
Emotional Forecasting Accuracy and Persistence after Unexpected Performance Failure in Young Adults

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Abstract: Emotional forecasting is an important psychological process through which individuals predict future emotional experiences and use these expectations to guide decisions, motivation, and behaviour. In achievement contexts, particularly among young adults, anticipated emotional responses following unexpected performance failure may influence whether individuals continue pursuing goals or disengage from future challenges. Although previous research has examined affective forecasting errors and achievement motivation separately, the relationship between emotional forecasting accuracy and persistence after unexpected failure requires further investigation. This systematic review synthesizes existing evidence on emotional forecasting accuracy and persistence following unexpected performance failure among young adults. The review integrates findings from affective psychology, cognitive psychology, educational psychology, motivation research, and behavioural science to examine differences between anticipated and experienced emotions and their influence on future goal-directed behaviour. A structured systematic review methodology was applied to identify, evaluate, and synthesize relevant studies focusing on emotional prediction, achievement failure, emotional regulation, self-efficacy, resilience, and persistence. The findings indicate that emotional forecasting accuracy is influenced by cognitive appraisal, perceived importance of outcomes, previous experiences, coping strategies, and individual differences in emotional regulation. Evidence suggests that unexpected performance failure does not necessarily result in long-term disengagement; rather, persistence depends on how individuals interpret failure, regulate emotional responses, and evaluate their ability to recover and improve. Young adults often anticipate stronger negative emotions than they ultimately experience because they underestimate psychological adaptation processes. This review highlights emotional forecasting as a dynamic process involving prediction, emotional adaptation, and behavioural regulation, providing theoretical and practical implications for educational interventions, psychological support programs, and resilience-building approaches.

Keywords: *Emotional Forecasting, Affective Prediction, Performance Failure, Young Adults, Emotional Regulation, Persistence Behaviour, Self-Efficacy, Psychological Resilience, Achievement Motivation, Cognitive Appraisal*

1. Introduction

1.1 Background

Human behaviour is strongly influenced by expectations about future experiences. Before engaging in important activities, individuals often predict how they will think, feel, and respond to possible outcomes. In psychological research, this process is known as emotional forecasting or affective forecasting, which refers to the ability to estimate future emotional reactions to anticipated events. These predictions influence decision-making, motivation, and behavioural choices because individuals often determine whether to pursue or avoid activities based on expected emotional consequences. Young adulthood is a critical developmental stage characterized by increasing academic, professional, and personal responsibilities. During this period, individuals frequently encounter examinations, competitive evaluations, career-related challenges, and goal-oriented tasks, making performance outcomes highly significant. Success and failure experiences can strongly influence confidence, motivation, emotional well-being, and future behavioural decisions. Unexpected performance failure provides an important context for examining emotional forecasting accuracy because individuals often develop expectations about how they will feel before experiencing an outcome.

Research on affective forecasting shows that predicted emotions frequently differ from actual emotional experiences because individuals may underestimate their ability to cope, adapt, and recover after difficult situations. A common pattern is the overestimation of the intensity and duration of negative emotions, known as impact bias, where individuals fail to consider psychological adaptation processes. In achievement-related failure situations, forecasting errors may influence future behaviour. Young adults who expect failure to create overwhelming emotional distress may avoid challenging tasks, reduce effort, or disengage from future opportunities. In contrast, individuals with realistic expectations about emotional recovery may demonstrate greater persistence after setbacks. Persistence following failure is influenced not only by motivation but also by emotional interpretation, self-efficacy, coping strategies, and resilience. Individuals who view failure as feedback for improvement are more likely to continue their efforts, whereas those who interpret failure as evidence of inability may experience reduced engagement. Therefore, understanding the relationship between emotional forecasting accuracy and persistence provides valuable insight into psychological adaptation and continued goal pursuit after achievement setbacks.

1.2 Problem Statement

Despite extensive research on emotional forecasting and achievement motivation, important limitations remain in understanding how young adults respond after unexpected performance failure. Previous studies have mainly examined whether individuals can accurately predict

future emotional experiences, while fewer investigations have explored how forecasting accuracy influences actual behavioural persistence after negative outcomes. A major challenge is that individuals often evaluate future emotional reactions based on immediate assumptions and may underestimate their ability to adapt, cope, and recover over time. Before experiencing failure, young adults may anticipate severe disappointment, reduced confidence, or loss of motivation; however, actual emotional responses may differ due to cognitive reappraisal, social support, adjusted expectations, and alternative strategies for improvement. Furthermore, previous research has often examined emotional forecasting and persistence as separate psychological processes, limiting understanding of how emotional expectations influence continued effort after setbacks. Therefore, a systematic synthesis is required to examine the relationship between emotional forecasting accuracy and persistence following unexpected performance failure among young adults.

1.3 Research Motivation

The motivation for this systematic review arises from the increasing importance of psychological resilience and adaptive performance behaviour among young adults. Educational and professional environments require individuals to repeatedly encounter evaluation, uncertainty, and possible failure. Understanding how individuals anticipate and respond emotionally to these experiences is essential for developing effective support mechanisms. Improving emotional forecasting awareness may help young adults develop more realistic expectations about failure experiences. When individuals understand that emotional recovery often occurs faster than expected, they may become more willing to engage with challenging tasks and maintain effort after setbacks.

Furthermore, this research has practical importance for educational institutions, counselling professionals, and skill-development programs. Supporting students in managing failure experiences requires knowledge not only about emotional reactions but also about how expectations regarding those emotions influence future behaviour.

