

### **Abstract**

Humans, as a social species, often manage their own emotions with the help of others. While emotion regulation is usually studied as an intrapersonal cognitive process, exploring how humans regulate their emotions through others and in social contexts would enable a fuller picture. In this study, the researcher aims to find out the relationship between alexithymia, emotional awareness, and usage of interpersonal emotion regulation strategies. It is hypothesised that high alexithymia and low emotional awareness are associated with lower usage of interpersonal emotion regulation, as it is expected that a level of emotional understanding is required for communicating emotions and modelling other people's emotional responses. Through questionnaires and correlational analyses, it is found that while the usage of interpersonal emotion regulation indeed correlates negatively with alexithymia, emotional awareness seems less related. In addition, the association between interpersonal emotion regulation and difficulty in emotion regulation is found to be generally negative, which differs from findings in past research. This study seeks to differentiate between interpersonal emotion regulation strategies, and discusses methodological and cultural-relevant issues in the study of emotion regulation.

*Keywords:* interpersonal emotion regulation, alexithymia, emotional awareness