

**EFL TEACHERS' EMOTION REGULATION IN MANAGING
CHALLENGES WHILE TEACHING ENGLISH AT A JUNIOR
HIGH SCHOOL**

A THESIS

Submitted to fulfill one of the requirements for getting a *Sarjana Pendidikan* degree at the Department of English Education, Faculty of Educational Sciences and Teachers' Training, University of Siliwangi



By

TIARA ZAHRA AGUSTINE

212122029

**ENGLISH EDUCATION DEPARTMENT
FACULTY OF EDUCATIONAL SCIENCE AND TEACHERS' TRAINING
UNIVERSITY OF SILIWANGI
TASIKMALAYA
2025**