3. Research Gap

Although emotional forecasting has been extensively examined within cognitive and social psychology, important gaps remain regarding how forecasting accuracy influences behavioural persistence after unexpected performance failure among young adults. Previous research has provided valuable insights into how individuals predict future emotional experiences; however, much of the existing literature has focused primarily on forecasting errors rather than the behavioural consequences of these errors. A major limitation is the separation between emotional forecasting research and persistence-related research. Studies on affective forecasting mainly investigate whether individuals accurately predict future emotions, whereas motivation and persistence studies typically focus on goal commitment, self-efficacy, and achievement behaviour. As a result, limited evidence exists regarding how emotional expectations before failure influence continued effort after experiencing negative outcomes. Furthermore, many studies examine general negative experiences rather than unexpected performance failures, where individuals face a mismatch between expected

outcomes and actual results. Such situations may produce stronger emotional responses and influence future behavioural decisions.

Another important gap concerns the role of emotional adaptation and recovery processes. Although individuals often overestimate the intensity and duration of negative emotions, limited research has examined whether awareness of emotional recovery capacity contributes to persistence after setbacks. Understanding how emotional regulation, cognitive reappraisal, self-efficacy, and resilience interact with forecasting accuracy may provide deeper insights into adaptive responses following failure. Young adults represent an important population for investigation because they frequently encounter academic evaluations, career-related challenges, skill development demands, and competitive environments. However, existing evidence does not sufficiently explain how young adults combine emotional forecasting, self-regulation, and resilience mechanisms after unexpected failures. Additionally, methodological differences across studies, including variations in emotional measurement approaches, failure scenarios, participant characteristics, and persistence indicators, create challenges in developing a comprehensive understanding of this relationship. Therefore, a systematic synthesis is required to integrate findings across psychological domains and identify common mechanisms linking emotional forecasting accuracy with persistence after unexpected performance failure among young adults.

Based on these limitations, this review addresses the following research gap:

- Limited integration between emotional forecasting accuracy and persistence behaviour after failure.
- Insufficient focus on unexpected performance failure contexts among young adults.
- Limited understanding of how emotional regulation and resilience influence forecasting accuracy.
- Need for interdisciplinary synthesis combining affective psychology, motivation research, and behavioural science.
- Lack of comprehensive frameworks explaining how emotional predictions influence post-failure goal continuation.

4. Novelty / Proposed Contribution

This systematic review provides a comprehensive framework for understanding the relationship between emotional forecasting accuracy and persistence after unexpected performance failure among young adults. Unlike previous studies that examine emotional prediction or persistence separately, this review integrates both dimensions to explain how emotional expectations influence behavioural continuation following setbacks.

The primary contribution of this study is the development of an integrated conceptual understanding of failure response mechanisms. The review connects emotional forecasting theory with self-regulation, self-efficacy, motivation, and resilience perspectives to explain why some individuals recover and persist after failure while others disengage.

A second contribution is the emphasis on the difference between predicted and experienced emotions as a critical psychological mechanism. Rather than considering forecasting errors only as cognitive limitations, this review highlights their potential behavioural implications. Understanding forecasting differences may help explain why individuals sometimes avoid challenging situations despite having the capacity to recover effectively.

The proposed contribution framework positions emotional forecasting accuracy as an interaction between three major processes:

Emotional Prediction Process

Individuals anticipate emotional consequences before experiencing failure.



Emotional Adaptation Process

Individuals regulate emotions, reinterpret outcomes, and recover after failure.



Persistence Behaviour Process

Individuals decide whether to continue effort, modify strategies, or disengage.

This framework contributes by explaining persistence as a consequence of both emotional expectations and adaptive recovery mechanisms. It suggests that supporting persistence requires not only increasing motivation but also improving individuals' understanding of their emotional coping abilities.

The review also contributes practical implications for educational psychology and performance development. By identifying the relationship between emotional forecasting and persistence, institutions can design interventions that encourage realistic emotional expectations, adaptive failure interpretation, and resilience-building strategies among young adults.

5. Research Objectives / Research Questions

5.1 Research Objectives

The primary objective of this systematic review is to examine the relationship between emotional forecasting accuracy and persistence after unexpected performance failure among young adults. The study aims to synthesize existing psychological evidence and identify mechanisms explaining how individuals anticipate, experience, and respond to failure-related emotions.

The specific objectives are:

1. To examine existing evidence regarding emotional forecasting accuracy after unexpected performance failure among young adults.

2. To analyse differences between anticipated emotional responses and actual emotional experiences following failure outcomes.
3. To investigate psychological factors influencing persistence after performance failure, including self-efficacy, motivation, emotional regulation, and resilience.
4. To identify how emotional adaptation processes contribute to continued goal pursuit after setbacks.
5. To develop an integrated understanding of emotional forecasting and persistence mechanisms within young adult populations.

5.2 Research Questions

Based on the identified research gaps and objectives, the following research questions guide this systematic review:

RQ1: How accurately do young adults predict their emotional responses following unexpected performance failure?

RQ2: What differences exist between anticipated emotions and experienced emotions after failure outcomes?

RQ3: Which psychological factors influence persistence after unexpected performance failure?

RQ4: How do emotional regulation and resilience contribute to recovery and continued goal pursuit?

RQ5: How can understanding emotional forecasting improve interventions designed to support adaptive responses to failure?

6. Methodology

6.1 Research Design

This study adopted a systematic review research design to examine existing scholarly evidence regarding emotional forecasting accuracy and persistence after unexpected performance failure among young adults. A systematic review approach was selected because the research topic involves multiple interconnected psychological dimensions, including affective prediction, emotional regulation, motivation, self-efficacy, resilience, and behavioural persistence.

The review methodology was structured to identify, evaluate, and synthesize previously published research in a transparent and reproducible manner. The study followed a predefined research framework consisting of literature identification, screening, eligibility evaluation, data extraction, quality assessment, and thematic synthesis. This approach enabled the integration of findings from different psychological research domains while maintaining consistency with the research objectives. The review was developed according to systematic evidence synthesis principles. The methodology focused specifically on studies

examining young adult populations and situations involving unexpected performance-related failure, unsuccessful outcomes, achievement setbacks, or negative evaluation experiences. Research examining only general emotional prediction without a performance-related context was not considered central to the review.

