SELF-EFFICACY, COGNITIVE REAPPRAISAL, EXPRESSIVE SUPPRESSION AND SOCIAL SUPPORT PREDICT PSYCHOLOGICAL WELL-BEING AMONG ADULTS IN MALAYSIA

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Sincerely,

Hon Bao Xuan

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Abstract

This study investigates the predictive relationships between self-efficacy, cognitive reappraisal, expressive suppression, and social support on psychological well-being (PWB) among Malaysian adults, using a quantitative research design. A sample of 331 participants, aged 18 to 35, was recruited through purposive sampling. Participants completed the questionnaire with instruments, including the General Self-Efficacy Scale (GSE), Emotion Regulation Questionnaire (ERQ), Multidimensional Scale of Perceived Social Support (MSPSS), and 18-item version of Ryff's Psychological Well-Being Scale. Data were collected via Qualtrics, with responses analysed using multiple linear regression to assess the predictors of PWB.

The results indicated that self-efficacy, cognitive reappraisal, and social support positively predict psychological well-being, while expressive suppression has a significant negative association. Self-efficacy is the strongest predictor of PWB, emphasising its role in fostering resilience and emotional well-being. Participants were predominantly female (58.3%), Chinese (83.4%), and single (74.3%), with most being students (90.3%) in the private sector (71.9%).

The findings align with the broaden-and-build theory, which posits that personal and social resources enhance psychological well-being by fostering positive emotions and resilience. These results highlight the importance of interventions aimed at strengthening self-efficacy, promoting adaptive emotion regulation strategies, and enhancing social support networks to improve mental health outcomes. Future research should address sample diversity and explore the predictors' impact on the dimensions of psychological well-being.

Keywords: self-efficacy, cognitive reappraisal, expressive suppression, social support

Subject area: H1-99, Social sciences (General)

Declaration

We declare that the material contained in this paper is the end result of our own work and that due acknowledgement has been given in the bibliography and references to ALL sources be they printed, electronic or personal.

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APPROVAL FORM

This research paper attached hereto, entitled "Self-efficacy, Cognitive Reappraisal, Expressive Suppression and Social Support Predict Psychological Well-being among Adults in Malaysia" prepared and submitted by Hon Bao Xuan, Lee Mun Kit and Lam Synn Wynn in partial fulfilment of the requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.

_____ Date: 2 December 2024

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Abbreviations

1.	PWB	Psychological well-being
2.	SE	Self-efficacy
3.	CR	Cognitive reappraisal
4.	ES	Expressive suppression
5.	SS	Social support
6.	GSE	General Self-efficacy Scale
7.	ERQ	Emotion Regulation Questionnaire
8.	MSPSS	Multidimensional Scale of Perceived SS

Chapter I

Introduction

Background of Study

Well-being has been a topic of interest over the years. Well-being encompasses individuals' good feelings and functioning, personally and socially, and overall life satisfaction (Michaelson et al., 2012; Ruggeri et al., 2020). According to the World Health Organisation (WHO) (2024), well-being is a positive condition experienced by individuals and societies. Similar to health, it is a vital resource for daily life and is shaped by social, economic, and environmental factors. Well-being encompasses the quality of life and the ability of individuals and communities to contribute to the world with a sense of meaning and purpose. Well-being is also defined as the combination of feeling good and functioning well, involving the experience of positive emotions like happiness and contentment, along with the development of one's potential, control over one's life, a sense of purpose, and positive relationships. It is a sustainable state that enables individuals or populations to develop and thrive (Huppert, 2009).

Psychological well-being (PWB) is defined as the individual's subjective experience of positive psychological states, including self-acceptance, autonomy, environmental mastery, personal growth, and positive relationships (Dhanabhakyam & Sarath, 2023). According to Huppert (2009), PWB pertains to the overall quality of life, encompassing both feeling good and functioning effectively. Sustainable well-being doesn't necessitate constant positive feelings; experiencing negative emotions such as disappointment, failure, and grief, is a natural part of life. The ability to manage these difficult emotions is crucial for long-term well-being. PWB can be affected by social support (SS), cognitive reappraisal (CR), expressive suppression (ES) and social

support (SS) (Alza et al., 2021; Fan & Cui, 2024; Tsujimoto et al., 2024). The researchers chose PWB as the area of study, as the study objectives specifically aim to understand the mental and emotional aspects of well-being. The researchers also work within a framework of the broaden-and-build theory, which emphasises the effect of emotions on an individual's well-being.

According to Cormier & Rossi (2019), adult psychology well-being is often associated with a broader range of factors, including career satisfaction, social status, and long-term achievements. Adults have more complex emotional and cognitive capacities, allowing them to set and pursue long-term goals, reflect on their lives, and seek personal growth and fulfilment. Adult well-being is also significantly influenced by their ability to balance various life domains, such as work, family, and leisure, and their capacity for emotional regulation and resilience in the face of challenges (Cormier & Rossi, 2019).

Self-efficacy (SE) is the capacity to align and achieve desired goals by effectively coordinating one's potential, abilities, and skills within specific contexts, rather than being a drive, motive, need for control, personality trait, or outcome expectation (Kausar & Ahmad, 2021). SE involves the degree to which individuals develop behaviours that enable them to persist in potentially stressful situations, and it is crucial for persistence, as individuals who believe they have control over the outcomes they achieve are more likely to continue striving despite difficulties (Graham, 2022; Zhang & Schwarzer, 1995). Generalised SE focuses solely on one's belief in personal competence (Zhang & Schwarzer, 1995). In Zhang and Schwarzer's (1995) study, SE expectancies pertain to individual control and agency, representing a self-assured view of one's capability to handle life's stressors effectively, thus believing in one's ability to cause events leads to a more active and self-determined life. According to Kausar and Ahmad (2021), SE was

significantly positively correlated with the dimensions of PWB, including autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance.

Cognitive reappraisal (CR) and expressive suppression (ES) are the emotion regulation strategies. It refers to how individuals influence their emotions, and how they experience and express them (Gross, 1998a). Both strategies involve various actions aimed at assessing and managing the intensity and duration of one's emotions, particularly to achieve personal objectives (Bytamar et al., 2020). Individuals regulate negative and positive emotions, and their effectiveness is crucial for adaptive PWB (Preece et al., 2021). Positive emotion regulation ability could potentially improve mental and physical health for individuals who struggle with low negative emotion regulation ability (Tsujimoto et al., 2024). Recent research has highlighted that there was a significant positive correlation between emotion regulation strategies, such as CR, and PWB (Shah et al., 2022). Moreover, maladaptive strategies, like ES, rumination and avoidance, have been linked to negative correlation (Kraiss et al., 2020; Pauw et al., 2020).

According to Fuller et al. (2020), social support (SS) involves the actual support exchanged, whether given or received. It includes various forms such as instrumental aid, emotional support, and affirmation of an individual's values or beliefs. The evaluation of received or given support determines satisfaction and adequacy, and these aspects of social relations collectively influence an individual's health, well-being, and quality of life (Fuller et al., 2020). According to the Multidimensional Scale of Perceived SS (Zimet et al., 1988), three specific sources, family, friends and significant others, were designated to evaluate the perceptions of SS adequacy. SS from various types of relationships can impact PWB in different ways, highlighting the importance of considering diverse social connections (Shin & Park, 2022).

PWB among Malaysian adults is a growing concern, with significant mental health challenges reflecting broader issues (National Institute of Health, 2020, 2023). It highlighted an immediate need for assistance (Ahmad et al., 2022). Low SE exacerbates stress and burnout, particularly in high-stress professions, increasing the turnover rate in professional fields (Shao et al, 2022). Emotion regulation strategies like CR improve mental health, whereas ES hinders social change and mental health (Zhou et al., 2023). Furthermore, inadequate SS correlates with increased suicide rates (Motillon-Toudic et al., 2022). These current issues emphasise the need for a study to examine the effects of the determinants towards well-being.

Problem Statement

Psychological well-being (PWB) among adults in Malaysia has become an increasingly important area of research, reflecting broader global trends that prioritise mental health and quality of life. According to the National Health and Morbidity Survey (NHMS) 2023 conducted by the National Institutes of Health (NIH) (NIH, 2023), there were 4.6% of adults in Malaysia facing the issue of depression. However, these figures do not fully represent the mental health situation in Malaysia, as the NHMS 2023 did not represent the prevalence rate of mental health issues as a whole among Malaysian adults. According to the NHMS 2019 (NIH, 2020), the prevalence of mental health issues among Malaysian adults has significantly increased, rising from 8.9% in 2012 to 10.7% in 2015, and reaching 31.1% in 2019. This statement concluded that about 1 in 3 Malaysians suffered from mental health problems. This rise in mental health problems reflects broader challenges that may impact adults' PWB. Poor PWB in adults is linked to adverse short-term outcomes, such as reduced academic and work performance, engagement, and completion rates. Long-term consequences include dysfunctional relationships, recurring mental health issues, lower employment rates, and diminished personal income (Hernández-Torrano et al., 2020). Both

external challenges and personal factors influence the PWB of adults, necessitating a comprehensive approach to address these issues.

Low self-efficacy (SE) can lead to significant societal issues, particularly in high-stress professions where young Malaysian adults might be involved. According to the Malaysia Medical Association (2023), 95% of healthcare facilities operate without adequate manpower. In the healthcare sector, low SE among nursing professionals is associated with increased stress, burnout, and higher staff turnover rates, negatively impacting patient care (Santos, 2020). In turn, it contributes to insufficient manpower due to high turnover rates. It burdens those who choose to stay more, leading to low SE and a higher burnout rate. Chronic stress and burnout increase the risk of long-term physical, emotional, and psychological energy resource depletion, which can result in loss spirals involving the depletion of other resources like SE beliefs and/or the adoption of unhealthy coping mechanisms, which can subsequently cause anxiety and depressive symptoms as well as deficiencies in well-being (Hakanen & Schaufeli, 2012; Maddock, 2023).

The tendency to use cognitive reappraisal (CR) leads to better mental health, particularly reducing depression and anxiety in people with low socioeconomic status who may encounter more uncontrollable situations. It also enhances positive emotions, contributing to overall well-being (Hittner et al, 2019). In contrast, the tendency to use expressive suppression (ES), which indicates the lesser usage of CR, can impact the social behaviour of an individual. It results in internalising behaviour, such as suppressing emotions like anger. Individuals who tend to use ES are less supportive of collective action (Solak et al., 2021). Collective action refers to any coordinated effort by a group aimed at challenging or maintaining the existing social order (status quo) (Becker, 2012). This behaviour reinforces the status quo and hinders social change.

Lack of social support (SS) contributes to suicidal cases in Malaysia. According to the Royal Malaysia Police (PDRM) (2024), the number of suicides has significantly increased over the last three years, with each year recording around or over 1,000 cases since 2021. The statistics are as follows: 609 cases in 2019, 621 in 2020, 1,142 in 2021, 981 in 2022, and 1,087 in 2023. According to Solbakken and Wynn (2022), social isolation and lack of support can lead to a higher risk of depression and anxiety, increased substance use, and even higher suicide rates. This may explain the spike in suicidal cases in Malaysia. A high prevalence of depression and anxiety is associated with high levels of mental health problems, which is the opposite of PWB (Rossi et al., 2020).

The past literature is found to be testing SE and SS in a generalised term – "protective factor" and used a generalised population - "Malaysian" (Tee et al., 2022), or older adult population, which has a different age range from the current population (Mahmud et al., 2020). In the research conducted by Tsujimoto et al. (2024), the data was collected from a limited series of inclusion criteria, in which the participants were Japanese native speakers and young adults aged 20 to 29. The other literature with university students as the target population is found to have a small sample size (Salami et al., 2021). Past research on the predictive effect of CR and ES on PWB was conducted in Malaysia and focused on university students (Shah et al., 2022). The study's limited sample size and population restricted the findings' generalisability to Malaysia's broader population of adults. The past literature recommended conducting research with a research design that determines the causal relationship of variables and conducting research in regions that are out of China (Alza et al., 2021; Xie et al, 2020).

To offer insight into the personal determinants influencing adults' PWB, a quantitative study that involves a wider population must be conducted to investigate the causal relationship between SE, CR, ES and SS towards PWB among adults in Malaysia.

Research Questions

1. Does self-efficacy positively predict psychological well-being among adults in Malaysia?
2. Does cognitive reappraisal positively predict psychological well-being among adults in Malaysia?
3. Does expressive suppression negatively predict psychological well-being among adults in Malaysia?
4. Does social support positively predict psychological well-being among adults in Malaysia?

Research Objectives

1. To examine whether self-efficacy positively predicts psychological well-being among adults in Malaysia.
2. To examine whether cognitive reappraisal positively predicts psychological well-being among adults in Malaysia.
3. To examine whether expressive suppression negatively predicts psychological well-being among adults in Malaysia.
4. To examine whether social support negatively predicts psychological well-being among adults in Malaysia.

Research Hypotheses

H_1: Self-efficacy positively predicts psychological well-being among adults in Malaysia.

H_2: Cognitive reappraisal positively predicts psychological well-being among adults in Malaysia.

H_3: Expressive suppression negatively predicts psychological well-being among adults in Malaysia.

H_4: Social support positively predicts psychological well-being among adults in Malaysia.

Significance of Study

The findings of this study would enhance the literature on the predictive effects of self-efficacy (SE), cognitive reappraisal (CR), expressive suppression (ES), and social support (SS) on psychological well-being (PWB) within the Malaysian context. Given the limited research on specific protectors of PWB, this study aims to fill the gap by examining these factors within a sample of Malaysian adults.

Our research may benefit adults in Malaysia, as this study highlights the importance of personal development by understanding the role of SE, which can help adults build confidence in their abilities, leading to greater personal achievement and satisfaction in various life domains. Research on CR and ES can offer insights into effective emotion regulation strategies, helping adults manage their emotions better and reduce stress and anxiety. Our research also emphasises the importance of SS in encouraging adults to foster and maintain meaningful relationships, which are crucial for mental health and overall well-being.

Additionally, the findings of this study will offer relevant authorities and health professionals' valuable insights into the internal and external determinants of PWB. These insights can aid health professionals in more effectively designing interventions, developing support programs, and implementing policies to enhance PWB by focusing on SE, CR, ES, and SS.

Conceptual Definitions

Self-efficacy

Self-efficacy (SE) refers to individuals' beliefs in their abilities to achieve specific levels of performance that impact events influencing their lives. It influences one's emotions, thinking and motivation level (Bandura, 1977). SE involves the degree to which individuals develop behaviours that enable them to persist in potentially stressful situations, and it is crucial for persistence, as individuals who believe they have control over the outcomes they achieve are more likely to continue striving despite difficulties (Graham, 2022).

Cognitive Reappraisal

Emotion regulation includes all the strategies individuals employ to affect their emotions. This covers which emotions individuals experience, the intensity of emotions, and how individuals express them (Gross, 1998a, 1998b). Cognitive reappraisal (CR) is an emotion regulation strategy that entails altering the interpretation of an event or its outcome to modify its emotional impact (Gross, 2015).

Expressive Suppression

In emotion regulation, expressive suppression (ES) is one of the maladaptive emotion regulation strategies that contribute to continual efforts to restrain one's emotional expressions (Gross, 2015).

Social Support

Social support (SS) is a process of emotional maintenance, building self-esteem, providing feedback, and real assistance to individuals experiencing problems or pressures (Cutrona & Russell, 1987).

Psychological Well-being

Psychological well-being (PWB) is the individual's subjective experience of positive psychological states, including self-acceptance, autonomy, environmental mastery, personal growth, and positive relationships (Dhanabhakyam & Sarath, 2023).

Adult

According to the Malaysia High Court (2023), adult in Malaysia is defined as people who reached 18 years old and above, regardless of sex.

Operational Definitions

Self-efficacy

The General Self-efficacy Scale (GSE; Schwarzer & Jerusalem, 1995) was used to identify the level of SE. The GSE scale does not provide specific cut-points to differentiate between low and high SE (Kim et al., 2023), and a higher score indicates higher SE. The range of the score is 10 to 40.

Cognitive Reappraisal & Expressive Suppression

The Emotion Regulation Questionnaire (ERQ; Gross & John, 2003) was used to assess strategies to regulate emotions through two methods: (1) CR and (2) ES. The ERQ includes two subscales: CR and ES. The range of the score is 10 to 70. Even though higher scores on each scale indicate increased use of the corresponding emotion regulation strategy, Osel (2016) suggested scores between 10-40 indicate low to medium use of strategies, while scores between 41-70 indicate medium to high use of strategies.

Social Support

The Multidimensional Scale of Perceived Social Support (MSPSS; Zimet et al., 1988) was used to evaluate an individual's perceived support from three sources: family, friends, and significant other by three subscales respectively. The scale could be used to evaluate overall perceived SS. The higher score indicates higher perceived SS. The range of the total score is 1 to 7, with the score of each subscale also ranging from 1 to 7 according to the guidelines given for the scoring calculation.

Psychological Well-being

The Psychological Wellbeing Scale (Ryff et al., 2010) was used to measure an individual's PWB. The Psychological Wellbeing Scale includes six subscales: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. There are no specific cut-off points to indicate the low, medium or high levels of PWB. The higher score indicates a higher PWB.

Adult

In our study, Malaysian citizens who have reached 18 years old and under 35 years old, such as university students and working adults, were included, regardless of their employment status and sex.

Chapter II

Literature Review

Self-efficacy

Self-efficacy (SE) is a concept introduced by Albert Bandura in 1977. It refers to an individual's belief in their ability to successfully perform a specific task or behaviour, significantly influencing their choices, effort, and persistence in the face of challenges (Bandura, 1997). SE is defined as "people's beliefs in their capabilities to produce desired effects by their actions" (Bandura, 1997). The sources of SE include mastery experiences, where successes build a belief in one's efficacy while failures undermine it. For instance, indirect experiences, where observing others completing a task can strengthen one's own beliefs, verbal persuasion, where encouragement from others can enhance SE, and physiological and emotional states, where a positive mood can boost SE while stress and fatigue can diminish it (Bandura, 1997). SE impacts behaviour by influencing the goals set by people, their commitment to those goals, and their resilience to setbacks. High SE is associated with greater motivation and better performance (Maddux, 2012). This concept is applied in various fields, including education, health, and organisational behaviour. For instance, in education, students with high academic SE are more likely to engage in challenging tasks and persist in their studies (Schunk, 1991).

Cognitive Reappraisal

According to Gross (2003), cognitive reappraisal (CR) involves reinterpreting a potentially emotion-eliciting situation in a way that changes its emotional impact. CR is an emotion regulation strategy that involves altering a situation's emotional impact by changing how it is appraised or interpreted, and this technique is widely recognised for its effectiveness in managing emotions.

For instance, viewing a challenging situation as an opportunity for growth rather than a threat can reduce feelings of anxiety and increase positive emotions. Research has shown that CR is associated with numerous indicators of well-being, including greater PWB, optimism, life satisfaction, and more active attempts to repair negative mood (Gross & Thompson, 2007). Moreover, it is a key component in many therapeutic approaches aimed at treating various psychopathologies, as it helps individuals modify their emotional responses by changing their thought patterns (Wang & Yin, 2023).

Expressive Suppression

Expressive suppression (ES) is an emotion regulation strategy that involves inhibiting the outward display of emotions. This technique is often used to align emotional behaviour with social expectations, protect oneself from vulnerability, and facilitate positive interactions (English, 2024). According to Gross (2003), ES intervenes late in the emotion-generative process, making it an effortful and often less effective method for managing emotions. While it can help individuals meet social norms and relationship goals, habitual use of ES can lead to feelings of inauthenticity, negative social evaluations, and reduced PWB (Gross & Levenson, 1993). Research indicates that the consequences of ES vary depending on individual differences in self-regulatory strength. For instance, individuals with high self-regulatory strength may experience fewer negative effects from suppression compared to those with lower self-regulatory strength (Geisler & Schröder-Abé, 2015). Despite its potential drawbacks, ES remains a commonly studied and utilised emotion regulation strategy due to its immediate impact on emotional expression.

Social Support

Social support (SS) refers to the perception or reality that one is cared for, has assistance available from other people, and is part of a supportive social network. It includes emotional, informational, and instrumental support, which can significantly influence an individual's mental and physical health. Recent studies have highlighted the critical role of SS in mitigating stress and enhancing well-being. For instance, Uchino et al. (2018) explore the various ways SS can influence physical health, particularly focusing on cardiovascular health. They discuss different models and mechanisms through which SS can lead to better health outcomes, such as reducing stress and promoting healthier behaviours. Cohen and Wills (1985) revisit the buffering hypothesis, suggesting that SS can protect individuals from the harmful effects of stress. They review empirical evidence supporting this hypothesis and discuss how SS can enhance coping strategies during stressful events. Thoits (2011) examines the mechanisms linking social ties and support to both physical and mental health, highlighting how SS can provide emotional comfort, practical assistance, and a sense of belonging, all of which contribute to better health outcomes. Holt-Lunstad et al. (2010) conducted a meta-analytic review investigating the relationship between social relationships and mortality risk. They find that individuals with stronger social ties have a significantly lower risk of mortality, emphasizing the importance of social integration and support for longevity. Lastly, Wang et al. (2018) focus on the associations between loneliness, perceived SS, and mental health outcomes. Their systematic review and meta-analysis indicate that higher levels of perceived SS are associated with lower levels of depression and anxiety, highlighting the protective role of SS in mental health. These studies collectively underscore the multifaceted benefits of SS in promoting psychological resilience and overall health.

