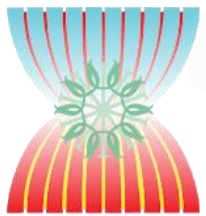


# Emotions across Five Levels of Analysis: History and Frontiers

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A (Very) Brief History of  
the Affective Sciences

What Emotions are, and  
What They Are Not



Intrapersonal  
Level



Traits and  
Individual  
Differences



Dyadic  
Interactions



Collective  
Emotions



Global  
Happiness

## Keynote Overview

# Defining Emotion, Mood, and Affect

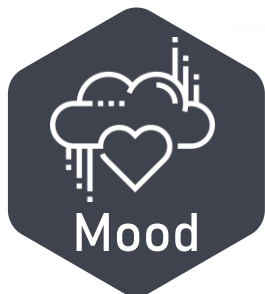


Neural circuits (that are at least partially dedicated), response systems, and a feeling state/process that motivates and organizes cognition and action.

Emotion provide information and may include antecedent cognitive appraisals and ongoing interpretation of its feeling state, expressions or social-communicative signals, Emotions may motivate approach or avoidant behavior (Izard, 2010, p. 367).



*Etymology: The Latin root of the word 'emotion' is emovere, a combination of the words 'ex' and 'movere' which mean 'out' and 'move' respectively. The French would later use this Latin root to form émouvoir to describe social stirring or public disturbance.*



Diffuse, prolonged states of feelings; lingering feeling states which may subtly influence cognition and behaviour (Beedie, Terry & Lane, 2005)



An overall affective state encompassing emotion, mood, feeling and other evaluative & valenced (e.g. positive, negative) elements like memories & preferences (Juslin & Västfjäll, 2008)

**Affective sciences:** Scientific and scholarly research on affect and affective processes that is often inter- or multidisciplinary in nature.

# A (Very) Brief History of the Affective Sciences

1884, 1885



- Formal studies of emotions within the psychological sciences traced back to [William James](#)' 1884 publication '[What is an Emotion?](#)'
- Initial theoretical formulations of emotion place them as [physiological](#) (i.e. bodily) responses.
- Early theorists were also physicians – [The James-Lange theory](#) of emotions ([1884, 1885](#)), for instance, assumes emotions to be physiological/bodily responses.

1927



- First theory to consider emotions as resulting from the [brain](#) – [The Cannon-Bard Theory \(1927\)](#) by two physiologists – [Water Cannon](#) and [Phillip Bard](#); emotions as localized within the [thalamus](#).

1962 – 1991



- [Cognitive revolution](#) in psychology – [Stanley Schachter](#) and [Jerome Singer \(1962\)](#) proposed the [Two-factor Theory](#): we [cognitively label](#) our [physiological responses](#) – this gives rise to emotions.
- [Richard Lazarus \(1991\)](#) proposed a similar theory – the [Cognitive Mediational Theory](#), emphasizing the importance of [appraisals](#).

1962



- First theory to propose link between emotions with [facial expressions](#) – [Facial Feedback Hypothesis \(1962\)](#) by [Silvan Tomkins](#) –
- Also alludes to [Charles Darwin's](#) work on the expression of emotion in man and animal.

# What Emotions are, and What They Are Not



An **integrated psychological response system** that needs to be understood by viewing the sum of its parts – physiological, cognitive, behavioural and neurological.



Responses that are **objectively measurable** – new physiological and neurological measures make this possible.



Part of '**logical**' thought processes – perception, memory, and decision-making.



Phenomena or psychological responses that can be **understood by isolating** physiological, cognitive, behavioural or neurological responses.



Phenomenon purely reliant on **subjective measures** (i.e. that would be 'feeling;' once deemed to be the gold standard for measuring affect)



**Antithetical to cognitive processes** such as **decision-making**; disruptive towards memory formation and recall, (negatively) biases perception

# Level 1: Within-Persons: Intrapersonal Level

Are Emotions Inherent/Innate, or are they 'Constructed'?

