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Table 1. Theoretical Perspectives on How Regulators' Age Influences Interpersonal Emotion Regulation

Theory	Main Proposition	Implications for Age and Interpersonal Emotion Regulation
Classic Aging Pattern: Dual Component Theory of Intelligence (Cattell, 1963)	Fluid intelligence declines with age; crystallized intelligence remains stable or improves.	Older adults rely more on experience and emotional knowledge, supporting effective interpersonal emotion regulation.
Selective Optimization with Compensation (Baltes & Baltes, 1990; Marsiske et al., 1995)	Successful aging involves focusing on key domains, enhancing strengths, and compensating for losses.	Older adults adapt their regulatory behaviors to align with their strengths for better interpersonal emotion regulation.
Socioemotional Selectivity Theory (Carstensen et al., 1999)	Motivational priorities shift with age from information-seeking to emotionally meaningful goals.	Older adults focus on positive, meaningful interactions, increasing motivation for interpersonal emotion regulation, especially in close relationships.
The Strengths and Vulnerability Integration Model (Charles, 2010)	Aging brings emotional strengths, but also physiological vulnerability, specifically under stress.	Older adults regulate others' emotions effectively, except in high-stress situations where vulnerabilities emerge.
Dynamic Integration Theory (Labouvie-Vief, 2003)	Emotional-cognitive complexity increases but may decline later due to cognitive limitations.	Interpersonal emotion regulation skills may peak in later life; older workers succeed if they maintain cognitive and emotional capacity.

Table 2. Theoretical Perspectives on How Regulators' Age Shapes Targets' Reaction to Interpersonal Emotion Regulation

Theory	Main Proposition	Implications for Age and Interpersonal Emotion Regulation
Social Baseline Theory (Coan & Maresh, 2014)	Supportive others can reduce the emotional regulation burden	Older regulators are often perceived as supportive, reliable and emotionally stable
Stereotype Embodiment Theory (Levy, 2009)	Internalized age stereotypes shape how people perceive and respond to others.	Targets often see older regulators as wise and competent, while viewing younger ones as inexperienced.
Social Role Theory (Eagly & Wood, 2012)	Behavior is interpreted based on age-related roles and societal expectations.	Interpersonal emotion regulation from older adults is seen as appropriate and expected; from younger adults, potentially less so.
Age Stereotype Content Model (Fiske, 2012)	Age stereotypes are based on warmth and competence dimensions.	Older adults may be seen as kind but less capable; younger adults as capable but less empathetic.

Figure 1. Dyadic View of the Process of Interpersonal Emotion Regulation