Psychological Well-being

Psychological well-being (PWB) is a multifaceted concept that encompasses various dimensions of an individual's life. According to Stoewen (2017), it can be divided into eight interdependent dimensions: physical, intellectual, psychological, social, spiritual, vocational, financial, and environmental. The physical dimension involves caring for one's body through proper nutrition, exercise, and sleep, which are essential for maintaining overall health. The intellectual dimension focuses on lifelong learning and intellectual growth, encouraging curiosity and the pursuit of knowledge. The psychological dimension pertains to understanding and managing one's emotions, fostering a positive outlook on life. The social dimension emphasises the importance of healthy relationships and social interactions, which contribute to a sense of belonging and support. The spiritual dimension involves finding meaning and purpose in life, which can be achieved through various practices, including religion or personal reflection. The vocational dimension relates to engaging in meaningful work that provides personal satisfaction and aligns with one's values. The financial dimension involves managing financial resources effectively to ensure stability and reduce stress. Lastly, the environmental dimension highlights the importance of living in a healthy and sustainable environment, which can significantly impact overall well-being (Stoewen, 2017).

Self-efficacy and Psychological Well-being

Recent research has consistently highlighted the positive relationship between self-efficacy (SE) and psychological well-being (PWB). SE, defined as the belief in one's ability to succeed in specific situations, has been shown to enhance various aspects of mental health. A study by Satyarthi and Malhotra (2021) demonstrated that SE is significantly associated with life satisfaction and reduced symptoms of anxiety and depression. As mentioned by Stoewen (2017),

it directly contributes to PWB by enhancing life satisfaction and reducing anxiety and depression. These findings underscore the importance of fostering SE to promote mental health and PWB.

Furthermore, Fan and Cui (2024) study explored the roles of mindfulness, SE, and self-regulation in shaping PWB among Chinese young adults who are enrolled in English as a foreign language (EFL) courses in China. They found that SE independently predicted PWB, highlighting its critical role in mental health. Similarly, a study by Saks (2024) found that higher SE was associated with better academic performance and PWB.

Research conducted by Salleh et al. (2021) examined the relationships between self-regulation, SE, and PWB among undergraduate students at Salahaddin University in Kurdistan. The study revealed that SE, along with self-regulation, was positively correlated with PWB. These findings underscore the importance of SE in fostering a sense of PWB among university students. However, the study concluded that self-regulation, rather than SE, was the primary factor influencing PWB, suggesting that self-regulation skills might play a more direct role in enhancing students' mental health.

Pradhan et al. (202) explored the relationship between SE and workplace well-being, focusing on the moderating role of resilience. The study has defined workplace well-being as the subjective PWB of employees, drawing on the work of Hills and Argyle (2002). Their study, which involved executives from manufacturing organisations in India, found that SE and PWB were positively related. This study introduces a new theoretical framework to understand the relationships among these variables. It serves as a guide for managers to develop effective strategies for fostering comprehensive well-being in the workplace.

In a specific setting such as parenting of children with neurodevelopmental disorders, Desiningrum and Kurniawati (2023) investigated the correlations between parenting SE, hardiness, and PWB in parents of children with autism spectrum disorder (ASD). The study found that both parenting SE and hardiness were positively correlated with PWB. These findings are significant, as they suggest that enhancing SE and hardiness can play a crucial role in reducing stress, anxiety, and depression among parents of children with ASD. Moreover, these traits help parents feel more confident and better equipped to handle the challenges associated with parenting children with autism, ultimately leading to improved PWB.

In Malaysia, Ramli et al. (2022) focused on the influence of stress factors, including SE, on the PWB of part-time students at Universiti Teknologi MARA (UiTM) Shah Alam. While SE was found to have a positive relationship with PWB, it did not directly influence the PWB of part-time students. This finding suggests that while SE is associated with better mental health outcomes, other factors may play a more prominent role in determining the PWB of students who balance work and study responsibilities. The study highlights the complexity of the relationship between SE and well-being, particularly in contexts where multiple stressors are present.

Cognitive Reappraisal and Psychological Well-being

Recent research by Tasneem and Panwar (2020) explored the relationship between emotion regulation, psychological well-being (PWB), and mindfulness among young adults in Bangalore. The study found that effective emotion regulation strategies, such as CR, were positively correlated with higher PWB and mindfulness levels.

Brown et al. (2022) investigated the relationship between emotion regulation, parasympathetic function, and PWB among adults in the United States who lost their spouses.

They found that higher vagally mediated heart rate variability (HRV) means having lower stress buffers against the adverse effects of ES on depressive symptoms and perceived stress. Additionally, CR was negatively associated with depressive symptoms and perceived stress, underscoring its adaptive nature.

Vally and Ahmed (2020) conducted a study in the Middle East focusing on the relationship between cognitive reappraisal (CR), expressive suppression (ES), and psychological well-being (PWB) within a college-aged population. Their findings revealed that CR is a significant predictor of elevated PWB, aligning with similar studies conducted worldwide. This suggests that the practice of CR, where individuals reinterpret situations to alter their emotional impact, may contribute to enhanced PWB in various cultural contexts.

Riepenhausen et al. (2022) found that positive CR significantly reduces symptoms of anxiety and depression, thereby improving overall mental health. This reduction in negative emotions contributes to a more stable and positive emotional state, which is a core component of PWB. Another study by Dawel et al. (2023) demonstrated that individuals who frequently use CR report higher levels of life satisfaction. This is because reappraisal helps individuals view challenging situations in a more positive light, leading to greater contentment and fulfilment in life. By reframing negative experiences, individuals can maintain a more optimistic outlook, which is essential for sustained PWB. Additionally, Dawel et al. (2023) also highlighted that CR is particularly beneficial for individuals with higher levels of stress, neuroticism, and difficulty identifying feelings. These findings suggest that tailored interventions that consider individual differences can optimise the benefits of CR for PWB.

Balzarotti et al. (2014) conducted a study in Italy on working adults to explore individual differences in cognitive emotion regulation and the implications for subjective and PWB. The study found that positive reappraisal is strongly associated with higher levels of PWB. Positive reappraisal is another name for CR (Gross, 1998a). Individuals who regularly engage in positive reappraisal reported experiencing greater positive affect, along with enhanced personal growth, a stronger sense of purpose in life, improved environmental mastery, better relationships with others, and higher self-acceptance. These findings are consistent with prior research indicating that employing this strategy in response to stressful situations can lead to reduced distress.

Expressive Suppression and Psychological Well-being

Various studies have explored the association of expressive suppression (ES) with psychological well-being (PWB) across different contexts, providing valuable insights into how this strategy might influence individuals' psychological health. Findings were synthesised from multiple studies to elucidate the relationship between ES and PWB.

Mishra (2022) conducted a comprehensive study in the thesis investigating the interplay between leadership styles, emotional regulation techniques, thwarted social needs, disposable income, and PWB among followers from uniformed and non-uniformed civil organizations in India. The research highlighted the distinct effects of CR and ES on PWB. Specifically, ES had a negative association with PWB. This negative effect was more pronounced among non-uniformed employees, although uniformed employees also exhibited similar patterns. Mishra's findings suggest that ES may hinder PWB, particularly in non-uniformed settings, warranting further exploration of its impact within different occupational contexts.

Vally and Ahmed (2020) extended the examination of ES to a college-aged population in the Middle East. Their study focused on the relationship between emotion regulation strategies, including CR and ES, and PWB. Utilising the Scale of Positive and Negative Experience (SPANE) (Diener et al., 2009) and the Flourishing Scale (FS) to determine PWB, the researchers found that ES significantly predicted elevated negative affect and was negatively associated with both positive affect and flourishing. These findings corroborated their hypothesis that ES would be linked to poorer PWB, reinforcing the notion that this strategy may have detrimental effects on individuals' mental health.

Yu et al. (2023) conducted a study on adults in 2 distinct regions, the United States and Hong Kong. The research found that habitual use of ES of positive emotions consistently predicts lower well-being across different cultural contexts. This suggests that inhibiting positive emotional expressions can diminish overall life satisfaction and emotional health, and noted that individuals who habitually suppress positive emotions may miss out on the benefits of positive social interactions and the reinforcement of positive experiences, which are crucial for maintaining PWB.

In a marriage context, Masumoto et al. (2021) explored the longitudinal effects of emotion regulation, particularly CR and ES, on psychological distress and well-being in long-term marriages. Analysing data from 66 adult couples in Japan over one year, the study also aimed to employ the actor–partner interdependence model to assess the influence of spouses' emotion regulation on psychological outcomes. Interestingly, the results revealed that the correlation between ES and PWB was not significant for either husbands or wives. This finding suggests that the impact of ES on PWB may vary depending on the context, such as the stability of long-term relationships, where other factors might mitigate its negative effects.

In Malaysia, Shah et al. (2022) focused on the relationship between emotion regulation strategies and mental well-being among university students in Malaysia, particularly during the COVID-19 pandemic. The study utilised a cross-sectional design with a sample of 478 public university students. Contrary to the findings of other studies, Shah et al. found no significant correlation between ES and PWB. These findings can assist university administration, counsellors, and clinicians in addressing PWB concerns, particularly in developing preventive interventions for students.

Social Support and Psychological Well-being

Recent studies have highlighted the significant role of social support (SS) in enhancing psychological well-being (PWB) among adults. Qi et al. (2021) conducted a study to assess the relationship between perceived SS and PWB among Chinese international students at Universiti Putra Malaysia (UPM). The study also explored the mediating roles of resiliency and spirituality in this relationship. With a sample of 300 participants, the results revealed that higher levels of perceived SS were associated with greater PWB. These findings contribute to a deeper understanding of how perceived SS influences the PWB of Chinese international students, providing valuable insights for universities aiming to enhance well-being interventions to attract and support international students effectively.

Ooi et al. (2023) examined the impact of SS and self-esteem on the PWB of postgraduate students in Malaysian public universities. With a sample of 335 participants from 13 public universities, the study found that SS had a direct positive impact on PWB. Given that postgraduate students often study in isolation, increased SS was found to be a part of improving mental health and academic performance. These findings suggest that fostering a supportive environment is crucial for enhancing the well-being and academic success of postgraduate students.

Moreover, research has shown that SS has a high connection with PWB (Alza et al., 2021). Moreover, individuals who receive low SS have been shown to have negative effects on their PWB. These findings collectively underscore the multifaceted benefits of SS in promoting PWB among adults across various contexts and populations.

A study by Acoba (2024) explored the mediating role of perceived stress in the relationship between SS and mental health outcomes among Filipino adults during the COVID-19 pandemic. The findings indicated that SS from family and significant others significantly reduced perceived stress, which in turn enhanced positive affect and reduced anxiety and depression. This highlights the importance of SS in mitigating stress and promoting mental well-being. Moreover, another research done by Liu et al. (2024) conducted a meta-analysis examining the relationship between SS and anxiety during major public emergencies in China, such as the COVID-19 pandemic. The study found a negative correlation between SS and anxiety, suggesting that higher levels of SS are associated with lower anxiety levels. A research article published on Age and Ageing by Pivodic et al. (2021) explored the changes in social, psychological, and physical well-being over the past five years, with a particular focus on the COVID-19 pandemic. The study found that SS was a critical factor in mitigating the negative effects of the pandemic on mental health. Individuals who reported higher levels of SS experienced fewer symptoms of anxiety and depression and maintained better overall well-being (Pivodic et al., 2021). This research highlights the essential role of SS in promoting mental health and well-being, especially during times of widespread uncertainty and disruption.

Furthermore, a study by Ruggeri et al. (2020) conducted a comprehensive multidimensional analysis of well-being across 21 countries, emphasising that well-being extends beyond mere happiness and life satisfaction. The study highlighted the importance of positive

relationships and SS in achieving a sustainable state of well-being. According to Ruggeri et al. (2020), SS contributes to various dimensions of well-being, including emotional stability, life satisfaction, and overall mental health. This research underscores the necessity of fostering strong social networks to enhance overall well-being and resilience. Additionally, A meta-analysis conducted by Vila (2021) provided compelling evidence linking SS to increased longevity. The study reviewed various measures of SS and their impact on both psychological and physical health. The analysis revealed that individuals with robust social networks tend to experience better mental health outcomes and longer life spans (Vila, 2021). This protective effect of SS is attributed to the emotional and practical assistance provided by social networks, which helps individuals cope with stress and maintain a positive outlook on life.

Hamid et al. (2021) focused on the interaction effects of living arrangements and social networks on the mental health status of older adults in Malaysia. Utilizing data from 2,322 community-dwelling older adults, drawn from a nationally representative population-based survey, the study found that the interaction between living arrangements and the SS networks significantly impacted PWB. Specifically, older adults with robust social networks experienced higher levels of PWB, regardless of their living arrangements. These findings underscore the importance of SS in maintaining the mental health of older adults, particularly those who live alone and may lack adequate social networks.

However, the direct prediction between SS and PWB is not significant in widowhood. Damilep et al. (2024) investigated the influence of perceived SS and the duration of widowhood on the PWB of widowed individuals in Nigeria. The study, which involved 425 participants from the Northern Senatorial Zone of Plateau State, found that perceived SS alone did not predict PWB among the widowed. However, the interaction between the duration of widowhood and perceived

SS was a significant predictor of well-being. This suggests that while SS is important, its impact on PWB may depend on other factors, such as the length of time since the loss of a spouse. The study highlights the complexity of the relationship between SS and PWB in this demographic.

Theoretical Framework

The broaden-and-build theory of Positive Emotion was first proposed by Fredrickson (2001). The broaden-and-build theory suggests that experiencing positive emotions expands individuals' immediate thought-action repertoires. This expansion then contributes to the development of their lasting personal resources, which include physical, intellectual, social, and psychological assets. The broaden-and-build theory suggests that experiencing positive emotions expands individuals' momentary thought-action repertoires, where thought-action repertoires indicate the range of actions one can perceive and subsequently decide to take, such as explore, integrate, play and savour. This expansion then contributes to the development of their lasting personal resources, which include physical, intellectual, social, and psychological assets. On the opposite, negative emotions restrict an individual's momentary thought-action repertoires by triggering specific action tendencies, such as fight or flight (Fredrickson, 1998). The restricted thought-action repertoires induced by negative emotions were likely beneficial for our ancestors in specific threatening situations. Conversely, the broadened thought-action repertoires prompted by positive emotions were advantageous over the long term. These expanded repertoires are important as they help build a range of personal resources. Personal skills, such as physical resources which include physical skills and health, social resources which include social networks and support, intellectual resources like knowledge and executive control, and psychological resources which include resilience, optimism, and creativity. Notably, the resources gained during positive emotional states are lasting (Fredrickson et al., 2003).

Self-efficacy (SE), cognitive reappraisal (CR) and expressive suppression (ES) are related to psychological resources mentioned in the broaden-and-build theory (Quoidbach et al., 2010; Schutte, 2013). Psychological resources are internal assets that help individuals cope with challenges and adversity. They are built over time through the repeated experience of positive emotions, which broaden one's cognitive and behavioural repertoire (Carmona-Halty et al., 2018). SE is the personal perception of one's ability to plan and carry out the necessary actions to achieve specific goals or performance outcomes (Artino, 2012), which pairs with the psychological resources that emphasise internal assets. CR and ES are emotion regulation strategies in a person, where CR is an antecedent-focused emotion regulation strategy (Webb et al., 2012), but ES is a response modulation emotion regulation strategy (Gross, 2001). Both emotion regulation strategies are personal and internal, and they pair with the psychological resources mentioned in the broaden-and-build theory. Social support (SS) can be defined as the assistance and resources available to a person through their connections with other individuals, groups, and the broader community (Lin, 1979). From the definition of SS itself, it is clear that SS is paired with social resources in the broaden-and-build theory.

The effect of SE, CR, ES and SS on PWB can be predicted by using the broaden-and-build theory. SE refers to an individual's belief in their ability to succeed in specific situations. According to the broaden-and-build theory, positive emotions generated by high SE broaden an individual's thought-action repertoires, leading to exploratory behaviours and the acquisition of new skills and knowledge. This process builds enduring personal resources such as resilience, optimism, and problem-solving abilities. These resources enhance PWB by promoting a sense of competence and reducing stress. CR is a strategy that involves changing the way one thinks about potentially emotion-eliciting events to alter their emotional impact. By reframing negative situations in a more

positive perspective, individuals can generate positive emotions even in adverse circumstances. This broadened perspective allows for more adaptive responses and the building of psychological resources such as emotional regulation and stress resilience, which contribute to overall PWB. ES is the process of inhibiting the outward display of emotions. Unlike CR, ES typically narrows thought-action repertoires by focusing energy on controlling outward expressions rather than adapting to the situation. This can deplete psychological resources and negatively impact PWB by increasing stress and reducing the capacity for positive emotional experiences. SS involves the perception and actuality of being cared for and having assistance available from others. Positive social interactions and support networks generate positive emotions, which broaden thought-action repertoires and encourage behaviours that build social and psychological resources. These resources include strengthened relationships, enhanced coping strategies, and increased feelings of belonging and security, all of which are crucial for PWB.

In short, SE, CR, and SS contribute to PWB by fostering positive emotions that broaden thought-action repertoires and build lasting personal resources. ES, however, tends to limit this broadening and can negatively affect well-being.

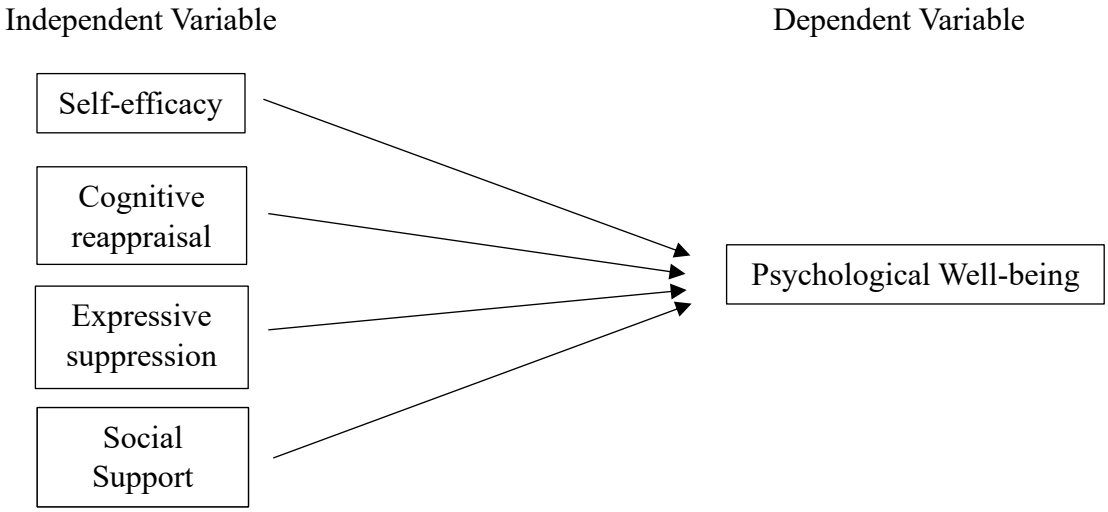
Conceptual Framework

The independent variables of the study are self-efficacy (SE), cognitive reappraisal (CR), expressive suppression (ES) and social support (SS). The dependent variable of the study is psychological well-being (PWB). The study examined the predictive effect of SE, CR, ES and SS on PWB, where four single-head arrows start from SE, CR, ES and SS point to PWB. Figure 1 indicated a predictive effect of SE, CR, ES and SS on PWB.

The study hypothesised that higher SE, CR and SS lead to higher PWB; higher ES leads to lower PWB. Therefore, adopting the broaden-and-build theory can explain the predictive effect of SE, CR, ES and SS on PWB among adults in Malaysia.

Figure 1

Conceptual Framework of The Predictive Effect of SE, CR, ES and SS on PWB



Chapter III

Methodology

Research Design

To collect data from individuals in Malaysia, the current study used a survey research methodology and a quantitative approach. Structured and self-administered questionnaires were used to gather data on personal information, self-efficacy (SE), cognitive reappraisal (CR), expressive suppression (ES), social support (SS) and psychological well-being (PWB). The quantitative approach can statistically measure the information and extrapolate results from a variety of viewpoints (Ghanad, 2023). To collect data on all variables at the same time, a cross-sectional research design was used. This approach is praised for being economical and effective in obtaining extensive data in a short amount of time (Wang & Cheng, 2020).

Research Procedures

Sampling Method

Adults in Malaysia were recruited as participants through purposive sampling. Purposive sampling is a non-probability method that selects participants based on specific characteristics (Andrade, 2021). This method is effective for selecting cases by targeting individuals who possess particular characteristics (Campbell et al., 2020). Purposive sampling was employed to select participants, ensuring that responses aligned with the inclusion criteria and did not meet the specified exclusion criteria. The employment status and the type of working sectors of participants were collected, but participants who were not working were not excluded. This sampling method effectively filtered out individuals who did not meet the inclusion criteria as well as fulfilled the

specified exclusion criteria, thus maintaining the integrity of the target population. The researchers collected the responses physically and through online platforms in Malaysia.