## Then



### Evolutionary View, Basic Emotions

- There are **basic emotions** – joy, sadness, surprise, anger, fear and disgust; they serve important adaptive purposes and are universal/invariant across cultures (Ekman & Friesen, 1971; Nesse, 1990).
- Emotions can be **objectively studied** – and much of the claims for universality is based on similarities in **facial expressions** of basic emotions (Ekman, 1992).

## Now



### Constructionist View of Emotions

- Disputes the presence of 'basic' emotions. Emotions are 'created' in our brains based on our **personalities, histories, past experiences** and **environment** (Russell & Barrett, 1999; Barrett, 2006).
- This perspective has important implications for **cross-cultural** understandings of emotions (Barrett & Mesquita, 2011).

# Level 2: Between-Persons: Traits and Individual Differences

What Personality Traits Influence Our Emotional Experiences?

## Then



**Broad, 'Classic' Traits that Influence Emotional Experiences**

- Extraversion associated with positive affect and neuroticism increases susceptibility to negative affect (Larsen & Ketelaar, 1991; Rusting & Larsen, 1997).
- Happiness associated with individuals high on extraversion (Costa & McCrae, 1980; Pavot, Diener & Fujita, 1990; DeNeve & Cooper, 1998).
- Susceptibility to emotion and emotional contagion processes (Doherty, 1997).

## Now



**Specific, Narrower Traits that Have Implications for well-being**

- Difficulties in emotion regulation (Hallion, Steinman, Tolin & deifenbach, 2018; Bjureberg et al. 2016).
- Susceptibility to discrete emotions – guilt and shame (Cohen, Wolf, Panter, & Insko, 2011); trait anger and anxiety (Spielberger & Reheiser, 2003).
- Trait emotional intelligence (Petrides et al. 2016; Andrei et al. 2016).

# Level 3: Interpersonal: Dyadic Relations

How Do Emotions Shape Our Interpersonal, Dyadic Interactions?

## Then



### Affective Processes That Shape Interpersonal Interactions

- Empathy: The willingness to feel alongside another (Wispé, 1983); differences between sympathy and empathy; development of measures of empathy (IRI; Davis, 1980).
  - More recent views adopt a social neuroscience perspective (i.e. mirror neurons; Iacoboni, 2009)
- Emotional contagion: The subconscious mimicry and synchrony of others' emotional expressions; mimicry results in convergence of affective states (Hatfield, Cacioppo & Rapson, 1993; Gump & Kulik, 1997).

## Now



### The Changing Landscape of Interpersonal Interactions

- Computer-mediated communication (CMC): How emotion affects the quality of interactions in CMC contexts (Derks, Fischer & Bos, 2008)
  - Emotional contagion can occur outside of face-to-face interactions (Kramer, Guillory & Hancock, 2014).
- Loneliness and health outcomes (Hawkley, Thisted & Cacioppo, 2009), links with problematic internet usage (Kim, LaRose & Peng, 2009; Caplan, 2006).
- Fear of Missing Out (FoMO; Przybylski, Murayama, DeHaan & Gladwell, 2013) as a 'new' fear.



# Level 4: Group: Collective Emotions

How do Emotions Bind and Blind us in Intergroup Relations?

## Then



### Theoretical Foundations of Group-level Emotions

- Realistic conflict theory (Sherif, 1966; Jackson, 1993) depicts how group membership influence emotions and actions within and between groups.
- Social identity and self-categorization theory: Shifts in identities within group setting (Turner, 1975).
- Intergroup emotion theory: Emotions can exist within the group level (Smith, Seger & Mackie, 2007) – initial evidence from Sherif's work on intergroup relations.

## Now



### Collective Action, Uprisings and Follower-Led Activism

- Social Identity Model of Collective Action (SIMCA; Van Zomeren, Postmes and Spears, 2008): Injustice prompts emotions that motivate collective action but is moderated by group identification and group efficacy.
- Discrete collective emotions prompt different collective action:
  - Anger motivates actions directed towards transgressor (Van Zomeren, Spears, Fischer, & Leach, 2004)
  - Shame motives pro-social actions directed towards victims (Berndsen & Gausel, 2015) as does guilt (Rees & Bamberg, 2014).