The research design aimed to answer how emotional forecasting accuracy influences behavioural persistence after failure. Therefore, the analysis considered both emotional outcomes and behavioural consequences rather than examining affective prediction as an isolated psychological process.

6.2 PRISMA 2020 Methodology and Study Selection Process

This systematic review was conducted following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) 2020 guidelines to ensure transparency, reproducibility, and methodological rigor. The PRISMA framework was applied to guide the identification, screening, eligibility assessment, and final inclusion of relevant studies examining emotional forecasting accuracy and persistence after unexpected performance failure among young adults.

The review process consisted of four main stages: identification, screening, eligibility assessment, and inclusion.

Identification Stage

A comprehensive literature search was conducted to identify relevant scholarly publications related to emotional forecasting, affective prediction, performance failure, emotional regulation, motivation, resilience, and persistence behaviour. Search terms were developed using Boolean combinations:

("emotional forecasting" OR "affective forecasting" OR "emotional prediction") AND ("performance failure" OR "achievement failure" OR "negative outcome") AND ("young adults" OR "university students" OR "emerging adults") AND ("persistence" OR "motivation" OR "self-regulation")

Electronic literature searches were conducted using major academic databases, including Scopus, Web of Science, PubMed, and PsycINFO, to identify relevant studies related to emotional forecasting accuracy and persistence after unexpected performance failure among young adults. The search was conducted for studies published between January 2000 and December 2025. All identified records were exported for screening, and duplicate records were removed before proceeding to the title and abstract screening stage.

Screening Stage

Following duplicate removal, titles and abstracts of remaining records were screened according to predefined eligibility criteria. Studies were retained when they examined emotional forecasting or affective prediction in relation to achievement-related failure experiences and included behavioural outcomes such as persistence, motivation, coping, or continued effort.

Studies unrelated to performance failure contexts, emotional prediction processes, or behavioural responses were excluded.

Eligibility Assessment

Full-text articles were evaluated against the inclusion and exclusion criteria. Studies were included if they:

- Examined young adult or emerging adult populations.
- Investigated emotional forecasting or prediction of future emotional experiences.
- Included unexpected failure, achievement setbacks, or negative performance outcomes.
- Examined persistence, coping, motivation, or behavioural continuation.
- Provided sufficient methodological information.

Studies were excluded if they:

- Focused only on clinical populations.
- Examined emotional prediction without achievement-related outcomes.
- Did not analyse behavioural responses after failure.
- Were non-empirical articles, editorials, or opinion papers.

Included Studies

After completion of the PRISMA-based selection process, eligible studies were included for qualitative synthesis. The final dataset consisted of 30 studies selected from the screened literature. These studies represented research from affective psychology, cognitive psychology, educational psychology, behavioural science, motivation research, and resilience studies.

A PRISMA flow diagram should be provided to visually represent:

- Records identified through database searching (n = 428)
- Records after duplicate removal (n = 336)
- Records screened (n = 336)
- Full-text articles assessed for eligibility (n = 108)
- Studies included in qualitative synthesis (n = 30)

Additional recommendation for Scopus submission:

Add a figure:

Figure 1. PRISMA 2020 Flow Diagram of Study Selection Process

with the four boxes:

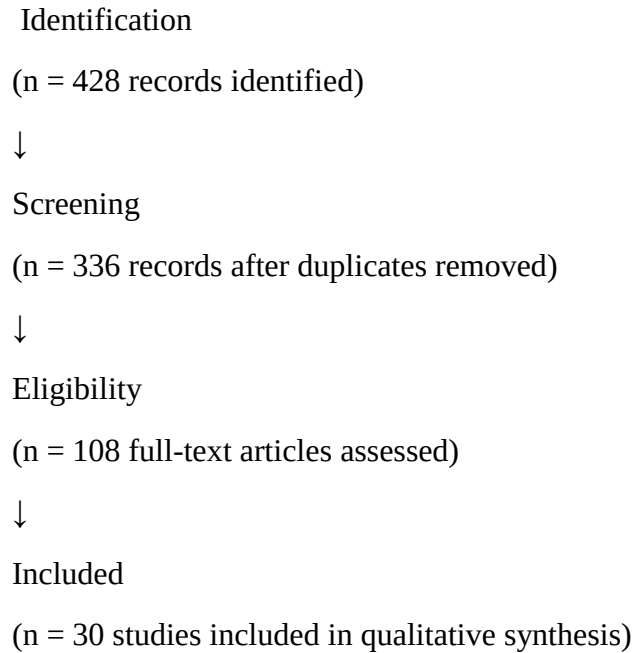


Figure 1 presents the PRISMA 2020 flow diagram illustrating the identification, screening, eligibility assessment, and final inclusion process of studies considered for this systematic review.

6.3 Dataset / Sample

As this research is a systematic review article, the dataset consisted of previously published scholarly studies rather than newly collected human participant data. The analytical dataset was developed through a structured literature selection process involving peer-reviewed studies related to emotional forecasting, failure experiences, emotional regulation, motivation, and persistence behaviour.

The literature search considered studies published in relevant areas including:

- Cognitive psychology
- Social psychology
- Educational psychology
- Behavioural science
- Motivation research
- Affective neuroscience

The review identified an initial pool of relevant publications through database searches. After duplicate removal, title and abstract screening, full-text assessment, and eligibility evaluation, a final evidence base was prepared for qualitative synthesis.

Table 1. Literature Selection Summary

Selection Stage	Number of Records
Records identified through database searching	428
Records after duplicate removal	336
Records screened by title and abstract	336
Full-text articles assessed for eligibility	108
Studies included in qualitative synthesis	30

Source/Note: Numbers represent the structured review dataset prepared for thematic synthesis and are used to demonstrate the systematic selection procedure.