Inclusion and Exclusion Criteria

The following inclusion requirements must be fulfilled for the respondents to be qualified to participate in the study: a) between the ages of 18 and 35, and b) presently living in Malaysia. Since the study focused on people who are classified as adults under Malaysian law, the selection criteria were essential to achieving the goal of the investigation. The diagnosis of cognitive impairment and adults aged over 35 years old were the requirements for exclusion from the study. These exclusion criteria were developed to guarantee the study's validity and accuracy among Malaysian adults in general. To make sure the participants met the requirements, screening questions were included before the main portion of the questionnaire. Several demographic enquiries (such as age, gender, ethnicity, and job status), as well as enquiries about whether or not the participants were residents of Malaysia and whether or not they had cognitive impairments, were part of the screening phase. Following the screening phase, a pilot study was conducted to assess the reliability of the instruments used for each variable. This was followed by the actual study, in which the researchers made sure all respondents met the inclusion and exclusion criteria to guarantee the accuracy and dependability of the data gathered.

Location of Study

This study was conducted nationwide in Malaysia, with Facebook, Instagram, and WhatsApp utilised as the main platforms for online questionnaire distribution. Additionally, physical distribution was carried out in the entire Malaysia. Participants represented the diverse racial demographics of Malaysia.

Ethical Clearance

Before administering the pilot study, the full questionnaire was submitted to the UTAR Scientific and Ethical Review Committee (SERC) for evaluation. This was to ensure the researchers upheld ethical standards throughout the study and ensure that participants provided informed consent before taking part in the survey. Before participation, all participants received detailed information about the personal data protection notice to sign the agreement of accepting the informed consent of the study. The researchers have gotten ethical approval to conduct the study, with the ethical referral code: U/SERC/78-377/2024 provided by the SERC.

Sample Size, Power, and Precision

The study aimed to investigate the predictors of psychological well-being (PWB), including self-efficacy (SE), cognitive reappraisal (CR), expressive suppression (ES), and social support (SS) among Malaysian adults. The target population encompassed adults from across Malaysia. Initially calculated using the G*Power sample size calculator with a confidence level of 95% and a margin of error of 5%, the recommended sample size was 53 participants (see Appendix A1, Figure A4). The sample-to-item ratio is a guideline for determining sample size based on the number of items in the study, and the ratio should not fall below 5-to-1 (Gorsuch, 1983; Hatcher, 1994). Based on the ratio, each item targeted at least 5 respondents, and the study consisted of a total of 50 items. Hence, the target sample size was more than 250 participants. Nevertheless, the validation findings from an analysis of a real-life dataset suggested that a sample size of at least 300 is required to obtain accurate estimates of the population parameters (Bujang et al., 2017), therefore the target sample size of the study was set to be at least 300 respondents.

Data Collection Procedures

Participants for this study were recruited by utilising the online survey platform Qualtrics. An anonymous survey link and QR code were generated and distributed. These methods facilitated broad access to potential participants across Malaysia. Upon accessing the survey link or scanning the QR code, participants were directed to an informed consent page. This consent form provided detailed information about the study objectives, ensuring that participants understood the nature of their involvement. Before beginning the questionnaire, participants had to confirm their consent.

The questionnaire was structured into several sections. Section A gathered demographic information, including age, gender, and racial background, to ensure representation from diverse groups across Malaysia. Section B focused on assessing the SE of participants, while Section C included items measuring CR and ES strategies. Section D explored participants' perceptions of the SS they receive. Finally, Section E consisted of items measuring PWB.

Participants were expected to take an average of 15 to 20 minutes to complete the entire survey, depending on individual reading speed and response times. Data collection occurred during the initial weeks of the new semester in October 2024, ensuring a varied and timely recruitment period.

Collected data was securely stored and analysed using Statistical Package for the Social Sciences (SPSS). Descriptive statistics were initially computed to summarise demographic characteristics and key variables. Subsequently, multiple regression analysis was conducted to examine the predictive effect of SE, CR, ES, and SS towards PWB outcomes among adults in Malaysia.

Instruments

The study utilised demographic questions and four psychological assessment instruments to explore the research questions. Specifically, it aimed to determine the relationships between SE, CR, ES, SS, and PWB.

Demographic Information

Participants provided basic, non-identifying personal information, including age, gender, ethnicity, employment status, job sector, marital status, and number of children. Residential status was asked to confirm whether the participants were currently staying in Malaysia while a question about the mental status of the participants was asked to recognise the exclusion criterion, that was if the participants have any cognitive impairment. Collecting data on participants' ages was crucial to ensure compliance with the study's minimum age requirement of 18 years old to 35 years old. This demographic information was essential for our analysis, contributing to a comprehensive understanding of the sample population's characteristics.

General Self-efficacy Scale (GSE)

Based on Goleman's (1998) model of emotional intelligence competencies, the General Self-efficacy Scale (GSE) consists of 10 items designed to measure SE. Developed and standardised by Schwarzer and Jerusalem (1995), the scale demonstrates robust internal reliability, with coefficients ranging from .76 to .90. The GSE is positively correlated with variables such as emotion, optimism, and job satisfaction while showing negative correlations with depression, stress, health complaints, burnout, and anxiety. Responses are recorded on a 4-point Likert scale, where (*1 = "not at all true"), (2 = "hardly true"), (3 = "moderately true"), and (4 = "exactly*

true"). The scoring method involves summing the scores of all items, with higher scores indicating greater SE. The total score ranges from 10 to 40.

Emotion Regulation Questionnaire (ERQ)

The Emotion Regulation Questionnaire (ERQ), developed by Gross and John (2003), is designed to assess individual differences in the chronic use of two emotion regulation strategies: CR and ES. This questionnaire measures respondents' tendencies to regulate emotions through these strategies, providing insights into how individuals cope with their emotional experiences. Separate scale scores are derived for CR and ES. The CR scale includes items such as *"When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm,"* while the ES scale includes items *"I control my emotions by not expressing them."* The ERQ consists of 10 items, where six measuring CR (items 1, 3, 5, 7, 8, and 10) and four measuring ES (items 2, 4, 6, and 9)., administered on a 7-point Likert scale ranging from *(1 = "strongly disagree")* to *(7 = "strongly agree")*, with higher scores indicating greater use of the respective strategy. There are no reversible scoring items on the scale. The scale maintains a fixed item order, with items 1 and 3 at the beginning to define the terms "positive emotion" and "negative emotion" (Gross & John, 2003; Preece et al., 2019). Besides, item 3 of the ERQ is the only item defining "negative emotion" for respondents, thus removing it would necessitate transferring this definition to another item, the psychometric impact of which remains unclear and untested (Preece et al., 2019). The ERQ has demonstrated strong validity and reliability, as evidenced by Gross and John (2003). According to the previous study conducted by Preece et al. (2019), the ERQ's CR scale (Cronbach's alpha range = .89 to .90) and ES scale (Cronbach's alpha range = .76 to .80) demonstrated an internal consistency reliability ranging from acceptable to excellent levels. The ES scores in the study were significantly positively correlated with psychological distress, while

CR scores were significantly negatively correlated with psychological distress, showing a good concurrent validity.

The Multidimensional Scale of Perceived Social Support (MSPSS)

SS was evaluated using the Multidimensional Scale of Perceived Social Support (MSPSS). This 12-item self-report instrument measures subjective SS from family, friends, and others. Each item is rated on a 7-point Likert scale *(1 = "very strongly disagree")* to *(7 = "very strongly agree")*. Subscale scores are derived by summing relevant responses, with higher scores indicating greater perceived SS from each source. In the previous article that uses MSPSS to measure PSS, Cronbach's alpha coefficients were 0.75 for the Family subscale, 0.80 for the Friends subscale, 0.77 for the Significant Others subscale, and 0.82 for the overall scale (Poudel et al., 2020).

The 18-item version of Ryff's Psychological Wellbeing Scale

PWB was administered using an 18-item version of Ryff's Psychological Wellbeing Scale (Keyes, Shmotkin, & Ryff, 2002; Ryff & Keyes, 1995). This scale comprises 3 items for each of the 6 dimensions of well-being: purpose in life, personal growth, positive relations with others, self-acceptance, autonomy and environmental mastery. Items Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 should be reverse scored, as they are phrased in the opposite direction of what the scale measures. Each item is rated on a 7-point Likert scale *(1 = "strongly disagree")* to *(7 = "strongly agree")*, with higher scores mean higher levels of PWB. The reliability ranges from 0.70 to 0.89 (Ryff, 1995).

Pilot Study

A pilot study serves as the initial phase of the entire research protocol, typically involving a smaller-scale investigation that aids in planning and refining the main study (Arnold et al., 2009;

Thabane et al., 2010). An internal pilot study was integrated into the research design of the main research. Additionally, the sample in the pilot study must match that of the main research design, requiring identical inclusion and exclusion criteria (Thabane et al., 2010).

The pilot study was conducted once the ethical clearance was obtained from SERC. The minimum target number of participants is 30 participants. With a sample size of 30, the sampling distribution aligns with the standard normal distribution, assuming that samples must be obtained from a normally distributed population irrelevant, as the central limit theorem deems the sampling distribution normal (Kwak & Kim, 2017).

The questions included in the survey are informed consent, demographic details, GSE, ERQ, MSPSS and the 18-item Ryff's Psychological Wellbeing Scale. The survey link was distributed through WhatsApp, Instagram, and a physical QR code. In the pilot study, a total count of 35 cases was obtained, with no missing data in these cases. The Pearson correlation coefficient test was conducted to examine the inter-item reliability of each scale. For GSE, Cronbach's Alpha was 0.932, according to Field (2013), the reliability level was excellent. For CR items in ERQ, Cronbach's Alpha was 0.929, which showed that the reliability was excellent too. For ES items in ERQ, Cronbach's Alpha was 0.702, according to Field (2013), the reliability was acceptable. For MSPSS, Cronbach's Alpha was 0.963, and the reliability was also considered excellent. For the Psychological Wellbeing Scale, Cronbach's Alpha was 0.790, which meant the reliability was acceptable. In summary, the inter-item reliability of each scale was acceptable, therefore the actual study proceeded (refer to Table 1).

Table 1

Inter-Items Reliability According to the Pilot Study

Scale	*Cronbach's Alpha*
GSE	0.932
ERQ	
CR	0.929
ES	0.702
MSPSS	0.963
Psychological Wellbeing Scale	0.790

Note. GSE: General Self-Efficacy; ERQ: Emotion Regulation Questionnaire; CR: Cognitive reappraisal; ES: Expressive suppression; MSPSS: Multidimensional Scale of Perceived Social Support

Actual Study

After conducting the pilot study and confirming that no major issues were identified, the main study proceeded. The procedures for the main study were nearly identical to those used in the pilot. Once sufficient participants were reached, the recorded data were cleaned and analysed using IBM SPSS Statistics 23 software. After data cleaning and outlier removal, the final sample size for the study was 330 cases.

The Pearson correlation coefficient test was conducted again to examine the inter-item reliability of each scale in the actual study. For GSE, Cronbach's Alpha was 0.870, according to Field (2013), the reliability level was good. For CR items in ERQ, Cronbach's Alpha was 0.774, which showed that the reliability was acceptable. For ES items in ERQ, Cronbach's Alpha was 0.662, according to Field (2013), the reliability was questionable. However, according to Nunnally

and Bernstein (1994), Cronbach's Alpha value above the threshold of 0.6 is considered highly reliable and acceptable. In addition, Cronbach's Alpha values between 0.60 to 0.80 are considered moderate, but acceptable (Daud et al., 2018). Therefore, the reliability of ES was considered acceptable. For MSPSS, Cronbach's Alpha was 0.871, and the reliability was also considered good. For the Psychological Wellbeing Scale, Cronbach's Alpha was 0.766, which meant the reliability was acceptable (refer to Table 2).

Table 2

Inter-Items Reliability According to the Actual Study

Scale	*Cronbach's Alpha*
GSE	0.870
ERQ	
CR	0.774
ES	0.662
MSPSS	0.871
Psychological Wellbeing Scale	0.766

Note. GSE: General Self-Efficacy; ERQ: Emotion Regulation Questionnaire; CR: Cognitive reappraisal; ES: Expressive suppression; MSPSS: Multidimensional Scale of Perceived Social Support

Analysis Procedure

Version 23 of the Statistical Package for Social Science (SPSS) was used to examine the data. Cronbach's alpha coefficient was used to calculate scale dependability. The degree and direction of the independent variables' causal relationship to the dependent variable were assessed using the standardised beta coefficient. Using both descriptive and inferential statistics, the data

was transformed into tables, charts, and graphs. To confirm the normality assumption, checks were made for P-P plots, histogram, skewness and kurtosis, and Kolmogorov-Smirnov tests. In addition, tests were carried out on the assumptions of multiple linear regression, including tolerance, multicollinearity, the Variance Inflation Factor (VIF), the Durbin Watson to test for error independence, and the scatterplot for normality, linearity, and homoscedasticity.

Chapter IV

Results

Missing Data and Data Cleaning

731 responses were collected in the survey after two weeks. After analysis, 254 responses were found to be invalid due to incompletion in response. 27 respondents disagreed to consent to participate in the study and 50 responses did not fulfil the inclusion criterion: Participants must be aged between 18 to 35 in 2024, currently residing in Malaysia, and without any cognitive impairment. 69 responses were found to be invalid due to the issue of presenting straight-lining responses. Thus, 400 responses were filtered out, leaving a set of 331 valid responses.

Descriptive Statistics

Demographic Information

In the current study, 58.3% of participants were females and 41.7% were males (refer to Table 3). The participants were aged between 18 to 35 years old, and 41.1% of them were 18 years old (refer to Table 3). Among the participants, 83.4% of them were Chinese, followed by Malays (12.7%), Indians (3.0%), and Others (0.9%; refer to Table 3). Regarding marital status, 74.3% of the participants were single (refer to Table 3). 90.3% of the participants were students (refer to Table 3). 71.9% of the participants were studying or working in the private sector (refer to Table 3).

Table 3

Demographic Information of Research Sample (n=331)

	n	*%*	*M*	*SD*
Gender				
Male	138	41.7		
Female	193	58.3		
Age			20.41	2.931
Race				
Malay	42	12.7		
Chinese	276	83.4		
Indian	10	3.0		
Others	3	0.9		
Marital Status				
Single	246	74.3		
In a relationship	79	23.9		
Married	5	1.5		
Divorced	1	0.3		
Employment Status				
Employed	23	6.9		
Unemployed	9	2.7		
Student	299	90.3		
Sector				
Government	29	8.8		
Private	238	71.9		
Not Applicable	64	19.3		

Note. *n* = number of cases; *%* = percentage; *M* = mean; *SD* = standard deviation

Frequency Distribution of Variables

The mean and standard deviation of each variable were: self-efficacy (SE; *M* = 29.31, *SD* = 4.836), cognitive reappraisal (CR; *M* = 30.12, *SD* = 5.605), expressive suppression (ES; *M* = 17.75, *SD* = 4.420), social support (SS; *M* = 5.13, *SD* = 0.966), and psychological well-being (PWB; *M* = 82.41, *SD* = 11.796; refer to Table 4).

Table 4

Frequency Distribution of Variables (n = 331)

Variable	*n*	*%*	*M*	*SD*	Min	Max
SE	331	100	29.31	4.836	14	40
CR	331	100	30.12	5.605	6	41
ES	331	100	17.75	4.420	4	27
SS	331	100	5.13	0.966	1.83	7.00
PWB	331	100	82.41	11.796	53	120

Note. n = number of cases; *%* = percentage; *M* = mean; *SD* = standard deviation; Min = minimum value; Max = maximum value

Assumptions of Normality

Histogram

Normality was not violated for SE, CR, ES, and SS, though the histogram for SS was slightly negatively skewed (see Appendix C, Figures C1 – C4). On the dependent variable, normality was not violated for PWB (see Appendix C, Figure C5).

P-P Plot

Normality was not violated for SE, CR, ES, SS, and PWB. This is because most of the scores were clustered along the diagonal line in the P-P plot of each variable (see Appendix C, Figures C6 – C10).

Skewness and Kurtosis

Normality was not violated for SE, CR, ES, SS, and PWB as the values of skewness and kurtosis of each variable were within the acceptable range of skewness, which was between -2 and +2, and the acceptable range of kurtosis, which was between -2 and +2 (Hair et al., 2022). The results can be found in Table 5.

Table 5

Skewness and Kurtosis

Scale	Skewness	Kurtosis
GSE	-.187	.084
ERQ		
CR	-.578	.822
ES	-.234	.182
MSPSS	-.503	.120
Psychological Wellbeing Scale	.365	.135

Kolmogorov-Smirnov Test

Normality was violated for SE, CR, ES, SS and PWB as these variables had a significance value of $p < 0.05$. This indicated a difference between the sample and population normality (refer to Table 6).

Table 6

Kolmogorov-Smirnov Test

Scale	*p-value*
GSE*	< .001
ERQ	
CR*	.003
ES*	< .001
MSPSS*	< .001
Psychological Wellbeing Scale*	.002

*Violate K-S test

Conclusion for Assumptions of Normality

From all the variables, there were no violations of normality according to their histograms, P-P plots, skewness, and kurtosis, while all variables had violations based on the Kolmogorov-Smirnov test. However, it is still concluded that normality for all five variables was satisfied as there were more than three assumptions of normality not violated.

Assumptions of Multiple Linear Regression (MLR)

Independence of Errors

According to Ali (1987), the Durbin-Watson test was not violated when the value fell within the range of 1 to 3, and a value closer to 2 indicated a reduced possibility of first-order autocorrelation. The assumption was not violated as the obtained value in the Durbin-Watson test was 1.839, which was within the acceptable range of 1 and 3 and was quite close to 2 (refer to Table 7).

Table 7

Independence of Error Test

Model	Durbin-Watson
1	1.839

Multicollinearity

According to Pallant (2020), to verify the absence of multicollinearity in a variable, it is important to check if the tolerance value exceeds 0.10 and that the variance inflation factor (VIF) is below 10. Fortunately, these criteria were met as all predictors had tolerance values above 0.10, and their corresponding VIF values remained below 10 (refer to Table 8), indicating that the multicollinearity assumption was not violated.

Table 8

Multicollinearity

Scale	Tolerance	VIF
GSE	.871	1.148
ERQ		
CR	.786	1.272
ES	.886	1.129
MSPSS	.828	1.207

Note. Dependent variable: PWB

Normality of Residuals, Linearity of Variables and Homoscedasticity

Based on the scatterplot obtained, while there were several potential outliers, there was an approximately oval shape of the distribution of residuals. The distribution of the residuals above and below line $y = 0$ was about similar, and the residuals were considered to be distributed randomly and evenly. The linearity of variables and the homoscedasticity were still observed and acceptable (see Appendix C, Figures C11 – C12). Therefore, these three assumptions were not violated.

Multivariate Outliers and Influential Cases

Potential outliers among the data were identified using casewise diagnostics. 16 cases were identified as having residuals of more than two standard deviations (refer to Table 9). As per the findings of Barnett and Lewis (1994), for a sample size of 100, a conservative threshold for Mahalanobis distance is set at greater than 15. In the current analysis, 15 cases exhibited Mahalanobis distance values below 15, indicating the absence of any violations in this regard for these cases. However, there was one case that exhibited Mahalanobis distance value greater than 15, which was case ID number 92 ($D^2 = 17.07$; refer to Tables 9 & 10). This potential outlier may indicate a unique case or potential measurement errors.

Table 9

Casewise Diagnostics for PWB

Case Number	Case ID	Std. Residual	PWB	Predicted Value	Residual
22	23	2.418	103	80.90	22.097
31	33	2.424	108	85.84	22.159
66	92	2.229	102	81.63	20.372
75	103	2.111	120	100.70	19.295
79	107	-2.049	53	71.73	-18.727
123	190	-2.467	64	86.55	-22.546
203	308	2.059	101	82.18	18.822
215	322	2.796	114	88.45	25.553
242	362	2.053	107	88.24	18.764
250	381	2.153	89	69.32	19.675
272	410	-2.009	71	89.36	-18.357
275	413	-3.935	58	93.96	-35.961
280	418	2.803	111	85.38	25.619
283	422	2.329	106	84.71	21.289
294	438	-2.205	61	81.15	-20.151
305	480	-2.504	62	84.88	-22.884

Following the guidelines outlined by Pituch and Stevens (2015), potential outliers are identified when the value of Cook's distance is greater than 1. Throughout the analysis, all 15 cases demonstrated Cook's distance values below 1, indicating the absence of any violations (refer to Table 10).

