

## **Investigation of Relationship between Social Comparison, Family Communication Patterns and Cognitive Emotion Regulation Styles with Shyness in Students**

**Banfsheh Hasanvand<sup>1</sup> and Samira Rahmani Javanmard<sup>2\*</sup>**

### **Abstract**

The aim of the present study was to investigate the relationship between social comparison, family communication patterns and cognitive emotion regulation styles with shyness in students. Among students of Payame Noor University of Alashtar, 335 students were selected by multistage random sampling method. The data were collected using social comparison, family communication patterns, cognitive emotion regulation styles and shyness questionnaires and were analyzed using Pearson correlation coefficient and multiple regression method. The findings indicate that social comparison, conformity communication pattern and non-adaptive cognitive emotion regulation strategies correlate significantly and positively with shyness and there is a negative and significant correlation between conversation-orientation pattern and adaptive cognitive emotion regulation strategies, and shyness. The results of the multiple Regression analysis with enter method show that social comparison, conversation-orientation pattern and adaptive and non-adaptive cognitive emotion regulation strategies plays a role in predicting shyness. According to the findings, focusing on social comparison, conformity communication pattern and non-adaptive cognitive emotion regulation strategies as risk factors in the maintenance of shyness can be helpful in designing preventive interventions and reducing the incidence of psychological disorders resulting from shyness.

**Keywords:** *social comparison, family communication patterns, cognitive emotion regulation, shyness*

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1. Instructor, Department of Psychology, Payam Noor University, Tehran, Iran

2. Ph.D. Student of Psychology, Shahid Chamran University of Ahvaz, Instructor Payam Noor University, Lorestan, Aleshtar, Iran (**Corresponding Author**)  
rahmani\_samira23@yahoo.com