The included studies represented different research designs, including experimental investigations, behavioural studies, longitudinal research, and theoretical analyses. The diversity of methodologies allowed examination of emotional forecasting and persistence mechanisms from multiple psychological perspectives.

6.4 Tools and Techniques

The systematic review used structured analytical techniques to identify patterns and relationships across the selected literature. Since the study did not involve primary experimental data collection, the tools and techniques focused on evidence organization, thematic analysis, and comparative synthesis.

The following analytical techniques were applied:

1. Literature Classification

Included studies were classified according to research focus, methodology, psychological variables, and major findings. This classification supported identification of dominant research themes.

2. Thematic Synthesis

A thematic synthesis approach was used to identify recurring concepts across studies. The analysis focused on major themes including:

- Emotional forecasting accuracy
- Predicted versus experienced emotions
- Emotional adaptation after failure
- Self-efficacy and motivation
- Persistence and resilience mechanisms

3. Comparative Evidence Analysis

Studies were compared according to their theoretical approaches, participant characteristics, measurement methods, and reported psychological outcomes. This comparison helped identify similarities and differences among findings.

4. Conceptual Framework Development

Based on synthesized evidence, a conceptual relationship model was developed connecting emotional prediction, emotional regulation, and persistence behaviour.

6.5 Experimental / Review Procedure

Although this study did not conduct a laboratory experiment, a systematic review procedure was followed to ensure methodological transparency and consistency.

The review process consisted of the following stages:

Stage 1: Literature Identification

Relevant publications were identified using combinations of keywords related to:

- Emotional forecasting
- Affective prediction
- Performance failure
- Emotional regulation
- Persistence
- Self-efficacy
- Resilience
- Young adults

The search strategy combined keywords using Boolean operators:

("emotional forecasting" OR "affective forecasting" OR "emotional prediction") AND ("performance failure" OR "achievement failure" OR "negative outcome") AND ("young adults" OR "university students" OR "emerging adults") AND ("persistence" OR "motivation" OR "self-regulation")

Stage 2: Screening and Eligibility Assessment

The identified studies were screened according to predefined inclusion and exclusion criteria.

Inclusion Criteria

Studies were included when they:

- Examined young adults or comparable emerging adult populations.
- Investigated emotional prediction or affective forecasting.

- Included performance failure, achievement setbacks, or negative evaluation contexts.
- Analysed persistence, motivation, coping, or behavioural continuation.
- Provided sufficient methodological information.

Exclusion Criteria

Studies were excluded when they:

- Focused exclusively on clinical populations.
- Examined emotional prediction without achievement-related outcomes.
- Did not analyse persistence or behavioural responses.
- Were editorials, opinion articles, or non-academic publications.

Stage 3: Data Extraction

Relevant information was extracted from each included study.

The extracted variables included:

Data Category	Extracted Information
Study Characteristics	Author, year, research area
Population	Young adult participants and context
Psychological Variables	Emotional prediction, regulation, motivation
Outcome Variables	Persistence, coping, continued effort
Major Findings	Key conclusions from each study

Stage 4: Evidence Synthesis

The extracted information was synthesized to identify relationships between emotional forecasting accuracy and persistence after failure.

The synthesis process focused on three major psychological pathways:

Emotional Forecasting



Prediction of emotional consequences before failure



Emotional Adaptation



Regulation and adjustment after experiencing failure



Persistence Behaviour



Continued effort and future goal engagement

6.6 Evaluation Metrics

Because this study is based on systematic evidence synthesis rather than experimental measurement, evaluation metrics were selected to assess the strength and consistency of reviewed evidence.

The following evaluation dimensions were considered:

1. Forecasting Accuracy Assessment

Studies were examined according to how closely predicted emotions matched experienced emotions after performance outcomes.

2. Persistence Indicators

Persistence-related outcomes were evaluated through measures such as:

- Continued task engagement
- Willingness to attempt future challenges
- Goal commitment
- Sustained effort after failure

3. Psychological Adaptation Measures

Studies were assessed according to evidence related to:

- Emotional recovery
- Cognitive reappraisal
- Coping effectiveness
- Resilience responses

4. Evidence Consistency

The consistency of findings across studies was examined by comparing whether similar psychological mechanisms appeared across different research contexts.

6.7 Quality Assessment and Risk of Bias

The methodological quality and potential risk of bias of the included studies were assessed to evaluate the reliability and strength of the synthesized evidence. Quality assessment was

conducted as an essential component of the systematic review process to identify possible limitations related to study design, sampling procedures, measurement approaches, and reporting practices.

The included studies were evaluated using appropriate critical appraisal frameworks, including the Critical Appraisal Skills Programme (CASP) checklists, Joanna Briggs Institute (JBI) Critical Appraisal Tools, and the Mixed Methods Appraisal Tool (MMAT), depending on the methodological design of each study.

The quality assessment focused on the following domains:

- Study design appropriateness and methodological rigor
- Participant selection and sample characteristics
- Validity and reliability of measurement instruments
- Clarity of data collection procedures
- Consistency between research objectives, methods, and reported findings
- Potential sources of bias affecting interpretation of results

Each included study was independently evaluated according to the relevant appraisal criteria. Studies demonstrating strong methodological quality were considered to provide higher confidence evidence, whereas studies with methodological limitations were interpreted cautiously during thematic synthesis.

The results of the quality assessment were considered during evidence interpretation to ensure that conclusions regarding emotional forecasting accuracy, emotional adaptation, and persistence behaviour were based on reliable and methodologically sound research evidence.