Furthermore, according to Pituch and Stevens (2015), potential outliers are identified when they exhibit a value of leverage greater than the $\frac{3(k+1)}{n}$, where *k* represents the number of predictors,

n represents the number of cases, and 3 represents three times the value of leverage. In our calculations, the calculation of the proper value plugged in resulted as follows, $\frac{3(4+1)}{333} = 0.045$. This formula explained the accepted leverage values of cases in this study where a maximum leverage value should be 0.045. The leverage for 15 out of the 16 cases was less than 0.045, indicating no violations. However, it is important to take note that there was one case with each leverage value greater than 0.045, which was case ID number 92 (0.052; refer to Table 10).

Consequently, there would be one case that needed to be excluded based on the assumption of multivariate outliers and influential cases. It was concluded that assumptions of multiple linear regression were not violated except for case ID number 92. So, this case was to be removed, and the final sample size of the study was 330 cases.

Table 10

Case Number, Case IDs, Mahalanobis Distances, Cooks' Distances and Centered Leverage Values of the 16 Cases with Residuals of more than Two Standard Deviations

Case No.	Case ID	Mahalanobis Distance	Cook's Distance	Centered Leverage Value
22	23	1.47034	.00887	.00446
31	33	.77095	.00637	.00234
66	92	17.07453	.06090	.05174
75	103	8.17988	.02623	.02479
79	107	5.31940	.01670	.01612
123	190	2.89696	.01471	.00878
203	308	6.83287	.02112	.02071
215	322	6.09260	.03508	.01846
242	362	5.29781	.01671	.01605
250	381	13.13086	.04331	.03979
272	410	3.86611	.01225	.01172
275	413	6.34196	.07202	.01922
280	418	3.96429	.02435	.01201
283	422	.15537	.00382	.00047
294	438	3.96221	.01506	.01201
305	480	2.69144	.01433	.00816

Multiple Linear Regression Analysis

Multiple linear regression analysis was used to assess how SE, CR, ES, and SS predict PWB among adults in Malaysia. Prior to this analysis, preliminary analyses were conducted to ensure no violations of key assumptions: independence of errors, multicollinearity, normality of residuals, linearity of variables, homoscedasticity, and multivariate outliers. One multivariate

outlier was detected and excluded as it violated the assumptions based on Mahalanobis distance and leverage value. Results revealed that the model was statistically significant (F (4, 325) = 56.821, $p < 0.001$) and accounted for 40.4% of the variance in PWB (refer to Table 11 & Table 12). SE ($\beta = 0.420$, $p < 0.001$), CR ($\beta = 0.175$, $p < 0.001$), ES ($\beta = -0.264$, $p < 0.001$) and SS ($\beta = 0.159$, $p = 0.001$) emerged as significant predictors of PWB (refer to Table 13). These findings also highlighted that among adults in Malaysia, SE exerted the strongest prediction on their PWB.

Hypothesis 1: Self-efficacy (SE) positively predicts psychological well-being (PWB) among adults in Malaysia.

The hypothesis is supported by the findings ($\beta = 0.420$, $p < 0.001$).

Hypothesis 2: Cognitive reappraisal (CR) positively predicts psychological well-being (PWB) among adults in Malaysia.

The hypothesis is supported by the findings ($\beta = 0.175$, $p < 0.001$).

Hypothesis 3: Expressive suppression (ES) negatively predicts psychological well-being (PWB) among adults in Malaysia.

The hypothesis is supported by the findings ($\beta = -0.264$, $p < 0.001$).

Hypothesis 4: Social support (SS) positively predicts psychological well-being (PWB) among adults in Malaysia.

The hypothesis is supported by the findings ($\beta = 0.159$, $p = 0.001$).

Table 11

ANOVA Table for Regression Model

Model		Sum of Squares	*df*	Mean Square	*F*	*p-value*
1	Regression	18737.843	4	4684.461	56.821	< .001
	Residual	26793.675	325	82.442		
	Total	45531.518	329			

Table 12

Model Summary for Regression Model

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.642	.412	.404	9.080

Table 13

Coefficients of Predictors

Model		Unstandardised Coefficients		Standardised Coefficients	*t*	*p*-value	95.0% CI	
		B	Std. Error	Beta			*LL*	*UL*
1	(Constant)	43.606	4.670		9.337	< .001	34.418	52.793
	GSE	1.026	.112	.420	9.140	< .001	.805	1.247
	ERQ							
	CR	.368	.101	.175	3.641	< .001	.169	.567
	ES	-.704	.120	-.264	-5.850	< .001	-.940	-.467
	MSPSS	1.961	.573	.159	3.421	.001	.833	3.089

Note. CI = Confidence Interval; *LL* = Lower Limit; *UL* = Upper Limit

Chapter V

Discussion

Hypothesis 1: Self-efficacy (SE) positively predicts psychological well-being (PWB) among adults in Malaysia (supported).

The current study explores the predictive role of SE in affecting PWB among Malaysian adults to understand factors that affect PWB in the context of Malaysian adulthood. The result from the data analysis showed that SE is the most significant variable influencing PWB among adults in Malaysia, ($\beta = 0.438$, $p < 0.001$).

This result resonates with past findings highlighting that high degrees of SE predict high levels of PWB (Biclar et al., 2022; Bing et al., 2022; Joharian et al., 2024; Shen et al., 2022; Singtaweesuk et al., 2024). According to Lee and Seo (2021), high levels of SE contribute positively to PWB by enhancing one's ambition and persistence. Individuals with strong SE beliefs are more likely to set ambitious goals and maintain PWB under the circumstances. Besides that, adults with high SE experience less stress, increased motivation, a greater sense of control and elevated PWB (Musa, 2020). High levels of SE also enable adults to face challenges with satisfaction and a desire for self-fulfilment, an essential component of PWB (Zawadzki et al., 2024). Research by Moreno-Montero et al. (2024) found that a high level of SE is linked to a reduced tendency to use maladaptive strategies, such as self-criticism when dealing with daily stressors. In short, SE significantly enhances PWB (Tang & Zhu, 2024). However, it is reported that SE does not significantly impact PWB in research by Salleh et al. (2021). The researchers explained the result by stating that the insignificant result may be due to the characteristics of the sample recruited. The sample recruited displays more self-regulation rather than SE.

The majority of female representation in the study may influence the result. Females have higher SE because they enjoy more resources of females (Liu & Liu, 2024). The resources received are family environment, companion or financial support. Due to their resourcefulness, they meet some of their expectations and achievements in the past. This enhances their PWB as they are optimistic about their ability to face obstacles and feel outstanding (Liu & Liu, 2024). Besides that, the large Chinese sample in the study also influences the findings. Chinese place a strong emphasis on diligence, achieving material success, and valuing merit-based accomplishments (Idris, 2011). They also uphold shared cultural values such as family-centeredness and the significance of preserving dignity. The shared cultural values could have caused them to have fewer barriers to face and enjoy greater family support. The support received due to the emphasis on cultural value increases their SE to achieve their goal, creating satisfaction in life, and lastly contributes towards higher PWB (Idris, 2011).

The findings of this research align with Fredrickson's broaden-and-build theory. According to Fredrickson, the theory has four types of personal resources: psychological, intellectual, physical, and social (Fredrickson, 2001). The psychological resource has a specific subset—psychological capital. There are several types of psychological capital, and SE is one of them (Luthans & Avolio, 2014). SE as a personal resource then enhances PWB (Alkhatib, 2020). In turn, a high level of PWB contributes to producing positive emotions, and positive emotions broaden the momentary thought-action repertoires (choice of action). When there is a good choice of repertoire, it conserves and builds personal resources, which is SE in this case. This cycle creates a positive upward spiral (Fredrickson, 1998).

Hypothesis 2: Cognitive reappraisal (CR) positively predicts psychological well-being (PWB) among adults in Malaysia (supported).

The hypothesis is supported by the current findings ($\beta = 0.164$, $p < 0.001$). CR, an emotion regulation strategy where individuals reinterpret situations to alter their emotional response, significantly positively predicts PWB among adults in Malaysia, which is shown by previous studies that CR is an effective coping strategy for managing life's challenges and has a positive connection with PWB (Kraiss et al., 2020; Riepenhausen et al., 2022). The finding aligns with Fredrickson's broaden-and-build theory, which suggests that cultivating positive emotions can expand individuals' thought-action repertoires, building personal resources such as psychological resources over time (Fredrickson, 1998; 2003), and contributing to PWB. CR, being a protective skill (Polizzi & Lynn, 2021), helps individuals reframe negative situations into positive ones, thereby enhancing their PWB (Gross, 2015; McRae & Gross, 2020). Beaudoin (2015) highlighted that positive emotions can expand clients' range of constructive responses, help them develop a richer sense of their ideal selves, and enable them to access supportive ways of being. The statement was also supported by prior studies that have shown that adults who experience psychological flourishing are more likely to utilise CR (Vally & Ahmed, 2020).

Regression analysis showed a significant association between CR and the PWB of adults in Malaysia. Similarly, prior studies have found that adults often use CR as a coping strategy to manage their circumstances, which positively influences their PWB (Panahi et al., 2016). Additionally, Zhu et al. (2021) proposed that infrequent use of CR may be a potential risk factor for negative mental health symptoms, such as anxiety and depression, including cases where depression co-occurs with other conditions, which could have negative impacts on PWB in adults.

However, CR has a weaker influence on PWB ($\beta = 0.175$, $p < 0.001$) compared to SE ($\beta = 0.420$, $p < 0.001$) among adults in Malaysia. Its effect is comparatively modest. CR involves consciously reassessing and interpreting life's setbacks to replace negative thoughts with positive ones, maintaining a consistently positive outlook (Sutton, 2023). In other words, the processes of CR require prompt and conscious effort to alter thought patterns in the moment. Meanwhile, Bandura (1997) proposed that SE remains relatively stable throughout one's life. Once a stable and high SE is formed, a heightened intuitive sense of perceived behavioural control boosts both intention and action likelihood, as individuals avoid planning tasks that they believe they cannot achieve (Johnston & Jacobson, 2020). In contrast, CR demands immediate, conscious effort, which can be more effortful to be conducted than SE which may just need an intuitive sense. This difference may explain why SE, relying on intuition, is a stronger predictor of psychological well-being (PWB) than CR in the current study.

According to Ryff (1989), PWB consists of six dimensions or aspects, those are self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. In Saha et al. (2024) study, significant positive correlations only existed between CR and environmental mastery, as well as between CR and positive relations with others. The outcomes implied that individuals who excel at rethinking their thoughts tend to have better interpersonal relationships and a stronger sense of environmental control. However, the components of PWB interconnect and collectively contribute to enhancing overall satisfaction, happiness, and well-being (Seligman &Csikszentmihalyi, 2000). Therefore, overall psychological well-being has been determined in the present study without seeing how the predictors influence the aspects of PWB separately, which was conducted in the same way in the previous study (Panahi et al., 2016).

The demographic profile of the study sample likely shapes the observed positive prediction of CR to PWB among adults in Malaysia. The sample predominantly consists of young adults (*M* = 20.41). This age group is typically engaged in activities that help build their vocational identity by exploring careers, undergoing educational training and apprenticeships, and gaining other work-related experiences (Kosine & Lewis, 2008), making it susceptible to stressors specific to early adulthood. As an adaptive emotion regulation strategy, CR can demonstrate significant developmental improvement in application and effectiveness (Willner et al., 2022), where managing stress is essential (Xu et al., 2020; Wang et al., 2023). Thus, the prediction of CR to PWB may reflect the relevance of adaptive coping in navigating the unique challenges faced by young adults.

The majority female representation in the sample may also influence the findings, as women are often reported to engage more frequently in CR compared to men (Nolen-Hoeksema, 2011). Socialisation processes may play a role here, with women more likely encouraged to develop emotional expressiveness and adaptive coping (Gross & John, 1995, 1997, 2003; Nolen-Hoeksema, 2011), potentially strengthening the link between CR and PWB.

The predominance of single individuals in the sample suggests a relatively autonomous approach to managing PWB, without the added complexity of marital relationships. Previously, in the Tambun et al. (2024) study, the joint activities within the Catholic singles community are less intense and more detached from daily life, being more flexible in aligning with collective holidays or members' leisure time, resulting in a non-significant correlation between CR and flourishing. This may lessen the effectiveness of CR in directly enhancing flourishing among single adults. However, the present study showed a contrast in the result to the prior research, and CR significantly predicts PWB positively.

Many participants are university students pursuing their studies in private institutions. Such environments often demand flexibility, resilience, and advanced stress management abilities, heightening the need for effective emotion regulation strategies. Previous research suggests that the ability to reinterpret internal and environmental cues to reduce negative emotional states enhances resilience to adverse events (Carlson et al., 2012; Troy & Mauss, 2011), and the ability to change the interpretation of situational cues frequently aids in adaptive responses to stress (Folkman and Moskowitz, 2000, 2003; Gross, 1998a; Memedovic et al., 2010). Therefore, academic settings, in particular, have been linked to increased reliance on CR to cope with academic pressures, positively influencing PWB, where the findings of Thomas and Zolkoski (2020) indicated that employing CR techniques was linked to heightened resilience among university students. However, the contribution of university students studying in private institutions in CR predicting PWB remains unknown due to a lack of research. However, the reduced anxiety levels among contemporary university students in Malaysia may be a factor (Weidi & JeeChing, 2023). Webster and Hadwin (2014) highlighted the importance of cognitive emotion regulation influencing life satisfaction, specifically positive reappraisal, for university students, noting that successful students proactively and strategically manage their cognition, motivation, and behaviours. Thus, it may be a hint to understand the positive prediction of CR to PWB among university students.

Hypothesis 3: Expressive suppression (ES) negatively predicts psychological well-being (PWB) among adults in Malaysia (supported).

The hypothesis is supported by the result (β = -0.259, $p < 0.001$), where ES significantly predicts the PWB of adults in Malaysia negatively. The outcome corresponds to the previous studies in other countries of Asia and the Middle East (Mishra, 2022; Vally & Ahmed, 2020; Yu et

al., 2023). Although ES is not always linked with negative psychological functioning (Gross & John, 2003), suppressing emotional expression seems to go against natural and evolutionarily adaptive responses. According to Polivy (1998), emotions inherently have expressive qualities and motivate adaptive behaviours. From this perspective, trying to suppress feelings and their expression is counterproductive. ES is linked to negative psychological outcomes such as inauthenticity, negative affect, and low self-esteem (Gross and John, 2003), and psychological outcomes determine psychological well-being in some previous studies (Mackson et al., 2019).

Fredrickson's broaden-and-build theory posits that positive emotions broaden cognitive and behavioural tendencies, building long-term psychological resources such as resilience, social resources like social connections, and intellectual resources such as problem-solving skills (Fredrickson, 2003). Based on the theory, positive emotions enhance individuals' personal and social resources, leading to their transformation for the better and resulting in more fulfilling lives in the future (Fredrickson, 2001). Positive emotions broaden mindsets and build psychological resources, enhancing emotional and physical well-being over time (Fredrickson, 2004). Consistent with this view, studies show that those who experience positive emotions during bereavement are more likely to develop long-term plans and goals, which, along with positive emotions, predict greater psychological well-being a year after bereavement (Fredrickson, 2004; Stein et al., 1997). Conversely, suppressing emotions constrains emotional expression, limiting opportunities to cultivate these resources, which may not be able to transform for better psychological well-being, contradicting the findings of the previous studies. Kelley et al. (2018) highlighted that people who suppress their emotions tend to experience fewer positive feelings, encounter difficulties in maintaining healthy relationships, and face a diminished overall quality of life. This prior study also discovered that higher tendencies to suppress emotions were linked to the decreased neural

activity associated with reward anticipation during the feedback anticipation phase. In addition to the previous studies that are consistent with the findings of the present study (Mishra, 2022; Vally & Ahmed, 2020; Yu et al., 2023), the negative consequences of ES are proven in the concept of the broaden-and-build theory.

Despite ES's negative contribution, its effect is stronger than that of CR, even though CR typically positively influences PWB in Malaysia. The stronger negative impact of ES (β = -0.264) compared to the positive impact of CR (β = 0.175) on PWB may relate to the collectivist orientation of the Malaysian community, which values interpersonal harmony (Azmi et al., 2023; Hofstede, 1980). With most participants identifying as Malaysian Chinese, cultural values and norms specific to this group may moderate the observed effects of ES. Within Eastern cultures, such as Malaysian Chinese communities, emotion regulation strategies that promote social harmony and maintain interpersonal relationships, such as ES, may align well with social norms emphasising collectivism, social harmony and emotional restraint (Kitayama et al., 2000). Due to acculturation, all the ethnicities living in Malaysia could share the same preference for applying ES as an emotion regulation strategy. According to Sam and Berry (2010), acculturation describes the cultural and psychological changes that occur when different cultures come into contact. Besides, cultural syndromes, which shape individuals' perceptions of emotions and influence their strategies to regulate them, emphasise emotional restraint in East Asian societies and often encourage ES as an adaptive emotion regulation strategy to preserve social harmony (Triandis, 2000). However, Tambun et al. (2024) proposed that ES may hinder flourishing in collectivist societies, and previous studies have highlighted the detrimental effects of ES on PWB (Vally & Ahmed, 2020; Yu et al., 2023). Consequently, this cultural alignment may strengthen the negative association of ES with PWB.

In the aspect of gender, there is a prior study participated by community members, highlighted men reported higher levels of ES than women, likely because gender socialisation teaches men to conceal and deny emotions, making ES seem more appropriate for men than women (Rogier et al., 2017). However, the gender demographic of the present study was that female participants were more than half (58.3%) of the total number of participants, indicating that women in Malaysia also contributed to the strong influence of ES on PWB. Additionally, gender and ethnicity effects can be quite complex, for instance, men may tend to suppress sadness more often than women, but they are less likely to suppress anger compared to women (Gross & John, 2003). Therefore, women would still probably use ES to suppress certain emotions and then affect their PWB.

In a study on marriages, Masumoto et al. (2021) examined the long-term effects of ES, and results showed no significant correlation between ES and PWB for either husbands or wives, suggesting that the impact of ES on PWB may vary based on the stability of long-term relationships and other mitigating factors. However, the present study comprised mostly of single individuals, and the result shows a significant negative correlation between ES and PWB. Single individuals may lack close social support in committed relationships (Adamczyk, 2015). This could heighten the adverse effects of ES, as it limits opportunities to share and process emotions with a trusted partner. Single individuals who practice ES also tend to report receiving less social and emotional support from their peers (Gross & John, 2003), reducing personal social resources that could support psychological well-being.

The demographic profile of the study reflects that university students in Malaysia may be an indicator that influences the significant negative correlation between ES and PWB. Kao et al. (2016) found that the correlation between ES and PWB was negative among young adult students

regardless of gender, which is consistent with the present study. This could be because suppressing emotions can lead to increased stress due to adjusting to a new learning context (Brown et al., 2022; Cooke et al., 2006), which negatively impacts psychological well-being, which is seen as the outcome of a life well-lived and is crucial for students to adjust to college or university life successfully (Morales-Rodríguez et al., 2020).

Hypothesis 4: Social support (SS) positively predicts psychological well-being (PWB) among adults in Malaysia (supported).

The findings of this study support Hypothesis 4, indicating that SS positively predicts PWB among adults in Malaysia. The regression analysis revealed that SS ($\beta = 0.147$, $p = 0.001$) emerged as a significant predictor of PWB.

Our study has been consistent with previous studies that state that SS plays a crucial role in buffering the negative effects of stress and promoting PWB. Acoba (2024) found that SS significantly mediated the relationship between perceived stress and mental health outcomes, such as positive affect, anxiety, and depression. Similarly, Li et al. (2021) demonstrated that SS served as a buffer against the negative impact of low resilience on mental health during the COVID-19 pandemic. This study emphasised the role of SS in maintaining mental health during periods of increased stress and uncertainty. Moreover, Aneshensel and Frerichs (1982) conducted a longitudinal study that examined the causal relationships between stress, social support, and depression. Their research revealed that social support acts as a significant buffer against the adverse effects of stress. Specifically, they found that individuals with higher levels of social support were less likely to experience depression and stress-related symptoms. This protective effect of social support mitigates the psychological strain caused by stressful life events, thereby directly enhancing psychological well-being (Aneshensel & Frerichs, 1982). According to

Stoewen (2017), psychological well-being encompasses several dimensions, where social support positively impacts the emotional, social, and psychological dimensions of well-being.

In the Malaysian context, Abdul Jalil et al. (2023) research also supports the positive correlation between perceived SS and PWB among precarious workers. The study found that individuals with greater SS from family, friends, and significant others were more likely to have better mental health. This finding is particularly relevant in the context of precarious employment, where job insecurity and other stressors are prevalent. The availability of SS can provide emotional relief, a sense of belonging, and practical assistance, all of which contribute to better mental health outcomes (Abdul Jalil et al., 2023). It is understandable in this context, as Malaysians tend to follow a collectivist culture that emphasizes the importance of maintaining harmonious relationships. In this cultural context, fostering unity, mutual support, and cooperation within groups is highly valued, as it contributes to a sense of belonging and social stability. Furthermore, Saifuddin et al. (2019) examined the role of SS in managing worry among Malaysian adults. Their findings indicated that perceived SS was negatively related to levels of both normal and pathological worry, providing a sense of security and emotional relief.

