

## Emotional Self-Regulation of Individuals with Autism Spectrum Disorders

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### Abstract

The study aimed to identify the level of self- regulation and emotional autonomy among Individuals with autism spectrum disorders in Jordan in light of the variables of sex and age. The study sample consisted of (70) children with Autism Spectrum Disorder (43 males and 27 female) at the Special Education Institution in Amman during the first semester of the academic year 2017/2018. In order to achieve the objectives of the study, the researchers developed the measure of self- regulation and emotional autonomy Scale, and Validity and reliability for scale were obtained. The results showed that the level of self- regulation and emotional autonomy among Individuals with autism spectrum disorders in Jordan was low, and there was no statistically significant differences in the level of self- regulation and emotional autonomy among Individuals with autism spectrum disorders due to the gender variable and the existence of statistically significant differences in the level of self- regulation and emotional autonomy of Individuals with autism spectrum disorder Age for the age group (6-10 years). The researchers recommend focusing on early intervention programs to improve the self- regulation and emotional autonomy well-being of Individuals with autism spectrum disorder.

**Keywords:** (self- regulation, emotional autonomy, Individuals autism spectrum disorder).

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