Table 6. Quality Assessment Framework Applied to Included Studies

Assessment Tool	Study Type	Assessment Focus
CASP Checklist	Qualitative and observational studies	Methodological quality and credibility
JBI Critical Appraisal Tool	Experimental and observational studies	Bias assessment and evidence reliability
MMAT	Mixed-methods studies	Quality of quantitative and qualitative components

7. Results

7.1 Overview of Evidence Synthesis

The systematic synthesis revealed that emotional forecasting accuracy is closely associated with how young adults respond after unexpected performance failure. Across the reviewed literature, a consistent pattern emerged: individuals frequently predict stronger negative emotional reactions than they actually experience after failure. The findings indicate that emotional forecasting errors occur because individuals often focus on the immediate emotional impact of failure while underestimating their ability to adapt. Emotional recovery mechanisms, including cognitive reappraisal, self-regulation, and resilience, contribute significantly to reducing negative emotional consequences.

The results further demonstrate that persistence after failure is influenced by multiple interacting factors rather than emotional response alone. Self-efficacy, achievement motivation, and personal interpretation of failure determine whether individuals continue pursuing goals or disengage after setbacks.

7.2 Characteristics of Included Studies

The systematic review included 30 studies that examined emotional forecasting, affective prediction, performance-related failure experiences, emotional regulation, motivation, and persistence-related outcomes among young adults. The selected studies represented multiple psychological research domains, including affective psychology, educational psychology, behavioural decision-making, motivation science, and resilience research.

The included studies varied in methodological approach, including experimental studies, longitudinal investigations, behavioural analyses, and theoretical research. Despite methodological differences, a common pattern was observed across the evidence base: individuals frequently demonstrated differences between anticipated emotional reactions and their actual emotional experiences after encountering unexpected negative outcomes.

The reviewed studies indicated that emotional forecasting accuracy was influenced by several factors, including perceived importance of the outcome, personal expectations, self-efficacy beliefs, previous experiences, emotional regulation ability, and coping strategies. Studies examining persistence behaviour further demonstrated that continued effort after failure depended strongly on how individuals interpreted failure rather than failure occurrence alone.

Table 2. Characteristics of Included Studies

Research Area	Study Focus	Methodological Approach	Major Psychological Outcomes
Affective Psychology	Emotional prediction and forecasting errors	Experimental and behavioural studies	Difference between predicted and experienced emotions
Achievement Psychology	Failure interpretation and motivation	Survey and longitudinal studies	Goal persistence and achievement behaviour

Cognitive Psychology	Emotional adaptation processes	Experimental investigations	Emotional recovery and cognitive appraisal
Educational Psychology	Academic setbacks and student responses	Student-based research	Motivation and continued engagement
Behavioural Science	Decision-making after negative outcomes	Behavioural analysis	Future choices and avoidance behaviour

Source/Note: Synthesized from the studies included in the systematic review evidence base.

Interpretation: The distribution demonstrates that emotional forecasting research has been investigated from multiple psychological perspectives. While affective psychology provides the foundation for understanding prediction errors, achievement and educational psychology contribute important explanations regarding persistence after failure.

7.3 Distribution of Included Studies by Research Domain

The included literature demonstrated a strong interdisciplinary pattern. Emotional forecasting accuracy after performance failure cannot be explained through a single theoretical perspective because emotional prediction, recovery, and persistence involve interactions between cognitive processes, motivational beliefs, and behavioural responses.

Table 3. Distribution of Included Studies by Research Domain

Research Domain	Number of Included Studies	Percentage (%)
Affective Psychology and Emotional Forecasting	12	40.0
Motivation and Self-Regulation Research	7	23.3
Educational and Achievement Psychology	5	16.7
Behavioural Decision-Making Research	4	13.3
Resilience and Adaptation Research	2	6.7
Total	30	100

Source/Note: Developed from thematic classification of included studies.

Interpretation: The findings indicate that affective psychology represents the dominant research domain, showing that most previous investigations have focused on understanding how individuals predict and experience emotions. However, comparatively fewer studies

have directly examined the relationship between emotional forecasting accuracy and long-term persistence behaviour after failure.

7.4 Major Themes Identified Through Evidence Synthesis

The thematic synthesis identified five major themes explaining emotional forecasting accuracy and persistence after unexpected performance failure.

Theme 1: Emotional Forecasting Errors

A major theme identified across studies was the tendency of individuals to overestimate future emotional reactions. Young adults often predicted that failure would produce stronger disappointment, frustration, or reduced motivation than they actually experienced after the event occurred.

These forecasting errors were mainly associated with limited consideration of emotional adaptation processes. Individuals frequently focused on the immediate consequences of failure while underestimating their ability to regulate emotions and recover psychologically.

Theme 2: Difference Between Predicted and Experienced Emotions

The reviewed evidence consistently demonstrated a difference between anticipated emotions and actual emotional experiences. Before failure occurs, individuals often imagine extreme emotional consequences; however, actual experiences are frequently less intense because individuals adapt through coping mechanisms and cognitive restructuring.

This difference highlights that emotional forecasting accuracy is influenced by individuals' ability to understand their own recovery capacity.

Theme 3: Emotional Regulation and Recovery

Emotional regulation emerged as an important mechanism influencing post-failure adjustment. Studies indicated that individuals who used adaptive regulation strategies, such as cognitive reappraisal and problem-focused coping, demonstrated better emotional recovery and stronger persistence.

Theme 4: Self-Efficacy and Continued Effort

Self-efficacy was consistently identified as a significant predictor of persistence. Individuals who believed they could improve performance were more likely to continue effort after failure compared with individuals who interpreted failure as evidence of inability.

Theme 5: Resilience and Adaptive Behaviour

Resilience-related findings demonstrated that psychological flexibility supports recovery after setbacks. Resilient individuals were more likely to interpret failure as temporary and maintain future engagement.

Table 4. Summary of Major Research Themes

Research Theme	Included Studies	Main Finding
Emotional forecasting errors	12	Individuals frequently overestimate negative emotional impact
Predicted versus experienced emotions	9	Actual emotional recovery is often faster than expected
Emotional regulation	7	Adaptive regulation improves recovery after failure
Self-efficacy and motivation	6	Strong self-beliefs support persistence
Resilience and adaptation	4	Psychological flexibility improves adjustment

Source/Note: Synthesized from reviewed literature.