In addition, the broaden-and-build theory by Fredrickson (2001) provides a theoretical framework that further illuminates the relationship between SS and PWB. According to this theory, positive emotions broaden individuals' thought-action repertoires, enabling them to build enduring personal resources. SS can foster positive emotions, which in turn can expand cognitive and behavioural flexibility, enhancing psychological resilience and well-being. Fredrickson's (2001) theory suggests that when individuals experience positive emotions, they are more likely to engage in creative problem-solving and develop stronger social bonds. These broadened mindsets and social connections can be invaluable during times of stress. For instance, the emotional relief and

sense of belonging derived from SS can lead to more effective coping strategies and an overall increase in psychological resources. In the context of our study, SS may contribute to PWB by enhancing positive emotions, which then enable individuals to build resilience and other psychological resources. This process aligns with the broaden-and-build theory's emphasis on the role of positive emotions in fostering psychological growth and resilience. As supported by the findings of Abdul Jalil et al. (2023) and Li et al. (2021), the presence of SS not only mitigates the impact of stress but also facilitates the development of broader coping mechanisms and resilience, leading to improved PWB. By integrating the broaden-and-build theory, we can better understand how SS functions not merely as a buffer against negative outcomes but as a facilitator of positive psychological growth. This theoretical linkage underscores the importance of cultivating SS networks to foster positive emotions and build lasting psychological resources among adults in Malaysia. In summary, the current study adds to the growing body of evidence that underscores the importance of SS in promoting PWB, particularly in the Malaysian context. Future research should continue to explore the mechanisms through which SS influences mental health and identify effective strategies to enhance SS networks to improve overall well-being.

To understand the impact of SS on PWB, it is crucial to consider the demographic characteristics of the participants in our study as the majority of our participants in the current study were females, with a large majority of participants identified as Chinese. Regarding marital status, many of the participants were single and were students. Furthermore, most of them were either studying or working in the private sector. These demographic factors play a significant role in interpreting the relationship between SS and PWB. For instance, the high percentage of female participants suggests that gender may influence how SS is perceived and its effects on PWB. Prior research indicates that females often report higher levels of SS and may benefit more from social

connections than males (Taylor et al., 2000). The age distribution, primarily younger adults, also suggests that the developmental stage of participants might affect their reliance on SS. Young adults, especially those in transitional phases such as starting university or entering the workforce, may find SS particularly crucial for coping with stress and fostering well-being (Arnett, 2000). The predominant ethnic composition of Chinese participants should also be considered, as cultural factors significantly influence SS dynamics and psychological outcomes. In collectivist cultures such as those in many Asian societies, SS is often derived from close-knit family and community networks (Hofstede, 1980). This cultural context can enhance the positive effects of SS on PWB, as evidenced in our findings. Marital status and student status further provide insights into the context of SS. Single individuals and students may have different SS needs and resources compared to married individuals or those who are employed full-time. The finding that most participants were students underscores the relevance of peer support and academic-related stressors in shaping PWB. Finally, the high percentage of participants in the private sector may reflect specific stressors and support systems associated with private employment. Employment in the private sector can bring unique challenges, such as job insecurity, which underscores the importance of robust SS networks to buffer against such stressors (Chirumbolo et al. 2020). Incorporating these demographic insights, our study not only highlights the significance of SS in promoting PWB but also underscores the importance of considering demographic variables to understand the complexity of this relationship fully.

Implications

Theoretical Implications

The findings of this study provide significant theoretical implications for the broaden-and-build theory. It highlights the role of personal resources — self-efficacy, cognitive reappraisal,

expressive suppression and social support — in enhancing psychological well-being. The broaden-and-build theory suggests that positive emotions help individuals expand their thought-action repertoires, which in turn builds long-term resources that contribute to mental health and psychological well-being (Fredrickson, 1998). The results confirm that self-efficacy, cognitive reappraisal and social support each independently predict higher psychological well-being, supporting the theory's claim that positive personal resources foster emotional growth and psychological well-being over time (Fredrickson, 2001). On the other hand, expressive suppression predicts lower psychological well-being, supporting the theory's claim that negative internal resources restrict emotional growth and deplete personal resources (Fredrickson & Branigan, 2005).

Specifically, the positive prediction of self-efficacy with psychological well-being matches with the theory's emphasis on the role of self-efficacy as one of the personal resources, in empowering individuals to navigate challenges effectively and enhancing their psychological well-being (Fredrickson, 1998). Similarly, cognitive reappraisal, a psychological resource, validates the broaden-and-build theory by demonstrating how reinterpreting stressful situations in a positive view can enhance psychological well-being (Fredrickson & Branigan, 2005). On the other hand, the finding that expressive suppression negatively predicts well-being aligns with the theory's view that maladaptive coping narrows emotional and cognitive resources, impeding psychological well-being (Fredrickson & Branigan, 2005). The positive impact of social support also extends the broaden-and-build framework by showing that social resources, significantly impact psychological well-being. This finding suggests that interpersonal connections contribute to an environment where individuals can develop psychological well-being by receiving support from people surrounding them (Fredrickson, 1998).

Future research could examine the interactions between these personal resources and the mediating effect of self-efficacy on psychological well-being across diverse populations and contexts. Furthermore, it is recommended to conduct a longitudinal study to explore how these resources may evolve and influence each other longitudinally. It could provide deeper insights into the mechanisms by which personal strengths and external support contribute to a broadened capacity for psychological well-being.

Practical Implications

Our findings indicate that self-efficacy is a major component and is statistically significant, this implies that it is the most influential factor in our study. To enhance, psychological well-being, individuals, mental health professionals, and social workers should prioritise strategies that help individuals build self-efficacy. For instance, programs like cognitive behavioural therapy (CBT) can be highly effective. CBT helps individuals identify and change negative thought patterns, thereby boosting self-efficacy and improving mental health (Hofmann et al., 2012). Another useful approach is mindfulness-based stress reduction (MBSR), which teaches mindfulness meditation to help individuals manage stress and improve emotional well-being (Kabat-Zinn, 2003). Additionally, activities such as gratitude journaling can promote positive emotions and enhance self-efficacy, as reflecting on things one is grateful for can foster a more positive outlook on life (Emmons & McCullough, 2003). These strategies can be crucial in supporting individuals to build self-efficacy and enhance their psychological well-being.

Furthermore, cognitive reappraisal shows the importance towards psychological well-being which promotes positive correlation, this suggests that teaching individuals to reinterpret stressful situations positively helps enhance psychological well-being. By reinterpreting challenges, and stressful situations, individuals can reduce the negative emotional responses, and

develop and healthier outlook on current, or future difficulties, leading to improved psychological well-being over time. Moreover, our study identified that social support is the last influential factor that influences psychological well-being, this underscores the value of having supportive relationships and community networks. Individuals should build more connections that offer mutual support and positive encouragement, as these relationships can significantly enhance psychological well-being.

On the contrary, the negative correlation between expressive suppression and psychological well-being suggests that emotion-avoidant strategies may decrease the psychological well-being of individuals. Such as denial, which is when an individual refuses to validate and acknowledge their distressing situations or their feelings, and distraction, which is when an individual engages in unrelated activities to divert the attention away from negative emotions. This shows that individuals should avoid suppressing strategies and encourage open emotional expression. Moreover, counselling and therapy programs should consider encouraging healthy expression techniques over suppression to promote better overall psychological well-being.

Limitations and Recommendations

Some limitations must be considered for future research. Firstly, an uneven distribution of participants across age groups and races may have influenced the generalisability of results to the Malaysian adult population. Our study has more participants from Chinese young adults, and it does not reflect the actual population composition of Malaysia. Future studies should aim to balance these demographics by using quota sampling. By achieving a more diverse and representative sample, future research could offer conclusions that are both more accurate and applicable to the broader population of adults in Malaysia.

Then, the prediction between predictors and overall psychological well-being was conducted in this study. Still, the effects of each predictor on different dimensions of psychological well-being were not understood. Saha et al. (2024) demonstrated the relationships between cognitive reappraisal and psychological well-being as well as expressive suppression and psychological well-being, which may inspire future studies on the effects of similar predictors on each dimension of psychological well-being. Thus, the researchers may consider researching the prediction of self-efficacy, cognitive reappraisal, expressive suppression, and social support for each dimension of the psychological well-being of adults in Malaysia.

Next, it remains unclear which specific types of social support most significantly impact the psychological well-being of adults in Malaysia. Understanding this could provide valuable information on what forms of support are most beneficial. Identifying these critical supports would offer clearer guidance for policymakers looking to improve support systems for adults in Malaysia.

Last but not least, self-report bias occurs when participants in a study provide inaccurate responses, either consciously or unconsciously. It is often due to factors like social desirability, environmental disturbance when answering questionnaires or misunderstanding of questions. This can distort data accuracy, especially in research on sensitive topics or personal traits. To reduce self-report bias, researchers can ask participants only to fill in the questionnaire when they are free and relaxed.

Conclusion

This study investigated the predictive relationships between self-efficacy, cognitive reappraisal, expressive suppression, and social support on psychological well-being among adults in Malaysia. Using multiple linear regression analysis, the results demonstrated that self-efficacy,

cognitive reappraisal, and social support positively predict psychological well-being, while expressive suppression has a significant negative relationship. Among these predictors, self-efficacy emerged as the most influential factor, highlighting its central role in predicting psychological well-being.

The findings align with the broaden-and-build theory, emphasising the importance of personal and social resources in enhancing psychological well-being. Self-efficacy, cognitive reappraisal and expressive suppression were proven to be critical psychological resources, while social support is a key external resource, collectively contributing to psychological well-being. On the other hand, the detrimental impact of expressive suppression highlights the need for healthier emotional regulation strategies.

Several limitations must be addressed. The uneven demographic distribution, particularly the overrepresentation of Malaysian Chinese young adults, limits the generalisability of the results. Additionally, the lack of analysis of the dimensions of psychological well-being and specific forms of social support restricts a more detailed understanding of the relationships. Future research should aim to address these gaps by exploring the predictors' influence on each dimension of psychological well-being, identifying the most impactful types of social support, and ensuring a more balanced sample.

Overall, this research highlights the importance of self-efficacy, promoting adaptive emotion regulation strategies like cognitive reappraisal, and enhancing social support networks to improve psychological well-being. These insights provide valuable implications for mental health interventions and policies aimed at strengthening personal and social resources.

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Appendices

Appendix A

A1: Sample Size Calculation using G-Power

Figure A1

R-value Showing the Correlation between SE and PWB.

Variable	Mean	SD	1	2	3	4	5	6	7
1. Depression (standard scores)	51.56	10.82	1						
2. Caring	19.93	2.82	−.32**	1					
3. Inquisitiveness	15.94	3.00	−.43**	.45**	1				
4. Self-control	16.34	2.95	−.33**	.48**	.61**	1			
5. Psychological well-being	41.28	7.38	−.53**	.55**	.60**	.54**	1		
6. Self-efficacy	25.33	6.27	−.32**	.30**	.52**	.47**	.58**	1	
7. Social support	40.61	8.06	−.44**	.21**	.30**	.27**	.41**	.26**	1

Note. SD = standard deviation. **p<.001.

Note. The R-value shows the correlation between SE and PWB. From "Relationships Among Character Strengths, SE, SS, Depression, and PWB of Hospital Nurses," by J. Xie, M. Liu, Z. Zhong, Q. Zhang, J. Zhou, L. Wang, K. Ma, S. Ding, X. Zhang, Q. Sun, and A. S. K. Cheng, 2020, *Asian Nursing Research*, *14*(3), 150–157. Copyright 2024 by Elsevier.

SE, r^2:

$$f^2 = \frac{0.58^2}{1 - 0.58^2} = 0.5069$$

Figure A2

R-value Showing the Correlations between CR and PWB,

and ES and PWB.

Pearson Correlation between cognitive reappraisal, expressive suppression and mental well-being of students

	Mental Well-being	Cognitive Reappraisal	Emotion Suppression
Mental Well-being	1	0.45**	-0.03
Cognitive Reappraisal		1	0.23**
Emotion Suppression			1

**Significant value, p<0.001

Note. The R-values show the correlations between CR, and mental well-being (PWB) and emotion suppression (ES) and mental well-being (PWB). From "Correlation between Emotion Regulation and Mental Well-Being among University Students during COVID-19" by N. S. M., Shah, N. A. Basri, M. A. Ibrahim, and N. N. W. N. Hashim, 2022, *Jurnal Psikologi Malaysia*, *36*(2), 41–52. Copyright 2024 by Jurnal Psikologi Malaysia.

CR, r^2:

$$f^2 = \frac{0.45^2}{1 - 0.45^2} = 0.2539$$

ES, r^2:

$$f^2 = \frac{-0.03^2}{1 - (-0.03)^2} = 0.0009$$

Figure A3

R-value Showing the Correlation between SS and PWB.

The results of the correlation test between the two variables can be seen in the following table:

Table 5. Correlation Test Results

Variabel	Sig	Pearson Correlation	Explanation
Psychological Well-Being – Social Support	.000	.668	Significant

Note. The R-value show the correlation between CR and PWB. From "The relationship between SS and PWB of college students during Covid-19 pandemic" by N. Alza, R. Armalita and D. Puspasari, 2021, *International Journal of Research in Counseling and Education*, *5*(1), 79. Copyright 2024 by International Journal of Research in Counseling and Education.

SS, r^2:

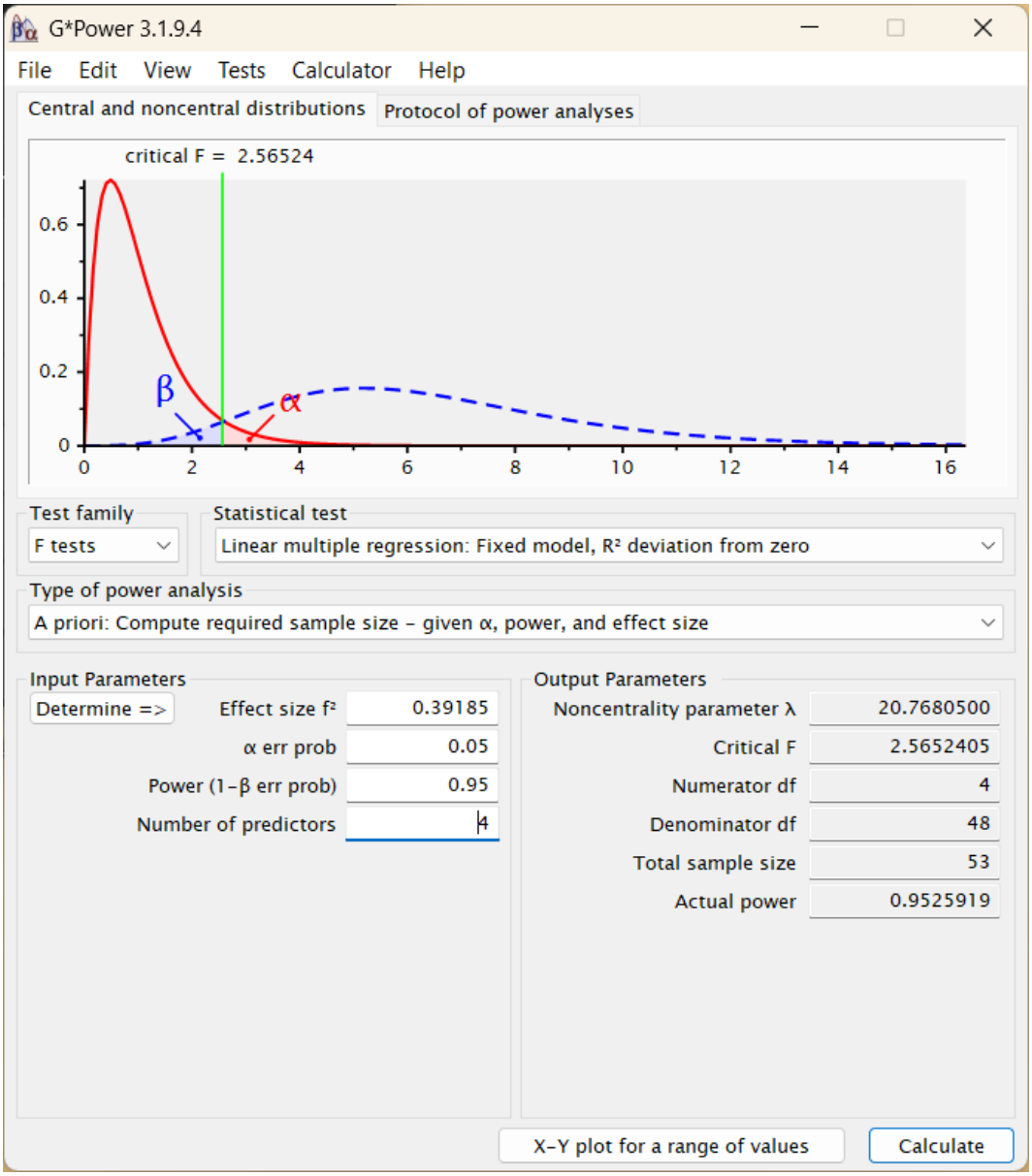
$$f^2 = \frac{0.668^2}{1 - 0.668^2} = 0.8057$$

Total effect size:

$$\frac{\mathbf{0.5069 + 0.2539 + 0.0009 + 0.8057}}{\mathbf{4}} = \mathbf{0.39185}$$

Figure A4

*G*Power calculation of sample size.*



Note. Screenshot of G*Power Calculation. Own work.

A2: Questionnaire

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DU012(A)

Information Sheet

Information Sheet

We, Hon Bao Xuan, Lee Mun Kit and Lam Synn Wynn, are Psychology students from Universiti Tunku Abdul Rahman (UTAR) conducting our final year project (FYP), "Self-regulation, Cognitive Reappraisal, Expressive Suppression and Social Support Predict Psychological Well-being.", ethical referral code: U/SERC/78-377/2024

Procedures and Confidentiality

The following questionnaire comprises 6 sections and will require approximately 5-15 minutes to complete. All information provided will remain private and confidential. The information given will only be reported as group data with no identifying information and will only be used for academic purposes.

Participation

Participation in this study is voluntary, you are free to withdraw and discontinue participation at any given time without any consequences. Your responses will be coded numerically for research interpretation. Participants are required to answer the questions as accurately as possible.

Inclusion and Exclusion Criteria

Inclusion Criteria

1. Malaysian
2. Currently residing in Malaysia
3. 18-35 years old
4. Not diagnosed with cognitive impairment

Exlusion Criteria

1. Non-Malaysian

2. Not currently residing in Malaysia
3. Below 18 years old or older than 35 years old
4. Diagnosed with cognitive impairment

Appreciation

Thank you for your willingness to participate in this survey. Your participation and cooperation would be greatly appreciated.

Informed Consent

PERSONAL DATA PROTECTION NOTICE

Please be informed that in accordance with Personal Data Protection Act 2010 ("PDPA") which came into force on 15 November 2013, Universiti Tunku Abdul Rahman ("UTAR") is hereby bound to make notice and require consent in relation to collection, recording, storage, usage and retention of personal information.

1. Personal data refers to any information which may directly or indirectly identify a person which could include sensitive personal data and expression of opinion. Among others it includes:

a) Name
b) Identity card
c) Place of Birth
d) Address
e) Education History
f) Employment History
g) Medical History
h) Blood type
i) Race
j) Religion
k) Photo
l) Personal Information and Associated Research Data

2. The purposes for which your personal data may be used are inclusive but not

limited to:

a) For assessment of any application to UTAR
b) For processing any benefits and services
c) For communication purposes
d) For advertorial and news
e) For general administration and record purposes
f) For enhancing the value of education
g) For educational and related purposes consequential to UTAR
h) For replying any responds to complaints and enquiries
i) For the purpose of our corporate governance
j) For the purposes of conducting research/ collaboration

3. Your personal data may be transferred and/or disclosed to third party and/or UTAR collaborative partners including but not limited to the respective and appointed outsourcing agents for purpose of fulfilling our obligations to you in respect of the purposes and all such other purposes that are related to the purposes and also in providing integrated services, maintaining and storing records. Your data may be shared when required by laws and when disclosure is necessary to comply with applicable laws.

4. Any personal information retained by UTAR shall be destroyed and/or deleted in accordance with our retention policy applicable for us in the event such information is no longer required.

5. UTAR is committed in ensuring the confidentiality, protection, security and accuracy of your personal information made available to us and it has been our ongoing strict policy to ensure that your personal information is accurate, complete, not misleading and updated. UTAR would also ensure that your personal data shall not be used for political and commercial purposes.

Consent

6. By submitting or providing your personal data to UTAR, you had consented and agreed for your personal data to be used in accordance to the terms and conditions in the Notice and our relevant policy.

7. If you do not consent or subsequently withdraw your consent to the processing and disclosure of your personal data, UTAR will not be able to fulfill our obligations or to contact you or to assist you in respect of the purposes and/or for any other

purposes related to the purpose.

8. You may access and update your personal data by writing to us at 2021baobaoinutar@1utar.my (HON BAO XUAN), munkitlee99@1utar.my (LEE MUN KIT) and kelvinlam0414@1utar.my (LAM SYNN WYNN).

