

BELIEFS ABOUT EMOTIONS: THE ROLE OF VALUING POSITIVE EMOTIONS IN PERSONAL WELL-BEING

Malathie Dissanayake^{1*}, Shanmukh Kamble² and Appasaheb Patil²

¹South Asian Institute of Technology and Medicine, Sri Lanka

²Karnatak University, India

Abstract: Beliefs about emotions may affect individuals' emotional experiences and well-being. This research tested the assumption that specific beliefs about emotions, particularly beliefs about valuing positive emotions may be associated with individual happiness and satisfaction. Two hundred participants filled out a questionnaire examining beliefs about valuing positive emotions, affect, individual happiness and life satisfaction. Results revealed that beliefs about valuing positive emotions significantly predicted happiness and life satisfaction. Also, the link between belief about valuing positive emotions and individual happiness and the link between beliefs about valuing positive emotions and life satisfaction were partially explained by positive affect. These findings suggest the importance of examining individuals' beliefs about valuing positive emotions and the experience of positive emotions together for individuals' well-being.

Keywords: beliefs about valuing positive emotions; positive affect; well-being

Introduction

Emotions play a significant role in one's psychological well-being. Emotions are considered as the main force that organizes thoughts and behavior of individuals (Magai & McFadden, 1996). They shape individuals' mental schemas related to their emotional experiences (Dunsmore & Halberstadt, 1997). Individuals develop these mental schemas through the interaction with their social environment. As a result of social interactions, they may develop various beliefs and perceptions that are associated with emotions. Beliefs related to emotions can significantly influence individuals' behavior in many ways. For example, beliefs about emotions may influence individuals' perceptions about others' emotions, their reactions to other's emotions, and other important aspects of their lives including their emotional states as well as their perceptions of life.

Scholars have developed different theoretical perspectives to explain various beliefs about emotions. Some approaches have focused on their relevance to clinical and other situations. The Mentalisation theory (Fonagy & Target, 2003), for example, claims that individuals may perceive emotions as uncontrollable, or inexplicable or dangerous and they may be unable to characterize or recognize them. It further states that these beliefs about emotions may have an impact one's ability to regulate their emotions (Swenson, Sanderson, Dalin, & Lincham, 2001; Bateman & Fonagy, 2004; Manser, Cooper, & Trefusis, 2012). According to Biosocial theory, specific beliefs about emotions and the individual's propensity to avoid them may cause problems in relation to controlling and regulating emotions (Lincham, 1993). Studies on implicit beliefs about emotions have revealed that the belief that emotions are malleable is related to the use of reappraisal (Tamir, John, Srivastava, & Gross, 2007; Schroder, Dawood, Yalch, Donnellan, & Moser, 2015). Prior research also found that the effect of implicit beliefs about emotions on well-being outcomes such as life satisfaction and self-esteem was mediated by reappraisal implementation (De Castella et al., 2013).

Different measures have been developed to assess emotion-related beliefs. Some psychologists focused on understanding emotion-related beliefs in various contexts. For example, Halberstadt and colleagues (2013) have examined parents' beliefs about children's emotions and they have developed measures (e.g., the Parents' Beliefs About Children's Emotions Scale) to assess certain beliefs that parents have about their children's

Valuing Emotions

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