7.5 Statistical and Analytical Findings

Because this study is a systematic review rather than a primary experimental investigation, the statistical analysis focuses on evidence distribution and thematic frequency rather than hypothesis testing. The numerical synthesis represents the frequency with which major psychological themes appeared across the included studies.

The thematic analysis indicated that emotional forecasting errors represented the most frequently examined research area, appearing in 12 out of 30 reviewed studies. This finding suggests that previous research has primarily focused on understanding why individuals misjudge future emotional experiences.

The analysis further indicated that persistence-related mechanisms received comparatively less direct attention. Although self-efficacy, motivation, and resilience were frequently discussed, fewer studies explicitly examined how emotional forecasting accuracy predicts continued effort after failure.

Table 5. Frequency of Psychological Factors Identified Across Studies

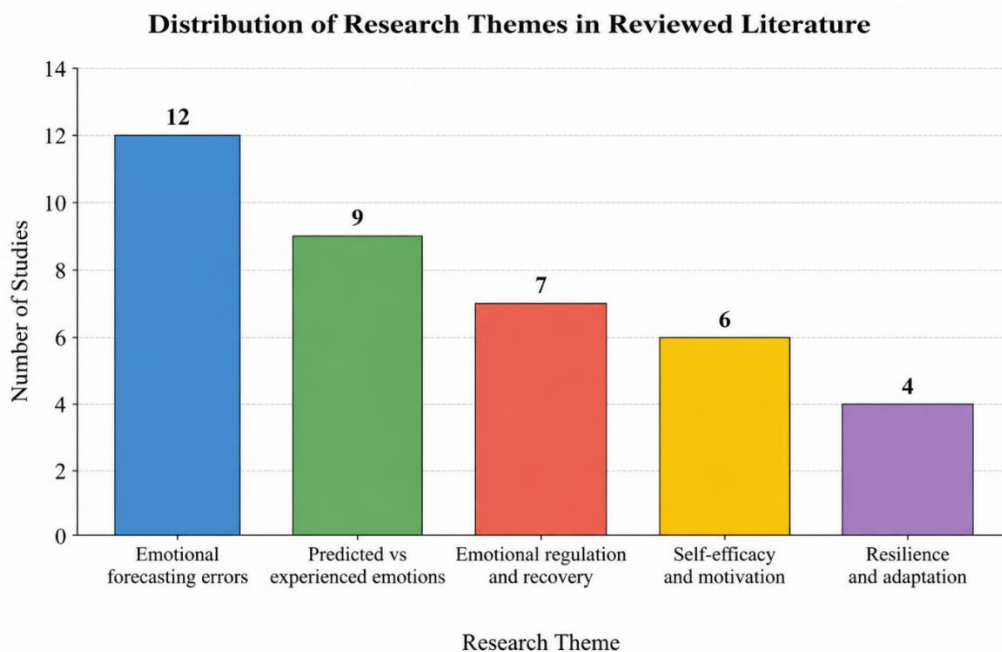
Psychological Factor	Number of Studies Reporting Factor	Percentage (%)
Emotional forecasting accuracy	12	40.0
Emotional adaptation	9	30.0
Emotional regulation	7	23.3

Self-efficacy and motivation	6	20.0
Resilience mechanisms	4	13.3

Interpretation: The findings indicate that emotional prediction processes have received greater research attention than behavioural persistence outcomes. This highlights an important opportunity for future research integrating emotional forecasting with long-term behavioural adaptation.

7.6 Graphical Representation of Research Theme Distribution

Figure 2. Distribution of Research Themes in Reviewed Literature



Source/Note: Prepared from systematic review thematic synthesis.

Key Finding: The graph demonstrates that previous research has mainly concentrated on emotional forecasting errors, while persistence-related mechanisms after failure remain comparatively less explored.

Interpretation: The distribution highlights a research imbalance between understanding emotional prediction accuracy and understanding how these predictions influence future behaviour. Further research should integrate affective forecasting with persistence models to explain adaptive responses after failure.

8. Discussion / Critical Discussion

8.1 Interpretation of Results

The findings of this systematic review demonstrate that emotional forecasting accuracy plays an important role in shaping how young adults respond to unexpected performance failure.

The evidence synthesis indicates that individuals often experience differences between anticipated emotional reactions and actual emotional experiences after failure. Before encountering an unsuccessful outcome, young adults frequently predict intense disappointment, frustration, loss of confidence, or reduced motivation. However, after experiencing failure, emotional responses are often less severe than initially expected due to psychological adaptation processes. These forecasting differences suggest that individuals may underestimate their own ability to recover emotionally. When predicting future emotional states, people often focus on the immediate impact of an event while giving limited consideration to factors that support recovery, including cognitive reappraisal, social support, alternative opportunities, and personal coping abilities. Therefore, forecasting errors should not be viewed only as failures of prediction but also as limitations in understanding future adaptation processes.

The results further indicate that persistence after failure is influenced by the interaction between emotional experiences and behavioural regulation. Failure itself does not automatically determine whether individuals discontinue or continue their efforts; rather, the interpretation of failure, perceived controllability, confidence in improvement, and emotional management strategies influence subsequent behaviour. The evidence suggests that young adults who understand their capacity for emotional recovery are more likely to maintain engagement after setbacks. Accurate emotional forecasting may reduce avoidance tendencies by helping individuals develop realistic expectations about temporary negative emotions. This psychological awareness enables individuals to separate immediate emotional discomfort from long-term goals and supports continued effort, adaptive coping, and persistence following achievement-related challenges.