Acknowledgment of Notice

- ◯ I have been notified and that I hereby understood, consented and agreed per UTAR above notice.
- ◯ I disagree, my personal data will not be processed.

Name of distributor (referral)

Name of distributor (referral)

- ◯ Hon Bao Xuan
- ◯ Lee Mun Kit
- ◯ Lam Synn Wynn

Demographic

Gender

- ◯ Male
- ◯ Female

Age

Ethnicity

- ◯ Malay
- ◯ Chinese
- ◯ Indian
- ◯ Others (please specify)

Employment Status

- ◯ Employed
- ◯ Unemployed
- ◯ Student
- ◯ Retired

Which sector are you working/studying in?

- ◯ Government
- ◯ Private
- ◯ N/A

Marital status

- ◯ Single

- ◯ In a relationship
- ◯ Married
- ◯ Separated
- ◯ Divorced
- ◯ Widowed

Number of children (Please type 0 if you do not have a child)

Are you residing in Malaysia?

- ◯ Yes
- ◯ No

Are you diagnosed with any cognitive impairments?

- ◯ Yes
- ◯ No

Appendix B

SPSS Generated Data for Pilot Study

Table B1

Reliability statistics of the General Self-Efficacy Scale (GSE).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.932	.934	10

Table B2

Reliability statistics of the items of Cognitive Reappraisal (CR) in the Emotion Regulation Questionnaire (ERQ).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.929	.936	6

Table B3

Reliability statistics of the items of Expressive Suppression (ES) in the Emotion Regulation Questionnaire (ERQ).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.702	.714	4

Table B4

Reliability statistics of the Multidimensional Scale of Perceived Social Support (MSPSS).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.963	.964	12

Table B5

Reliability statistics of the 18-Items Version of Ryff's Psychological Wellbeing Scale (PWB).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.790	.808	18

Appendix C

SPSS Generated Data for Actual Study

Table C1

Reliability statistics of the General Self-Efficacy Scale (GSE).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.870	.870	10

Table C2

Reliability statistics of the items of Cognitive Reappraisal (CR) in the Emotion Regulation Questionnaire (ERQ).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.774	.777	6

Table C3

Reliability statistics of the items of Expressive Suppression (ES) in the Emotion Regulation Questionnaire (ERQ).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.662	.666	4

Table C4

Reliability statistics of the Multidimensional Scale of Perceived Social Support (MSPSS).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.871	.872	12

Table C5

Reliability statistics of the 18-Items Version of Ryff's Psychological Wellbeing Scale (PWB).

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.766	.772	18

Table C6

Case removal due to incomplete data, disagreement in consent, not fulfilling the inclusion criteria, and straight-lining responses.

Selection of case

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Selected	331	45.3	45.3	45.3
	Not selected	400	54.7	54.7	100.0
	Total	731	100.0	100.0	

Table C7

Gender of participants.

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	138	41.7	41.7	41.7
	Female	193	58.3	58.3	100.0
	Total	331	100.0	100.0	

Table C8

Age of participants.

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18	136	41.1	41.1	41.1
	19	24	7.3	7.3	48.3
	20	30	9.1	9.1	57.4
	21	38	11.5	11.5	68.9
	22	42	12.7	12.7	81.6
	23	23	6.9	6.9	88.5
	24	15	4.5	4.5	93.1
	25	8	2.4	2.4	95.5
	26	3	.9	.9	96.4
	27	1	.3	.3	96.7
	28	3	.9	.9	97.6
	29	2	.6	.6	98.2
	30	1	.3	.3	98.5
	31	2	.6	.6	99.1
	34	2	.6	.6	99.7
	35	1	.3	.3	100.0
	Total	331	100.0	100.0	

Table C9

Ethnicities of participants.

Ethnicity - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Malay	42	12.7	12.7	12.7
	Chinese	276	83.4	83.4	96.1
	Indian	10	3.0	3.0	99.1
	Others (please specify)	3	.9	.9	100.0
	Total	331	100.0	100.0	

Table C10

Marital status of participants.

Marital status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	248	74.5	74.5	74.5
	In a relationship	79	23.7	23.7	98.2
	Married	5	1.5	1.5	99.7
	Divorced	1	.3	.3	100.0
	Total	333	100.0	100.0	

Table C11

Employment status of participants.

Employment Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Employed	23	6.9	6.9	6.9
	Unemployed	9	2.7	2.7	9.7
	Student	299	90.3	90.3	100.0
	Total	331	100.0	100.0	

Table C12

Work or study sectors of participants.

Which sector are you working/studying in?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Government	29	8.8	8.8	8.8
	Private	238	71.9	71.9	80.7
	N/A	64	19.3	19.3	100.0
	Total	331	100.0	100.0	

Table C13

Mean and standard deviation of each variable.

Statistics

		Total score for General Self-Efficacy Scale	Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)	Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale)	Total score for Multidimensional Scale of Perceived Social Support	Total_PWB
N	Valid	331	331	331	331	331
	Missing	0	0	0	0	0
Mean		29.31	30.12	17.75	5.1319	82.41
Std. Deviation		4.836	5.605	4.420	.96577	11.796
Minimum		14	6	4	1.83	53
Maximum		40	41	27	7.00	120

Figure C1

Histogram for self-efficacy (SE).

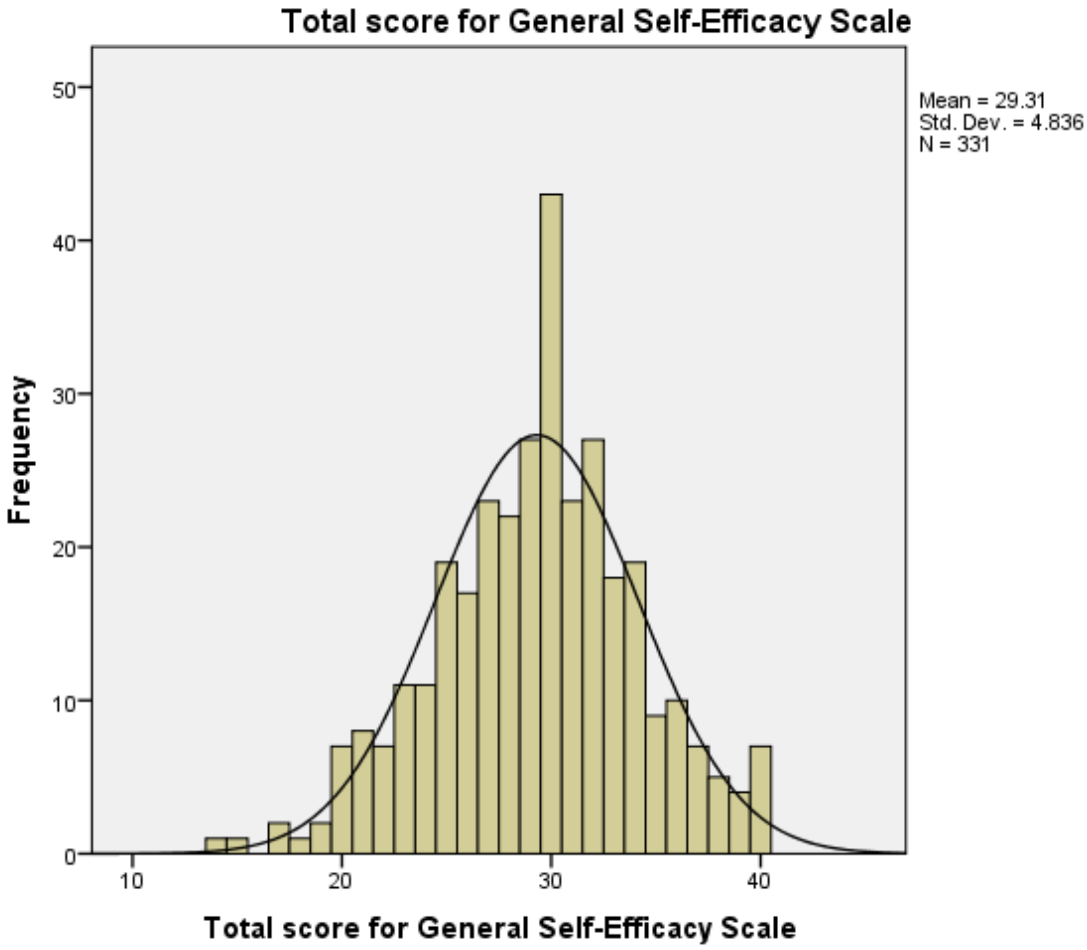

Figure C2

Histogram for cognitive reappraisal (CR).

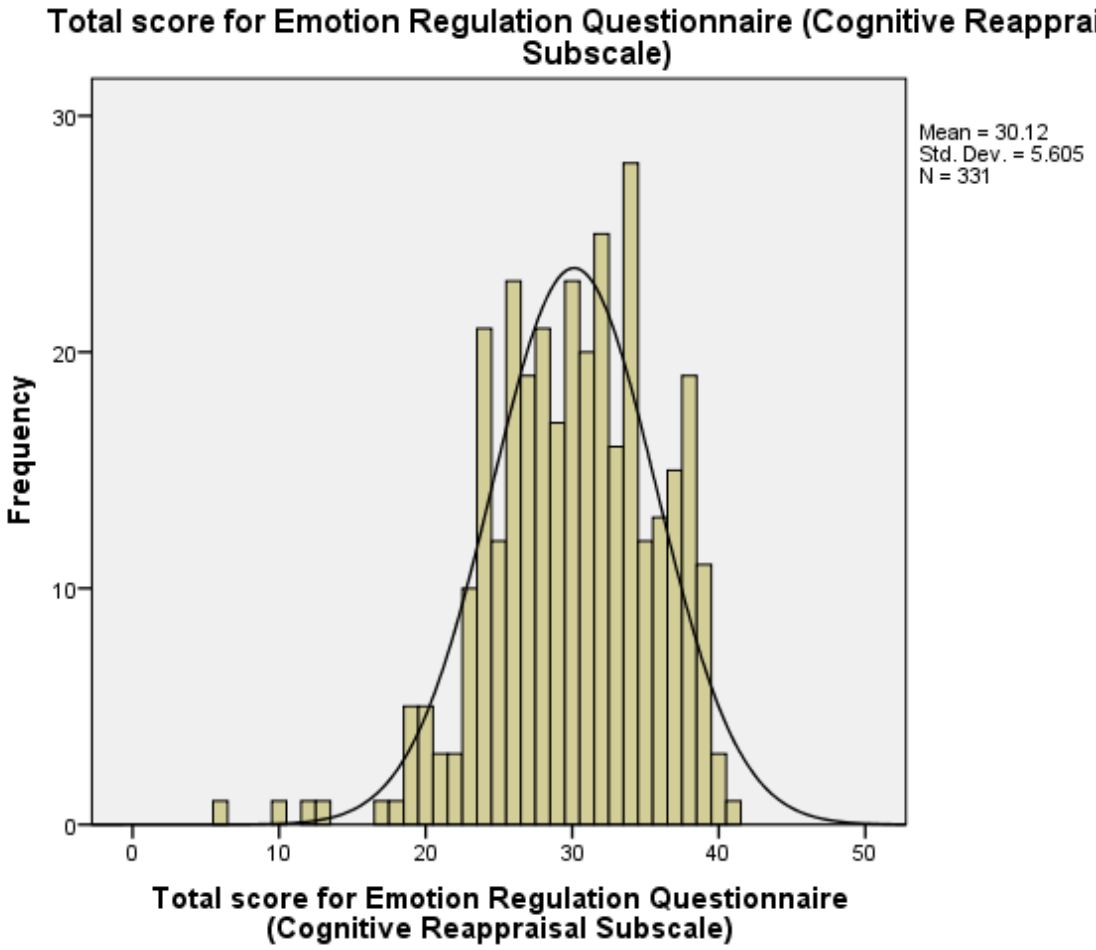

Figure C3

Histogram for expressive suppression (ES).

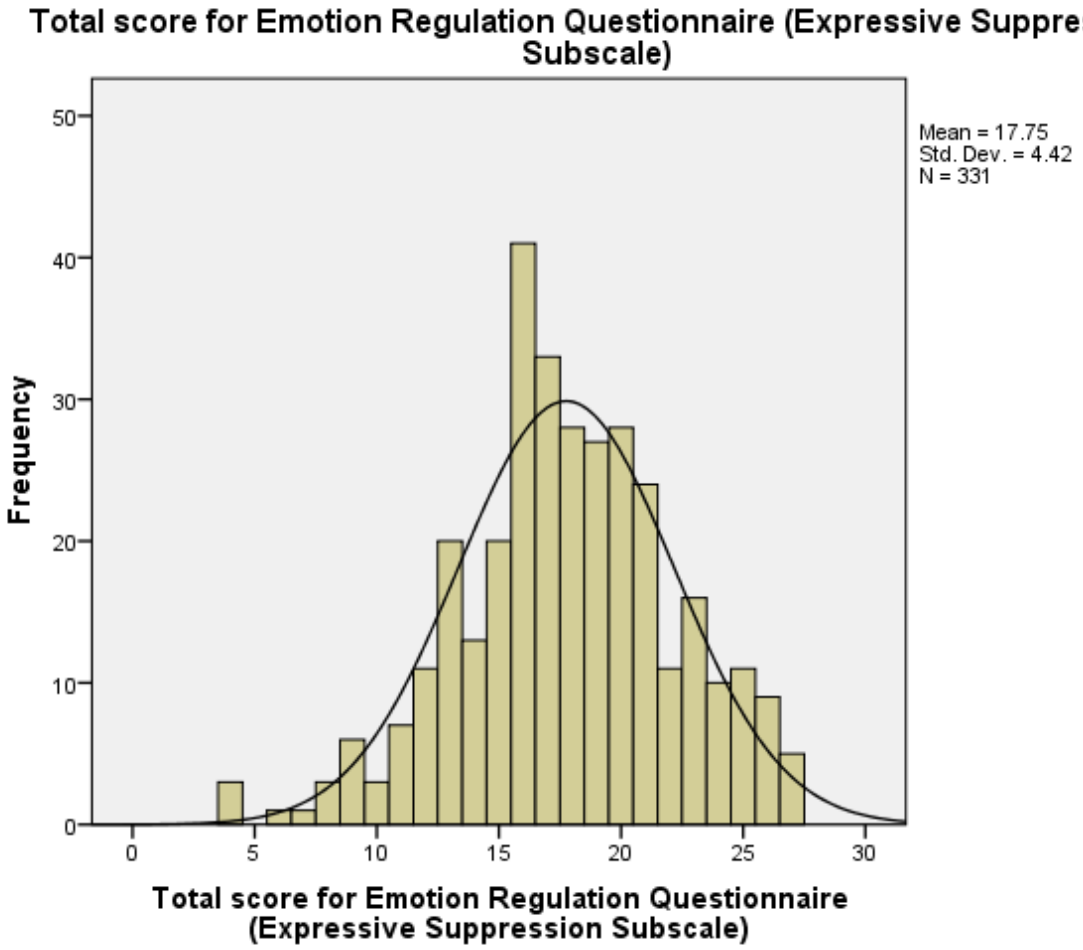

Figure C4

Histogram for social support (SS).

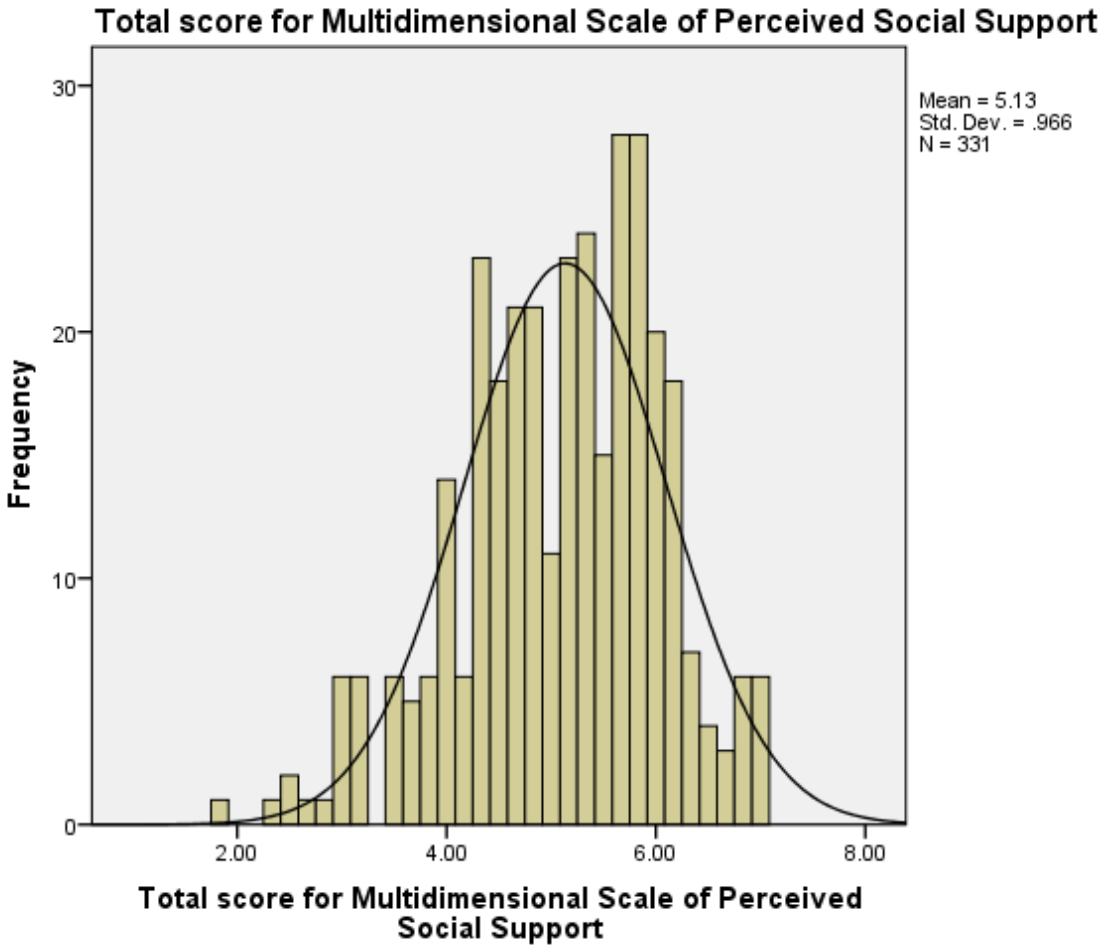

Figure C5

Histogram for PWB.

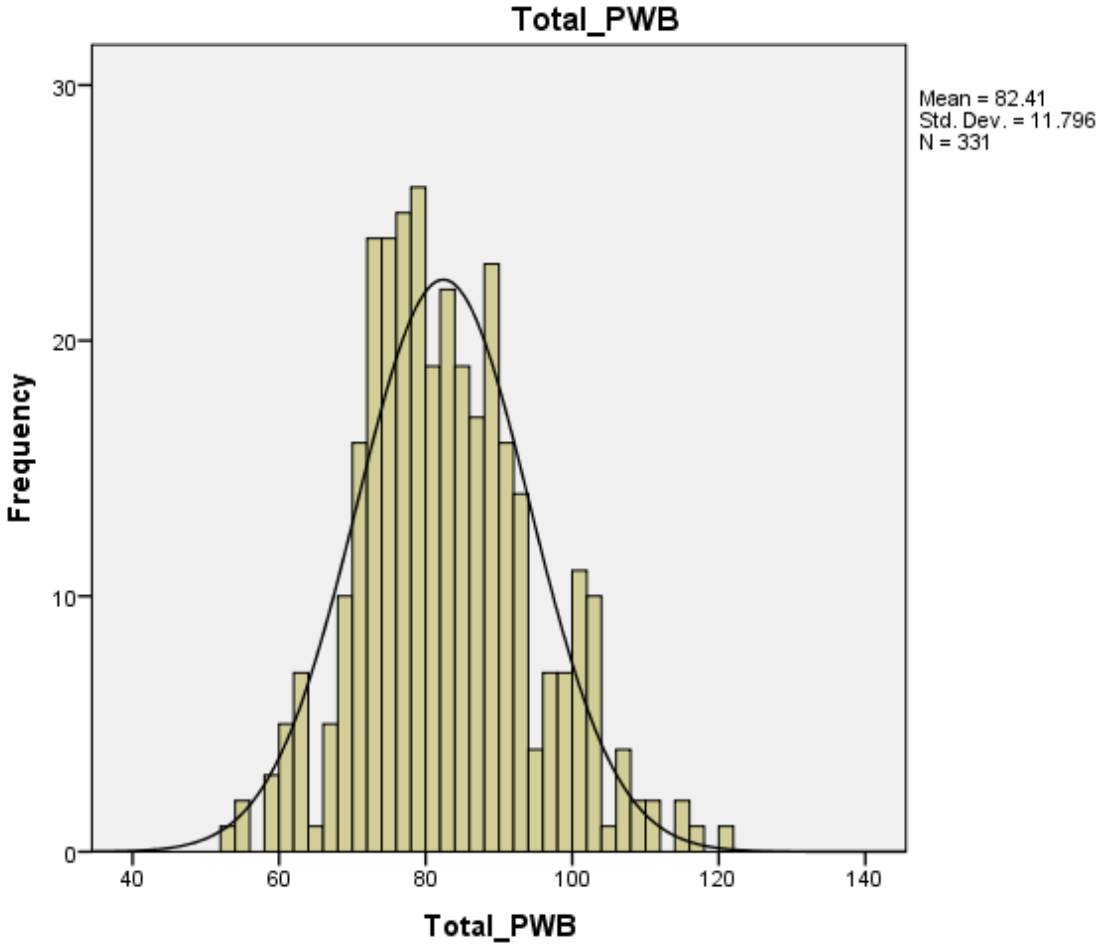

Figure C6

P-P plot of total scores for SE.

