

Role predict personality traits and difficulties in emotion regulation on tend to life in the present

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Abstract:

Introduction: The purpose of this study is to determine the predictive role of personality traits and the difficulties of emotional adjustment in the appeal of live at the present moment.

Method: this study used correlational type of descriptive and statistical society Islamic Azad University of Karaj students in the academic year of 1394-95 in which according to Green table, 220 subjects were selected by the way of available sampling. Research tools: the Research tools were NEO-Five Factor Inventory questionnaire Zimbardo Time Perspective and Grvtz and Roemer emotional adjustment difficulties all Data were based a regression method with regression approach.

Results: The results indicated that among the components emotional adjustment difficulties, only the limited access of emotional adjustment strategies component predicted the tendency to life at present moment negatively.

Conclusion: Among personality traits, extraversion and openness positively and conscientiousness negatively predicts the tendency to life at present moment.

Keywords: difficulties in emotion regulation" personality traits" students" tend to life in the present

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