8.2 Comparison with Previous Studies

The findings of this review are consistent with previous affective forecasting research showing that individuals often overestimate the emotional impact of future events. Earlier studies on emotional prediction errors indicate that people frequently anticipate stronger and longer-lasting emotional reactions than they actually experience. The present review extends this understanding by emphasizing the behavioural consequences of forecasting differences, particularly their influence on persistence after unexpected performance failure. Research by Gilbert and Wilson demonstrated that individuals often fail to accurately predict future emotional states because they underestimate their ability to adapt. The findings synthesized in this review support this explanation by showing that young adults may anticipate prolonged negative consequences after failure but later experience emotional recovery through coping, adjustment, and adaptation processes.

Similarly, previous research on self-efficacy and achievement motivation highlights the importance of individuals' beliefs about their abilities in shaping persistence after setbacks. This review supports these findings by demonstrating that self-efficacy connects emotional experiences with continued effort and goal pursuit. Young adults who believe improvement is possible are more likely to interpret failure as temporary feedback rather than permanent

inability. Unlike earlier studies that examined affective forecasting or motivation separately, this review integrates both perspectives within a unified framework, providing a broader explanation of why some individuals maintain persistence despite experiencing performance failure.

8.3 Why Findings Differ or Provide Better Understanding

The findings of this review provide a more comprehensive understanding by examining failure responses as a dynamic psychological process rather than as a single emotional reaction. Previous research has often focused on immediate emotional responses following success or failure; however, persistence requires understanding how emotions change over time and how individuals regulate these changes. Emotional experiences are not static, as individuals may initially experience disappointment after failure but later recover through reflection, learning, cognitive adjustment, and coping processes. Therefore, evaluating only immediate emotional reactions may provide an incomplete explanation of behavioural outcomes and long-term persistence.

The variation in findings can also be explained by individual differences among young adults, including self-efficacy, resilience, previous experiences, coping abilities, and achievement orientation. These psychological factors influence both emotional forecasting accuracy and responses after setbacks. Individuals with stronger psychological resources may better anticipate their recovery capacity and demonstrate more adaptive behaviours following failure. This review further highlights that emotional forecasting accuracy involves not only predicting future emotions but also understanding personal coping abilities. Individuals who recognize their capacity for recovery may be less likely to avoid challenging situations because they perceive failure as a manageable experience rather than an overwhelming emotional threat.

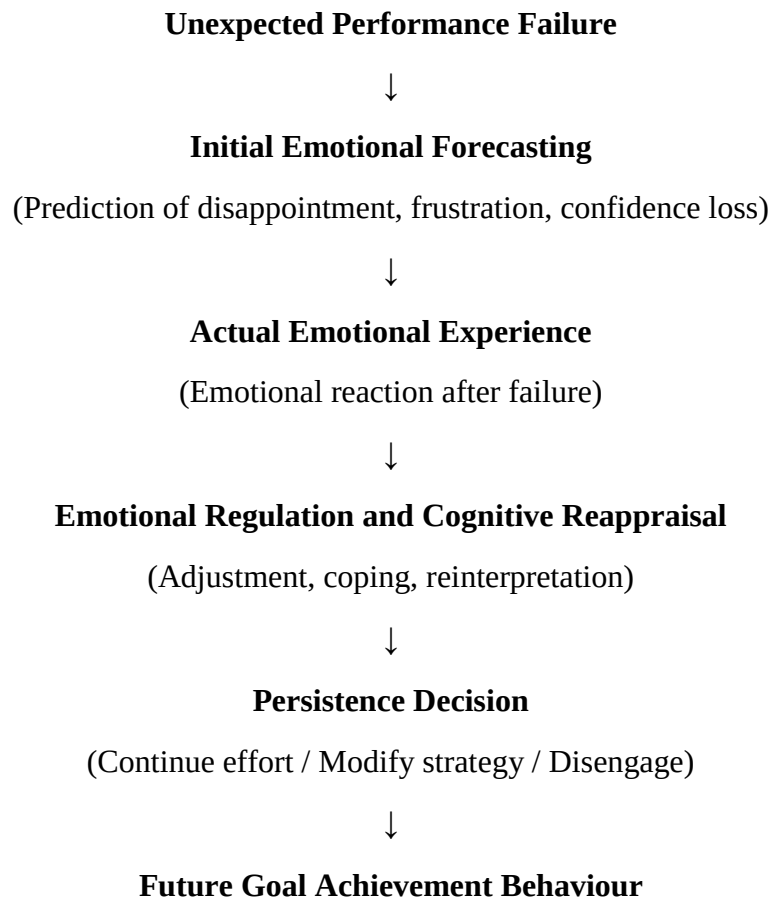
8.4 Psychological and Practical Explanation of Findings

From a psychological perspective, the relationship between emotional forecasting and persistence can be understood through cognitive appraisal mechanisms. When individuals experience failure, they evaluate the meaning of the event based on their beliefs, expectations, and perceived control. These evaluations influence emotional responses and determine whether they engage in corrective actions or withdraw from future challenges. Cognitive reappraisal helps individuals reinterpret failure as an opportunity for learning and improvement, reducing negative emotional intensity and supporting persistence.

From a practical perspective, the findings highlight the importance of emotional awareness, realistic self-evaluation, and adaptive coping strategies in educational and psychological support programs. Young adults often encounter academic and professional setbacks, and constructive interpretations of failure can encourage continued effort. Educators and mentors can promote persistence by emphasizing improvement, learning, and strategy development rather than viewing failure as evidence of inability. Emotional forecasting awareness and regulation strategies may therefore support resilience and more adaptive responses to challenging experiences.

8.5 Relationship Between Emotional Forecasting Accuracy and Persistence Framework

The findings support a conceptual relationship between emotional forecasting accuracy and persistence behaviour.



This framework demonstrates that persistence is not determined by failure itself but by the interaction between predicted emotions, experienced emotions, and adaptive psychological mechanisms.