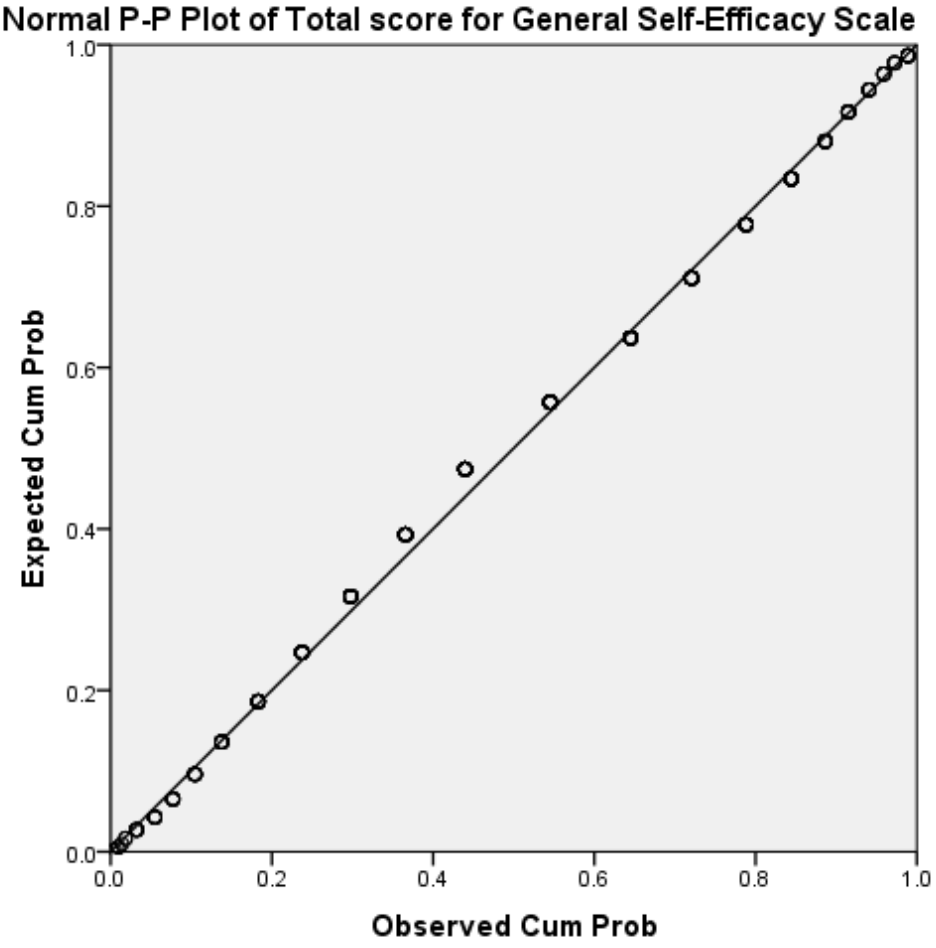

Figure C7

P-P plot of total scores for CR.

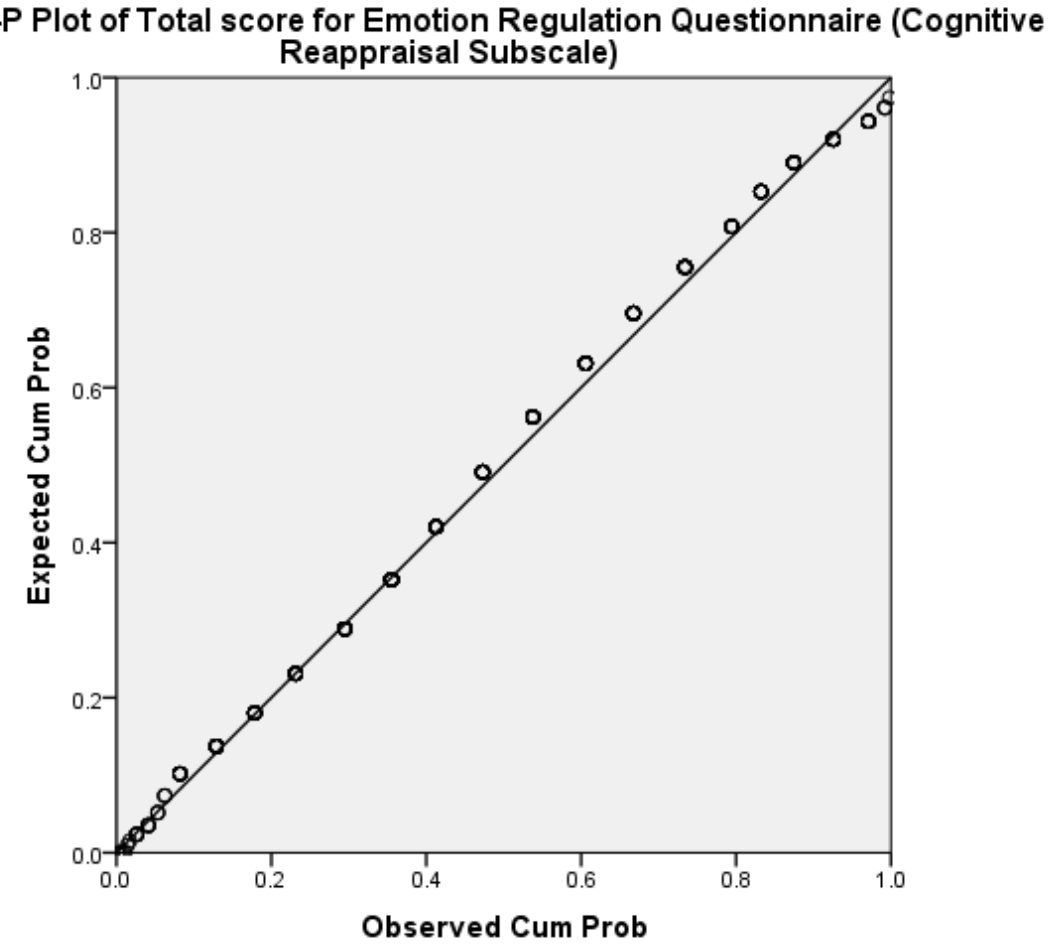

Figure C8

P-P plot of total scores for ES.

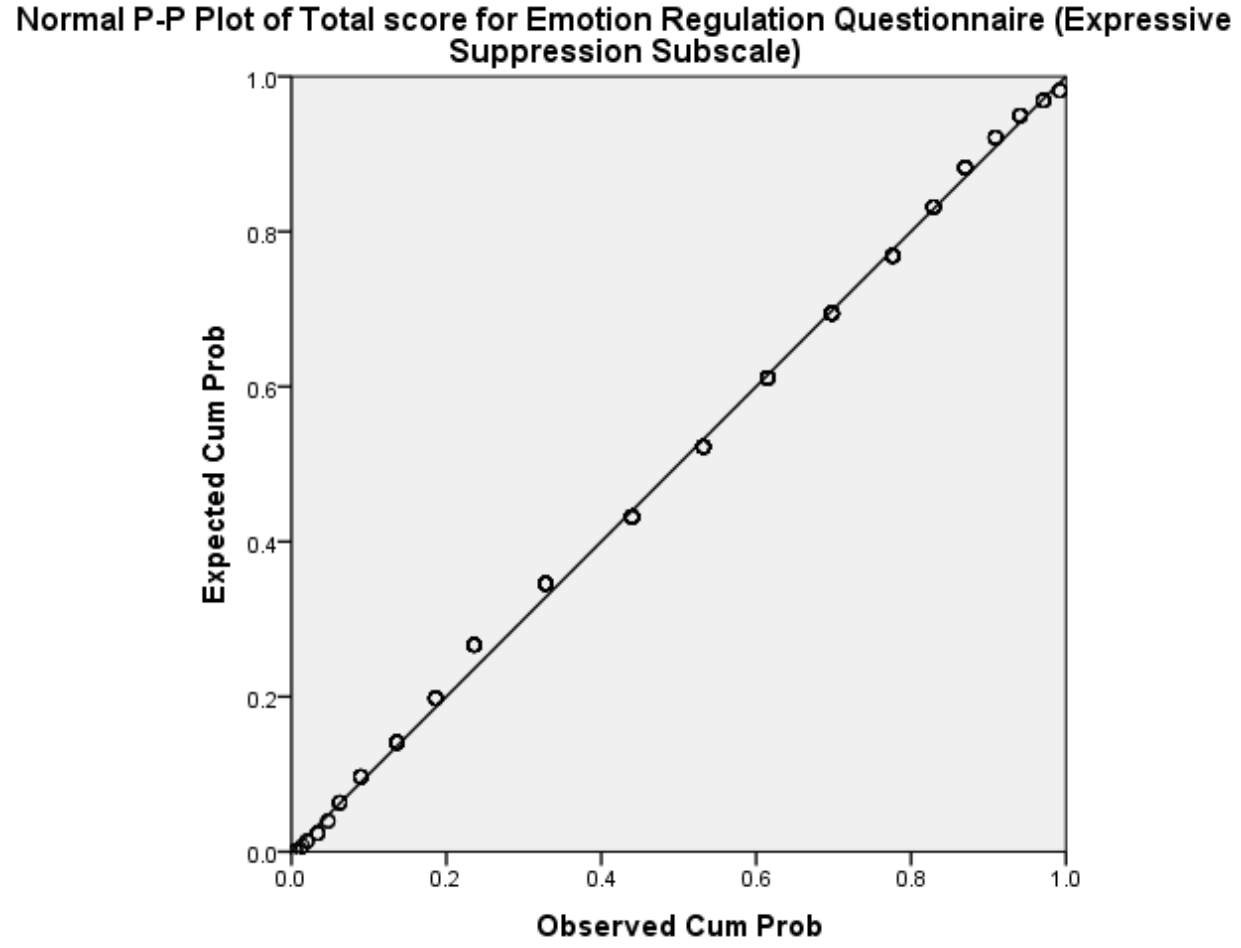

Figure C9

P-P plot of total scores for SS.

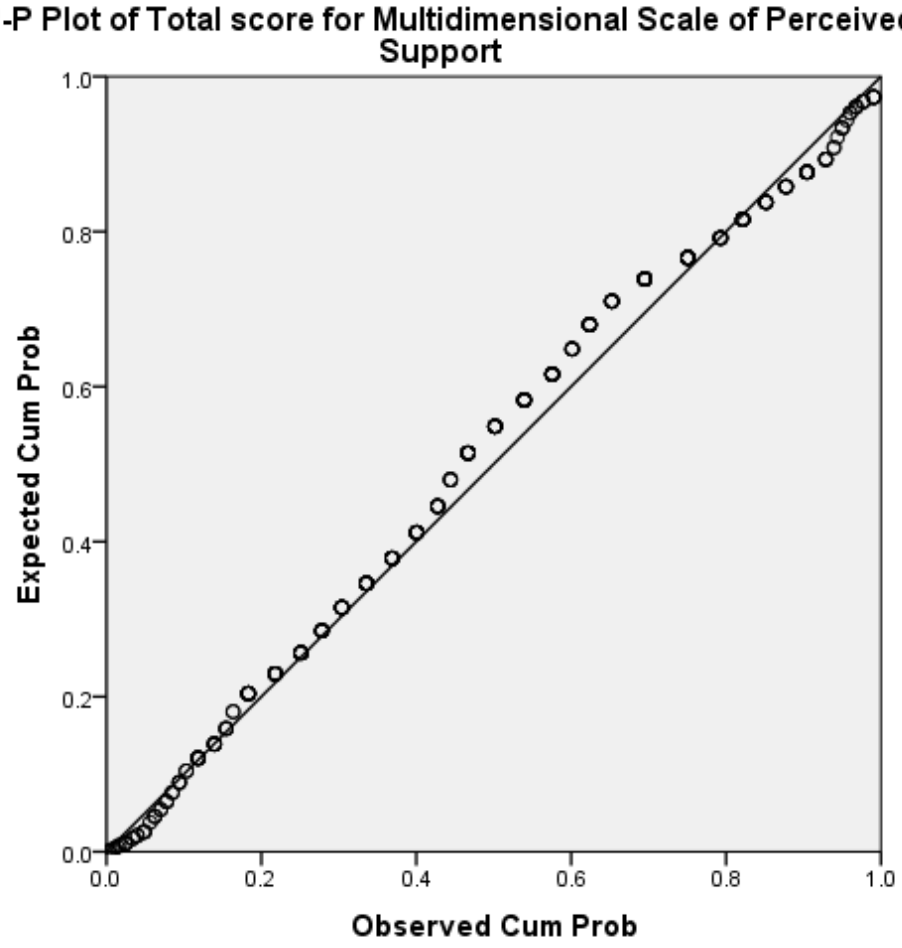

Figure C10

P-P plot of total scores for PWB.

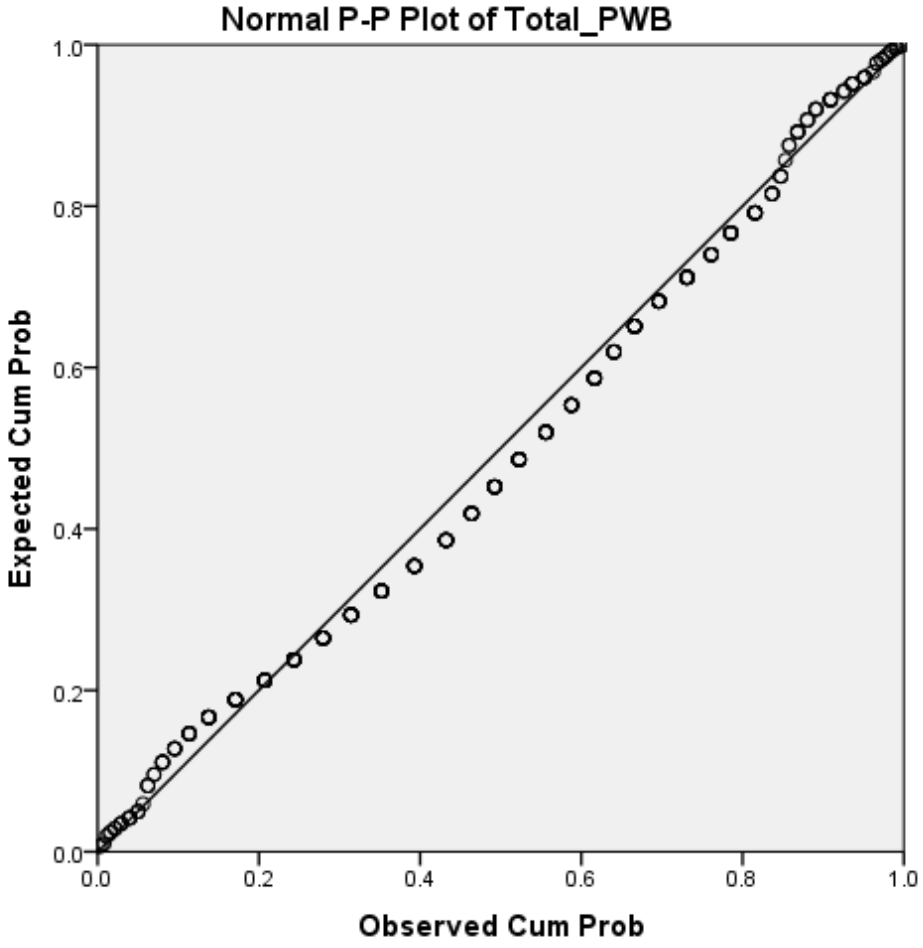

Table C14

Skewness and kurtosis values of each variable.

Statistics

		Total score for General Self-Efficacy Scale	Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)	Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale)	Total score for Multidimensional Scale of Perceived Social Support	Total_PWB
N	Valid	331	331	331	331	331
	Missing	0	0	0	0	0
Mean		29.31	30.12	17.75	5.1319	82.41
Std. Error of Mean		.266	.308	.243	.05308	.648
Median		30.00	30.00	18.00	5.2500	81.00
Mode		30	34	16	5.83	78[a]
Std. Deviation		4.836	5.605	4.420	.96577	11.796
Variance		23.385	31.412	19.532	.933	139.140
Skewness		-.187	-.578	-.234	-.503	.365
Std. Error of Skewness		.134	.134	.134	.134	.134
Kurtosis		.084	.822	.182	.120	.135
Std. Error of Kurtosis		.267	.267	.267	.267	.267
Range		26	35	23	5.17	67
Minimum		14	6	4	1.83	53
Maximum		40	41	27	7.00	120
Percentiles	25	26.00	26.00	15.00	4.5000	74.00
	50	30.00	30.00	18.00	5.2500	81.00
	75	32.00	34.00	21.00	5.8333	89.00

a. Multiple modes exist. The smallest value is shown

Table C15

Kolmogorov-Smirnov test for each variable.

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Total score for General Self-Efficacy Scale	.076	331	.000	.990	331	.019
Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)	.064	331	.003	.970	331	.000
Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale)	.080	331	.000	.985	331	.002
Total score for Multidimensional Scale of Perceived Social Support	.073	331	.000	.979	331	.000
Total_PWB	.064	331	.002	.987	331	.005

a. Lilliefors Significance Correction

Table C16

Durbin-Watson and Adjusted R Square value.

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.638[a]	.407	.400	9.140	1.839

a. Predictors: (Constant), Total score for Multidimensional Scale of Perceived Social Support, Total score for General Self-Efficacy Scale, Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale), Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)

b. Dependent Variable: Total_PWB

Table C17

Tolerance, VIF value, Standardized coefficients (β) and significant values for each variable

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
1	(Constant)	43.744	4.701		9.306	.000	34.497	52.992		
	Total score for General Self-Efficacy Scale	1.069	.111	.438	9.588	.000	.850	1.288	.871	1.148
	Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)	.345	.101	.164	3.410	.001	.146	.545	.786	1.272
	Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale)	-.690	.121	-.259	-5.708	.000	-.928	-.453	.886	1.129
	Total score for Multidimensional Scale of Perceived Social Support	1.791	.572	.147	3.129	.002	.665	2.917	.828	1.207

a. Dependent Variable: Total_PWB

Figure C11

Scatterplot without case numbers of potential outliers.

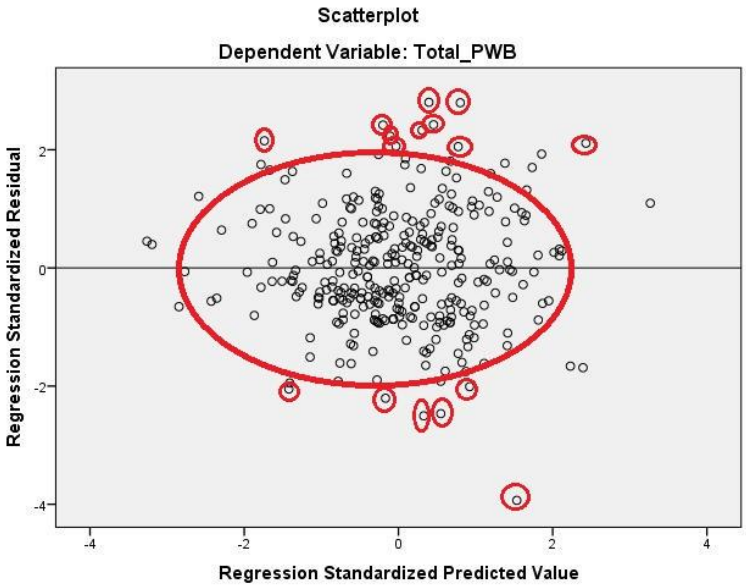

Figure C12

Scatterplot with case numbers of potential outliers.

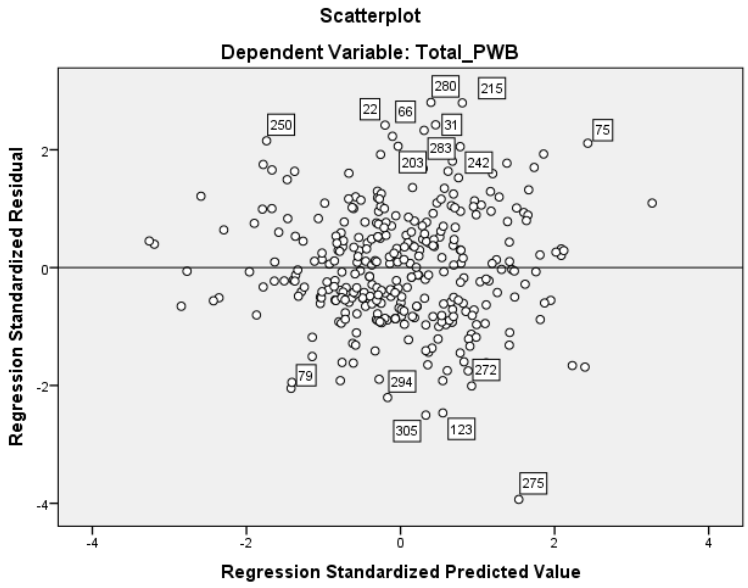

Table C18

Cases with residuals more than two standard deviations.

