

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

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**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

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## 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

**Mark Steyvers**



## Valuing Emotions:

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**The Logic of Love** Andrew J. B. Cameron, 2022-12-29 Overviewing what makes the intersection between emotion and ethics so confusing this book surveys an older wisdom in how to manage it using a range of Christian theologians and sources More important even than managing we begin to see a vision for a better set of affections to grow within and among us In this

vision emerges a practical and nuanced account of what the Christian tradition sometime summarises as love How may we recover a deep affection for what matters both within ourselves and together in groups This book also dialogues with a new movement in moral psychology social intuitionism Cameron argues that researchers in this discipline have interests and conclusions that sometimes overlap with Christian sources even where their respective lenses differ In this way the book overviews recent trends in moral psychology against a recent historical and contemporary cultural backdrop whilst assaying major sources in Christian theology that offer guidance on moral psychology

**Emotions are a Window Into One's Heart** Alison Elaine Parker,2012 The authors conducted a qualitative study to explore parental beliefs about emotions in the family across three cultures African American European American and Lumbee American Indian Twelve focus groups were conducted with 87 parents from these 3 cultural groups The purpose of the Monograph is to understand both parents beliefs and how cultural or ethnic background may influence those beliefs

**The Austrian Philosophy of Values** Howard Ormsby Eaton,1930 At head of title Howard O Eaton PH D Bibliography p 373 375 Proceedings of the Aristotelian Society Aristotelian Society (Great Britain),1888 List of members in each volume

**Valuation** Wilbur Marshall Urban,1909 **Proceedings of the Aristotelian Society for the Systematic Study of Philosophy** Aristotelian Society (Great Britain),1919 List of members in each volume

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Valuation as a Logical Process ... Henry Waldgrave Stuart,1918

**Philosophy of Emotions** Peter A. French,Howard K. Wettstein,1998 Although generally philosophers have put a high valuation on reason increasingly the role of emotions in motivating action is being recognized The essays in this volume explore the emotions from a variety of perspectives ranging from Aristotelian views of the passions to the new findings of cognitive science and from such diverse starting points as medieval literature and psychological studies

**Journal of Philosophical Studies** ,1928 Includes section New books 1998, □□□□

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