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# **Moderated Mediation Analysis of Negative Emotions and Emotional Regulation on the Relationship Between Workplace Stressors and Exposure to Cyberbullying among Professional Workers in Bangkok, Thailand**

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## **Abstract**

This study examines the moderated mediation effects of negative emotions and emotional regulation on the relationship between workplace stressors and exposure to cyberbullying among professional workers in Bangkok, Thailand. Utilizing data from 300 professionals, the research identifies significant correlations between workplace stressors and cyberbullying incidents. Findings reveal that negative emotions mediate this relationship, significantly enhancing vulnerability to cyberbullying as stress levels increase. Crucially, emotional regulation, particularly cognitive reappraisal, moderates the impact of negative emotions, reducing the likelihood of cyberbullying. The path analysis confirms that higher levels of cognitive reappraisal weaken the association between negative emotions and cyberbullying exposure. The results underscore the pivotal role of emotional regulation strategies in mitigating adverse workplace interactions and suggest that enhancing such skills could substantially diminish the occurrence of cyberbullying in professional settings. These insights contribute to a deeper understanding of workplace dynamics in Bangkok and offer valuable implications for developing targeted interventions aimed at improving employee well-being and organizational culture.

**Keywords:** Psychology, emotional regulation, cyberbullying, workplace stressor, negative emotions