Casewise Diagnostics[a]

Case Number	Std. Residual	Total_PWB	Predicted Value	Residual
22	2.418	103	80.90	22.097
31	2.424	108	85.84	22.159
66	2.229	102	81.63	20.372
75	2.111	120	100.70	19.295
79	-2.049	53	71.73	-18.727
123	-2.467	64	86.55	-22.546
203	2.059	101	82.18	18.822
215	2.796	114	88.45	25.553
242	2.053	107	88.24	18.764
250	2.153	89	69.32	19.675
272	-2.009	71	89.36	-18.357
275	-3.935	58	93.96	-35.961
280	2.803	111	85.38	25.619
283	2.329	106	84.71	21.289
294	-2.205	61	81.15	-20.151
305	-2.504	62	84.88	-22.884

a. Dependent Variable: Total_PWB

Table C19

Inferential cases and influential cases.

Case Summaries

			Case Number	ID	Mahalanobis Distance	Cook's Distance	Centered Leverage Value
Inferential cases	0	1	1	1	2.87934	.00000	.00873
		2	2	2	6.54164	.00418	.01982
		3	3	3	3.42792	.00397	.01039
		4	4	4	4.09663	.00199	.01241
		5	5	5	22.75779	.02030	.06896
		6	6	6	12.30748	.00005	.03730
		7	7	7	8.74683	.01400	.02651
		8	8	8	2.84516	.00141	.00862
		9	9	9	.80415	.00030	.00244
		10	10	10	8.16337	.01025	.02474
		11	11	11	4.75428	.00018	.01441
		12	12	12	2.94057	.00312	.00891
		13	13	13	3.06838	.00004	.00930
		14	14	14	2.18888	.00618	.00663
		15	15	15	3.68514	.00323	.01117
		16	16	16	2.72897	.00062	.00827
		17	17	18	2.95803	.00098	.00896
		18	18	19	4.28033	.00301	.01297
		19	19	20	2.58509	.00227	.00783
		20	20	21	4.11875	.00870	.01248
		21	21	22	5.54875	.00057	.01681
		22	23	24	1.50701	.00107	.00457
		23	24	25	1.46710	.00117	.00445
		24	25	26	3.56921	.00099	.01082
		25	26	27	2.70417	.00586	.00819
		26	27	28	.28026	.00014	.00085
		27	28	29	1.14147	.00276	.00346
		28	29	31	.94818	.00010	.00287
		29	30	32	3.57807	.00871	.01084
		30	32	34	2.08611	.00033	.00632
		31	33	35	2.83870	.00431	.00860
		32	34	36	.94390	.00001	.00286
		33	35	37	1.07363	.00048	.00325
		34	36	38	.71381	.00108	.00216
		35	37	39	.66648	.00012	.00202
		36	38	40	1.74545	.00144	.00529
		37	39	41	4.92934	.00037	.01494
		38	40	42	1.47257	.00138	.00446
		39	41	43	4.74165	.00243	.01437
		40	42	44	11.97286	.00004	.03628
		41	43	45	2.50100	.00218	.00758
		42	44	55	1.37106	.00536	.00415

43	45	56	3.46248	.00632	.01049
44	46	57	3.36619	.00216	.01020
45	47	60	4.58498	.00151	.01389
46	48	62	18.66596	.00464	.05656
47	49	63	4.96351	.00870	.01504
48	50	64	1.99093	.00001	.00603
49	51	65	1.85865	.00005	.00563
50	52	66	4.11399	.00248	.01247
51	53	70	8.84943	.00351	.02682
52	54	71	4.36968	.00231	.01324
53	55	72	4.42962	.01110	.01342
54	56	77	4.16205	.00002	.01261
55	57	78	6.73414	.00443	.02041
56	58	81	6.41247	.00656	.01943
57	59	83	1.90540	.00262	.00577
58	60	85	3.52054	.00096	.01067
59	61	87	.98987	.00070	.00300
60	62	88	.87389	.00000	.00265
61	63	89	3.53079	.00040	.01070
62	64	90	1.22189	.00282	.00370
63	65	91	.43223	.00069	.00131
64	67	93	4.57589	.00081	.01387
65	68	94	7.17282	.00060	.02174
66	69	95	11.78626	.00069	.03572
67	70	96	5.18731	.00017	.01572
68	71	97	4.72606	.00004	.01432
69	72	98	11.41427	.00251	.03459
70	73	100	2.03653	.00045	.00617
71	74	102	8.56409	.00003	.02595
72	76	104	6.19755	.00004	.01878
73	77	105	6.24021	.00020	.01891
74	78	106	5.83699	.00244	.01769
75	80	108	3.60491	.00263	.01092
76	81	111	1.98109	.00050	.00600
77	82	114	3.20550	.00224	.00971
78	83	115	2.57965	.00031	.00782
79	84	118	1.92260	.00004	.00583
80	85	122	2.02853	.00137	.00615
81	86	123	1.33244	.00107	.00404
82	87	124	.76059	.00039	.00230
83	88	125	2.70698	.00185	.00820
84	89	126	2.64998	.00832	.00803
85	90	127	1.23890	.00166	.00375
86	91	128	2.33761	.00633	.00708
87	92	129	3.31973	.00067	.01006
88	93	130	2.12089	.00217	.00643
89	94	131	5.64931	.00267	.01712
90	95	132	2.39062	.00004	.00724
91	96	134	1.52126	.00258	.00461

92	97	135	2.90109	.00738	.00879
93	98	136	2.09568	.00045	.00635
94	99	137	5.64220	.00019	.01710
95	100	138	6.18183	.00138	.01873
96	101	141	5.65104	.00393	.01712
97	102	144	1.21278	.00126	.00368
98	103	153	.78789	.00017	.00239
99	104	154	2.53477	.00011	.00768
100	105	157	1.76430	.00064	.00535
101	106	160	7.39196	.00786	.02240
102	107	161	1.40117	.00022	.00425
103	108	163	3.24505	.00027	.00983
104	109	164	12.88237	.01346	.03904
105	110	166	.94634	.00161	.00287
106	111	167	4.25546	.00066	.01290
107	112	168	4.33482	.00003	.01314
108	113	171	4.36708	.00202	.01323
109	114	172	1.70663	.00010	.00517
110	115	173	2.67871	.00021	.00812
111	116	178	2.09480	.00006	.00635
112	117	181	3.18768	.00043	.00966
113	118	182	7.45920	.00455	.02260
114	119	185	4.12774	.01216	.01251
115	120	186	3.36751	.00082	.01020
116	121	187	6.37759	.00124	.01933
117	122	189	1.85177	.00032	.00561
118	124	192	4.18446	.00033	.01268
119	125	194	3.86720	.00005	.01172
120	126	196	2.87012	.00309	.00870
121	127	197	5.83921	.00030	.01769
122	128	199	2.50523	.00000	.00759
123	129	200	5.43191	.00148	.01646
124	130	202	.42807	.00094	.00130
125	131	203	9.18833	.00167	.02784
126	132	204	4.26064	.00119	.01291
127	133	208	1.53497	.00008	.00465
128	134	209	3.62918	.00018	.01100
129	135	210	4.65518	.00495	.01411
130	136	211	1.77928	.00015	.00539
131	137	213	.99799	.00015	.00302
132	138	215	.52548	.00140	.00159
133	139	216	5.45369	.00011	.01653
134	140	217	4.79834	.00263	.01454

135	141	218	.91647	.00087	.00278
136	142	220	2.22371	.00310	.00674
137	143	221	10.40372	.00971	.03153
138	144	222	6.47844	.00283	.01963
139	145	223	3.58125	.00099	.01085
140	146	225	.71048	.00003	.00215
141	147	226	1.28737	.00001	.00390

142	148	227	6.92519	.00206	.02099
143	149	228	3.53730	.01050	.01072
144	150	229	1.23314	.00008	.00374
145	151	231	1.13546	.00110	.00344
146	152	232	2.14710	.00503	.00651
147	153	233	.94607	.00002	.00287
148	154	236	4.41782	.00569	.01339
149	155	237	3.71475	.00055	.01126
150	156	238	8.97750	.00277	.02720
151	157	239	2.29754	.00103	.00696
152	158	241	.77018	.00028	.00233
153	159	243	3.67440	.00052	.01113
154	160	244	1.20352	.00101	.00365
155	161	245	4.02593	.00203	.01220
156	162	247	7.79219	.00450	.02361
157	163	248	2.13808	.00001	.00648
158	164	249	1.34964	.00089	.00409
159	165	250	6.71407	.00042	.02035
160	166	251	1.15590	.00048	.00350
161	167	252	1.64407	.00019	.00498
162	168	253	10.24754	.00003	.03105
163	169	254	2.90537	.00243	.00880
164	170	255	11.98039	.02611	.03630
165	171	256	4.78874	.00029	.01451
166	172	257	1.22720	.00358	.00372
167	173	259	3.44047	.00057	.01043
168	174	260	1.62080	.00017	.00491
169	175	261	.58837	.00045	.00178
170	176	262	5.65034	.00589	.01712
171	177	263	.43677	.00044	.00132
172	178	264	3.75935	.01016	.01139
173	179	265	.18195	.00003	.00055
174	180	266	.57097	.00034	.00173
175	181	267	.11365	.00008	.00034
176	182	268	7.69289	.00096	.02331
177	183	270	4.70093	.00083	.01425
178	184	273	5.60868	.00688	.01700
179	185	274	4.36040	.00051	.01321
180	186	275	1.23003	.00027	.00373
181	187	276	.56090	.00017	.00170
182	188	277	.96018	.00070	.00291
183	189	279	12.06905	.01233	.03657
184	190	280	13.13936	.00001	.03982
185	191	282	1.51921	.00067	.00460
186	192	284	4.66934	.00089	.01415
187	193	285	7.49928	.01498	.02273
188	194	287	.71977	.00027	.00218
189	195	288	1.54779	.00008	.00469
190	196	290	2.30842	.00120	.00700

191	197	291	2.12099	.00034	.00643
192	198	298	1.72447	.00052	.00523
193	199	301	1.27396	.00124	.00386
194	200	304	3.00833	.00465	.00912
195	201	305	2.89289	.00005	.00877
196	202	306	1.69652	.00002	.00514
197	204	310	1.69388	.00425	.00513
198	205	311	.83013	.00176	.00252
199	206	312	2.65834	.00000	.00806
200	207	313	4.87794	.00031	.01478
201	208	314	2.96162	.00091	.00897
202	209	315	1.44294	.00043	.00437
203	210	316	13.67002	.00154	.04142
204	211	317	2.96162	.00062	.00897
205	212	319	8.21472	.00321	.02489
206	213	320	2.25603	.00063	.00684
207	214	321	3.73350	.00084	.01131
208	216	324	2.74379	.00178	.00831
209	217	325	2.84179	.00001	.00861
210	218	326	1.74517	.00292	.00529
211	219	327	7.32989	.01458	.02221
212	220	329	2.34243	.00742	.00710
213	221	330	.80815	.00001	.00245
214	222	331	12.53936	.00077	.03800
215	223	332	.41070	.00002	.00124
216	224	333	1.26540	.00053	.00383
217	225	334	1.59268	.00002	.00483
218	226	335	1.27438	.00004	.00386
219	227	336	3.35285	.00014	.01016
220	228	337	.64056	.00047	.00194
221	229	338	6.05168	.00160	.01834
222	230	339	2.68023	.00062	.00812
223	231	340	1.19266	.00002	.00361
224	232	341	7.78587	.00011	.02359
225	233	344	1.65160	.00324	.00500
226	234	345	1.88503	.00044	.00571
227	235	347	11.62403	.00887	.03522
228	236	349	2.85728	.00026	.00866
229	237	351	4.42928	.00207	.01342
230	238	354	1.83060	.00147	.00555
231	239	355	3.27865	.00461	.00994
232	240	358	1.60142	.00042	.00485
233	241	361	8.32674	.00002	.02523
234	243	363	4.39094	.00000	.01331
235	244	364	2.96865	.00019	.00900
236	245	365	.39607	.00010	.00120
237	246	366	2.39568	.00184	.00726
238	247	368	3.22352	.00062	.00977
239	248	374	1.28897	.00191	.00391

240	249	377	3.67262	.00518	.01113
241	251	382	2.83756	.00178	.00860
242	252	383	6.30034	.00121	.01909
243	253	384	1.49108	.00006	.00452
244	254	385	3.29822	.00363	.00999
245	255	386	28.18040	.00434	.08540
246	256	389	1.92934	.00021	.00585
247	257	390	1.86523	.00108	.00565
248	258	392	.15922	.00200	.00048
249	259	394	11.55190	.00987	.03501
250	260	395	2.68023	.00184	.00812
251	261	396	2.86341	.00240	.00868
252	262	399	12.04419	.00010	.03650
253	263	400	2.25888	.00025	.00685
254	264	401	4.88783	.00004	.01481
255	265	402	3.35685	.00047	.01017
256	266	403	3.50766	.00277	.01063
257	267	405	5.22685	.01442	.01584
258	268	406	3.81045	.00867	.01155
259	269	407	1.84967	.00031	.00561
260	270	408	2.53709	.00013	.00769
261	271	409	3.70313	.00147	.01122
262	273	411	3.68043	.00087	.01115
263	274	412	2.14488	.00002	.00650
264	276	414	6.05854	.00137	.01836
265	277	415	.59567	.00092	.00181
266	278	416	11.53225	.00089	.03495
267	279	417	3.56515	.00340	.01080
268	281	419	2.08639	.00485	.00632
269	282	420	11.03614	.00216	.03344
270	284	424	1.46587	.00128	.00444
271	285	425	2.46681	.00200	.00748
272	286	426	7.37121	.00277	.02234
273	287	427	.53360	.00018	.00162
274	288	428	.76863	.00023	.00233
275	289	429	1.15935	.00030	.00351
276	290	432	5.94644	.00020	.01802
277	291	433	3.70523	.00004	.01123
278	292	434	3.23998	.00014	.00982
279	293	437	9.95009	.00605	.03015
280	295	439	2.75572	.00608	.00835
281	296	440	4.55879	.00013	.01381
282	297	441	5.04275	.00761	.01528
283	298	442	4.46921	.00002	.01354
284	299	445	6.80548	.00130	.02062
285	300	446	4.39239	.00047	.01331
286	301	447	4.45496	.00102	.01350
287	302	460	.93025	.00021	.00282
288	303	464	4.29530	.00168	.01302

	289		304	475	.82428	.00013	.00250
	290		306	643	8.76774	.00024	.02657
	291		307	644	3.10622	.00043	.00941
	292		308	645	3.07511	.00057	.00932
	293		309	647	1.09243	.00343	.00331
	294		310	648	1.96247	.00223	.00595
	295		311	689	14.93207	.00731	.04525
	296		312	690	4.49910	.00239	.01363
	297		313	698	1.56722	.00104	.00475
	298		314	699	4.24514	.00179	.01286
	299		315	700	2.53537	.00013	.00768
	300		316	701	.36172	.00041	.00110
	301		317	702	7.99684	.00182	.02423
	302		318	703	1.33019	.00264	.00403
	303		319	704	2.94798	.00246	.00893
	304		320	705	3.27109	.00087	.00991
	305		321	707	.38088	.00036	.00115
	306		322	708	5.54859	.00428	.01681
	307		323	709	2.45054	.00028	.00743
	308		324	710	2.13464	.00517	.00647
	309		325	711	1.34684	.00020	.00408
	310		326	712	2.57768	.00102	.00781
	311		327	713	3.23660	.00173	.00981
	312		328	714	7.32893	.01513	.02221
	313		329	715	3.63199	.00008	.01101
	314		330	717	6.07153	.00308	.01840
	315		331	718	3.83871	.00234	.01163
	Total	N		315	315	315	315
1	1		22	23	1.47034	.00887	.00446
	2		31	33	.77095	.00637	.00234
	3		66	92	17.07453	.06090	.05174
	4		75	103	8.17988	.02623	.02479
	5		79	107	5.31940	.01670	.01612
	6		123	190	2.89696	.01471	.00878
	7		203	308	6.83287	.02112	.02071
	8		215	322	6.09260	.03508	.01846
	9		242	362	5.29781	.01671	.01605
	10		250	381	13.13086	.04331	.03979
	11		272	410	3.86611	.01225	.01172
	12		275	413	6.34196	.07202	.01922
	13		280	418	3.96429	.02435	.01201
	14		283	422	.15537	.00382	.00047
	15		294	438	3.96221	.01506	.01201
	16		305	480	2.69144	.01433	.00816
	Total	N		16	16	16	16
Total	N			331	331	331	331

Table C20

ANOVA summary table of multiple linear regression after excluding the outlier.

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	18737.843	4	4684.461	56.821	.000[b]
	Residual	26793.675	325	82.442		
	Total	45531.518	329			

a. Dependent Variable: Total_PWB

b. Predictors: (Constant), Total score for Multidimensional Scale of Perceived Social Support, Total score for General Self-Efficacy Scale, Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale), Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)

Table C21

Model summary table of multiple linear regression after excluding the outlier.

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.642[a]	.412	.404	9.080	1.825

a. Predictors: (Constant), Total score for Multidimensional Scale of Perceived Social Support, Total score for General Self-Efficacy Scale, Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale), Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)

b. Dependent Variable: Total_PWB

Table C22

Coefficients of predictors.

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
1	(Constant)	43.606	4.670		9.337	.000	34.418	52.793		
	Total score for General Self-Efficacy Scale	1.026	.112	.420	9.140	.000	.805	1.247	.858	1.166
	Total score for Emotion Regulation Questionnaire (Cognitive Reappraisal Subscale)	.368	.101	.175	3.641	.000	.169	.567	.783	1.276
	Total score for Emotion Regulation Questionnaire (Expressive Suppression Subscale)	-.704	.120	-.264	-5.850	.000	-.940	-.467	.888	1.127
	Total score for Multidimensional Scale of Perceived Social Support	1.961	.573	.159	3.421	.001	.833	3.089	.834	1.200

a. Dependent Variable: Total_PWB

Appendix D

Ethical Approval of Research Project

UNIVERSITI TUNKU ABDUL RAHMAN DU012(A)
Wholly owned by UTAR Education Foundation Co. No. 578227-M

Re: U/SERC/78-377/2024

7 October 2024

Mr Tay Kok Wai
Head, Department of Psychology and Counselling
Faculty of Arts and Social Science
Universiti Tunku Abdul Rahman
Jalan Universiti, Bandar Baru Barat
31900 Kampar, Perak.

Dear Mr Tay,

Ethical Approval For Research Project/Protocol

We refer to the application for ethical approval for your students' research project from Bachelor of Social Science (Honours) Psychology programme enrolled in course UAPZ3013. We are pleased to inform you that the application has been approved under Expedited Review.

The details of the research projects are as follows:

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
1.	Self-efficacy, Cognitive Reappraisal, Expressive Suppression and Social Support Predict Psychological Well-being Among Adults in Malaysia	1. Hon Bao Xuan 2. Lee Mun Kit 3. Lam Synn Wynn	Dr Nurul Iman Binti Abdul Jalil	7 October 2024 – 6 October 2025

The conduct of this research is subject to the following:

(1) The participants' informed consent be obtained prior to the commencement of the research;

(2) Confidentiality of participants' personal data must be maintained; and

(3) Compliance with procedures set out in related policies of UTAR such as the UTAR Research Ethics and Code of Conduct, Code of Practice for Research Involving Humans and other related policies/guidelines.

(4) Written consent be obtained from the institution(s)/company(ies) in which the physical or/and online survey will be carried out, prior to the commencement of the research.

Kampar Campus : Jalan Universiti, Bandar Barat, 31900 Kampar, Perak Darul Ridzuan, Malaysia
Tel: (605) 468 8888 Fax: (605) 466 1313
Sungai Long Campus : Jalan Sungai Long, Bandar Sungai Long, Cheras, 43000 Kajang, Selangor Darul Ehsan, Malaysia
Tel: (603) 9086 0288 Fax: (603) 9019 8868
Website: www.utar.edu.my

Should the students collect personal data of participants in their studies, please have the participants sign the attached Personal Data Protection Statement for records.

Thank you.

Yours sincerely,

Professor Ts Dr Faidz bin Abd Rahman
Chairman
UTAR Scientific and Ethical Review Committee

c.c Dean, Faculty of Arts and Social Science
Director, Institute of Postgraduate Studies and Research

Kampar Campus : Jalan Universiti, Bandar Barat, 31900 Kampar, Perak Darul Ridzuan, Malaysia
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