

The Influence of Multidimensional Rumination on Negative Mood Fluctuation for College Students

Pei-Chiun Tu¹ and Wen-Yau Hsu^{1, 2}

¹ Department of Psychology, National Chengchi University

² Research Center for Mind, Brain, and Learning, National Chengchi University

In order to clarify the role of rumination on emotional adaptation, this study examines the relationship between different dimensions of rumination (instrumental rumination, emotional-focused rumination, and meaning-searching rumination) and negative mood fluctuation. Based on Nolen-Hoeksema's (1993) progressive paradigm, this study recruited 156 college students and measured the frequency of three types of rumination and negative mood (intensity and duration) for 12 consecutive days. The results of daily analysis showed that instrumental rumination was negatively correlated with the degree of negative mood, emotional-focused rumination was positively correlated with the degree of negative mood, and meaning-searching rumination was positively correlated with the duration of negative mood. In addition, when examining the rating within episodes of longer duration or higher severity of negative mood, three types of rumination all showed another effects on negative mood no matter on the duration or severity. Therefore, the present study indicates that different dimensions of rumination have different effects on negative mood fluctuation, and the effect of rumination on emotional adaptation also interacts with the duration and severity of negative mood.

Keywords: *emotional adaptation, emotional-focused rumination, instrumental rumination, meaning-searching rumination, ruminative thoughts*