# Level 5: Country and Culture: The Science of National Happiness

Can Countries Feel? If So, What Makes Them Happy?

## Then



### Richer Countries are (Not) Always Happier

- The Easterlin paradox: Wealthier citizens are happier, but wealthier countries are not (Easterlin, 1974).
  - Debates continue with additional data showing that there is indeed a link between economic wealth and happiness (Clark, Frijters & Shields, 2008; Stevenson & Wolfers, 2008).
- General consensus is that there are limitations of the use of economic measures (GDP, PPP) as indicators of a country's well-being and its citizen's happiness.

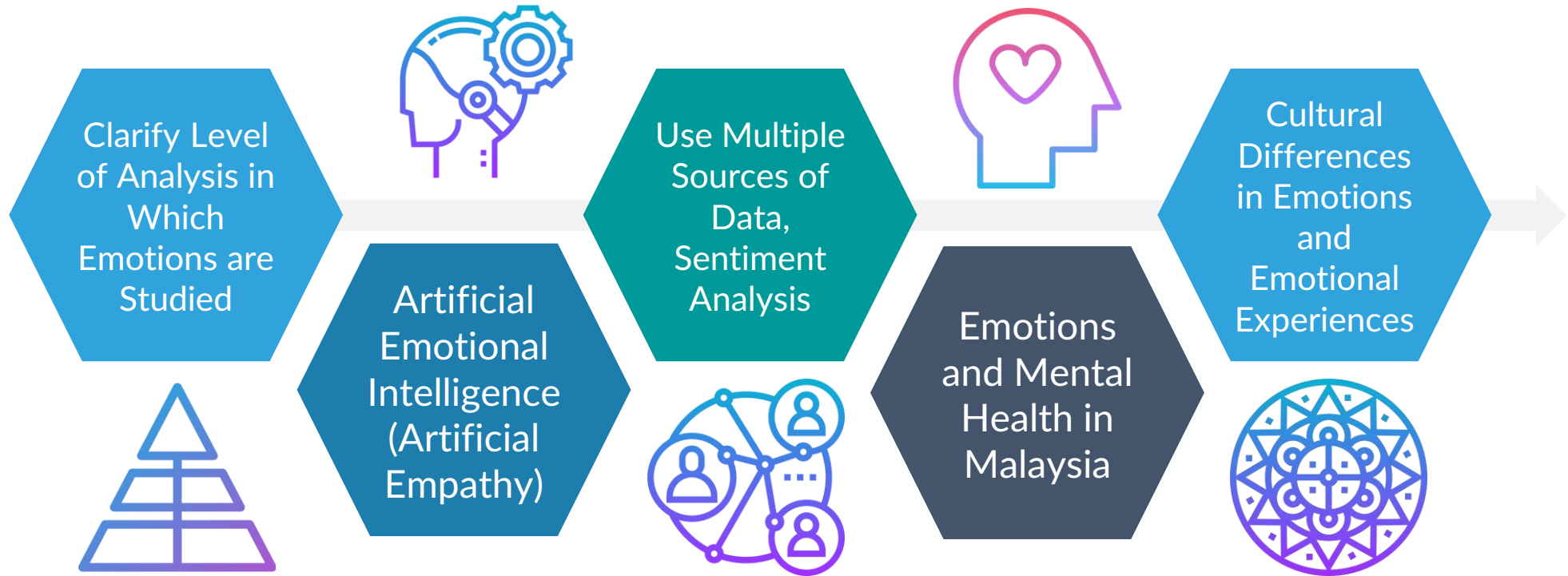
## Now



### Measuring Country-Level Happiness Requires both Economic and Psychological Indicators

- New measures of global-level happiness:
  - **World Happiness Report:** Based of Gallup data, economics, social support, generosity, perceptions of corruption.
  - **Legatum Institute's Prosperity Index:** Economics, social capital, personal freedom natural environment.
- **Culturally-shared ideals** of happiness – *sisu* (Lahti, 2013), *hygge* (Bille, 2015).

# Suggestions for Future Research



# Thank You



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