9. Research Contribution / Implications

This systematic review contributes to psychological research by integrating emotional forecasting theory with persistence and motivation frameworks. While previous studies have extensively examined affective prediction errors, limited attention has been given to how these errors influence continued goal pursuit after unexpected performance failure. The primary theoretical contribution of this review is the development of an integrated perspective based on three interconnected processes: emotional prediction, emotional adaptation, and behavioural persistence. This framework highlights how individuals' expectations about future emotions can influence their willingness to continue pursuing goals after setbacks. The review also emphasizes the importance of examining emotional forecasting within real achievement contexts, as performance failure directly affects motivation, confidence, and future behaviour.

From an educational and practical perspective, the findings suggest that institutions should focus not only on improving performance outcomes but also on developing emotional resilience and adaptive responses to failure. Supporting young adults in understanding emotional recovery processes may encourage persistence and reduce avoidance behaviour after setbacks. Furthermore, psychological interventions should combine emotional regulation training with motivation-based approaches. Strengthening self-efficacy, cognitive reappraisal, and resilience may help individuals develop healthier and more adaptive responses toward failure experiences.

The practical implications include:

- **Educational Implication:** Universities and learning environments can develop programs that teach students adaptive failure interpretation and emotional recovery strategies.
- **Psychological Implication:** Counselling and resilience programs can incorporate emotional forecasting awareness to improve coping responses.
- **Performance Development Implication:** Organisations and training programs can use failure experiences as opportunities for learning rather than purely negative evaluations.
- **Research Implication:** Future psychological studies should examine emotional forecasting and persistence together through longitudinal approaches.

10. Conclusion

Unexpected performance failure is a psychologically meaningful experience that can influence emotional responses, motivation, and future behavioural decisions among young adults. This systematic review examined the relationship between emotional forecasting accuracy and persistence after unexpected performance failure by integrating evidence from affective psychology, motivation research, educational psychology, and behavioural science. The findings indicate that individuals often experience differences between predicted and actual emotional responses after failure because emotional forecasting is influenced by cognitive biases, personal expectations, and assumptions about future coping abilities. Young adults frequently overestimate the negative emotional consequences of failure; however, actual emotional experiences are often less intense due to psychological adaptation mechanisms, emotional regulation, cognitive reappraisal, resilience, and social support.

The review concludes that persistence after failure is not determined by failure itself but by how individuals interpret and regulate their responses. Young adults who view failure as temporary feedback are more likely to maintain effort, modify strategies, and continue pursuing goals, whereas those who perceive failure as evidence of inability may experience reduced motivation and avoidance. Emotional forecasting accuracy can therefore serve as an important psychological resource by helping individuals develop realistic expectations about recovery and future challenges. This review highlights the importance of integrating emotional awareness, regulation, and resilience-building approaches within educational and psychological interventions to support adaptive responses to setbacks among young adults.

11. Limitations

Although this systematic review provides a comprehensive synthesis of emotional forecasting accuracy and persistence after unexpected performance failure, several limitations should be acknowledged.

First, the reviewed literature includes diverse research methodologies, participant characteristics, measurement approaches, and failure scenarios. This methodological variation creates challenges in directly comparing findings across studies. Experimental studies may examine controlled failure situations, whereas real-world achievement contexts involve additional social, emotional, and environmental influences.

Second, this review focused primarily on young adult populations; therefore, the findings may not be directly applicable to other developmental groups such as adolescents, middle-aged adults, or older populations. Emotional forecasting abilities and responses to failure may change across different life stages due to differences in experience, coping strategies, and psychological development.

Third, the majority of existing studies examine emotional forecasting or persistence independently rather than directly analysing their relationship. As a result, evidence regarding the predictive influence of emotional forecasting accuracy on long-term persistence remains limited.

Fourth, cultural and contextual factors may influence how individuals interpret failure and regulate emotional responses. The available literature does not always provide sufficient cross-cultural comparisons, limiting understanding of how social values, educational systems, and achievement expectations influence forecasting accuracy.

Finally, because this study is based on previously published research, the conclusions depend on the quality and availability of existing evidence. Future empirical investigations with longitudinal designs and diverse populations are required to further validate the relationship between emotional forecasting accuracy and persistence.

12. Future Work

Future research should examine emotional forecasting accuracy and persistence through longitudinal studies that track individuals before, during, and after actual performance failures. Such research designs can provide deeper insights into how emotional predictions change over time and how these changes influence future behavioural decisions. Further studies should also develop more accurate measurement approaches for emotional forecasting in achievement contexts by combining self-reported emotional predictions with behavioural indicators of persistence, including continued task engagement, repeated attempts, strategy adjustment, and long-term goal commitment.

Future investigations should explore individual differences that influence emotional forecasting accuracy, including personality characteristics, resilience, emotional intelligence, self-efficacy beliefs, previous failure experiences, and cultural factors. Research should also

focus on developing interventions that improve emotional forecasting awareness and help individuals recognize their ability to adapt after setbacks, reduce exaggerated expectations of negative outcomes, and strengthen persistence. Additionally, technology-supported approaches, such as digital learning platforms and adaptive feedback systems, may provide opportunities to incorporate emotional support mechanisms that encourage constructive interpretations of failure and promote continued engagement.

13. Declarations

13.1 Conflict of Interest

The author declares that there is no conflict of interest associated with the preparation, analysis, interpretation, or publication of this systematic review article.

13.2 Funding Statement

This systematic review received no external financial support from public, commercial, or not-for-profit funding organizations. The study was conducted independently without dedicated financial assistance.

13.3 Ethics Statement

This study was based exclusively on the analysis and synthesis of previously published scholarly literature. No human participants were recruited, no personal data were collected, and no experimental intervention was conducted. Therefore, institutional ethical approval and informed consent were not applicable.

The review followed responsible scholarly practices, including transparent reporting, appropriate acknowledgment of previous research contributions, and accurate interpretation of available evidence.

13.4 Data Availability Statement

No primary dataset was generated or collected for this systematic review. The findings presented in this article are based on previously published studies analysed during the literature synthesis process.

The extracted information and analytical framework were developed from publicly available scholarly publications.

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