

Abstract

The research investigated the relationship between the variables of self-esteem, emotional regulation and emotional empathy in the face of an ego threat. Undergraduate students were recruited in the study that involved administering an ego threat manipulation to participants with differing levels of self-esteem, and assessing its impact on their emotion regulation and empathizing ability. The hypothesis that people with a high self-esteem are likely to have greater difficulties in regulating their emotions following a perceived ego threat, was not upheld. No significant difference was found between the empathizing ability of individuals with high and low self-esteem, faced with an ego threat. The results also negated the assumption that males exposed to an ego threat experience a greater dysregulation in their emotions but provided support for the hypothesis that their ability to empathize with others, depreciates more than females subjected to a similar threat to their ego.

Keywords: self-esteem, emotion regulation, emotional empathy, ego threat