendencies risky behaviors in adolescents.		Ψ Religious beliefs mediated by social support have an indirect effect on high-risk behaviors.
(Elahian, et al., 2024)	To explain the causal relationship between religious attitudes and spiritual intelligence in relation to psychological capital in veteran children, with cognitive regulation of emotions as a mediating factor.	253 child	Ψ Emotion regulation affects the internal and external processes of an individual's response to the control, monitoring, evaluation, and adjustment of emotional and behavioral interactions, especially transient characteristics. Ψ Each of the variables of religious attitude and spiritual intelligence can independently predict psychological capital.
(Wondimu & Zeleke, 2024)	Examines the influence of religiosity, forgiveness, and emotional regulation on marital satisfaction in the Ethiopian context.	198 civil servants in the Addis Ababa city government	Ψ Increasing marital satisfaction between couples is essential, with religiosity, forgiveness, and emotional regulation being key factors. Ψ The positive impact of religiosity highlights the importance of designing programs that encourage couples to engage in a variety of religious activities. Ψ Holistic counseling and couples therapy programs that combine religious teachings, forgiveness exercises, and emotional management strategies can help couples overcome relationship challenges.
(Besharat, et al., 2022)	To investigate the role of moderation strategies in cognitive emotion regulation	510 participants	Ψ Spiritual/religious perfectionism is an adaptive dimension of perfectionism, and people who experience higher

	in the relationship between spiritual/religious perfectionism and mental health index and depression/anxiety symptoms.		levels of perfectionism do not experience negative emotions, anxiety, and depression when they experience failure to achieve spiritual and religious perfection.
(Ebrahimnataj, et al., 2023)	To predict corona infection anxiety based on strategies for the regulation of cognitive emotion, religious beliefs, and resilience in students.	384 students	Ψ Strategies for regulating cognitive emotions, orientation/religious beliefs, and resilience have the ability to predict anxiety of contracting the coronavirus in students and can reduce anxiety of contracting the coronavirus in students.
(Stephen, et al., 2021)	To determine the relationship between religiosity orientation, emotion regulation, and resilience of first-year theology students.	59 first-year theology students at a theological college in Indonesia	Ψ There was a statistically significant positive relationship between religious orientation, emotion regulation, and resilience. Ψ The effective contribution of emotion regulation is higher than religiosity orientation to resilience.
(Sophia & Kulandaia mmal, 2025)	To comprehensively examine the differences in spiritual intelligence, emotion regulation, and happiness between students who study secularism and students who study religiosity.	192 students	Ψ Significant differences in spiritual intelligence and happiness were between students in religiosity and secular programs, with secular students reporting lower happiness scores.

(Gautam & Sharma, 2024)	To investigate the levels of demoralization, religious beliefs, and emotion regulation among OCD patients and explore the potential of their relationship.	112 participants	Ψ Most patients reported a moderate demoralization rate of 65.2% related to religious beliefs, 44.6% had moderate beliefs. Ψ Correlation analysis showed a moderate negative relationship between demoralization and religious beliefs as well as emotion regulation.
(Sari, et al., 2025)	To analyze the role of spiritual well-being in shaping the quality of life using a based on the theoretical framework of psychology.	255 participants	Ψ Emotion regulation, social support, and religiosity activities significantly affect quality of life (QoL), highlighting the importance of these in forming a positive perception of life during the challenges of a quarter of life.
(Tabeie & Tabeie, 2023)	Investigating the role of religious orientation in predicting social health through the mediation of emotion regulation.	160 participants	Ψ The correlation coefficient between external religiosity orientation and reassessment and social health was negative, but the correlation between internal religiosity orientation and reassessment and social health was positive.

CONCLUSION

Religiosity arises from the value of the individual's self, which is the basis of responsibility for actions towards oneself, others, and God. Religiosity is one of the important factors in helping individuals seek psychological help if they experience problems in life. Religiosity also helps individuals in interpreting life and how to view the purpose of life. One of the factors that coexists with religiosity is the regulation of emotions. Individuals who have a high level of religiosity tend to have a high level of emotion regulation as well.

This is because the level of religiosity helps individuals to view life's problems more broadly and depend on God so as to minimize the level of stress in individuals due to life problems. In this study, researchers found 28 journals related to religiosity and emotion regulation. All journals had similar results where a high level of

religiosity affected a high level of emotion regulation as well. In addition, a high level of religiosity helps individuals find psychological well-being and it is easier to seek psychological help.

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