

# 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

**Robert A. Segal, Nickolas P. Roubekas**

## Valuing Emotions:

**Valuing Emotions** Michael Stocker, Elizabeth Hegeman, 1996-09-13 This 1996 book is the result of a uniquely productive union of philosophy psychoanalysis and anthropology and explores the complexity and importance of emotions Michael Stocker places emotions at the very centre of human identity life and value He lays bare how our culture's idealisation of rationality pervades the philosophical tradition and leads those who wrestle with serious ethical and philosophical problems into distortion and misunderstanding Professor Stocker shows how important are the social and emotional contexts of ethical dilemmas and inner conflicts and he challenges philosophical theories that try to overgeneralise and over simplify by leaving out the particulars of each situation In offering a realistic account of emotions and an in depth analysis of how psychological factors affect judgments of all kind this book will interest a broad range of readers across the disciplines of philosophy and psychology

**The Wiley Blackwell Companion to the Study of Religion** Robert A. Segal, Nickolas P. Roubekas, 2021-03-10 Explore a rigorous but accessible guide to contemporary approaches to the study of religion from leading voices in the field The Wiley Blackwell Companion to the Study of Religion delivers an expert and insightful analysis of modern perspectives on the study of religion across the humanities and the social sciences Presupposing no knowledge of the approaches examined in the collection the book is ideal for undergraduate students who have yet to undertake extensive study in the humanities or social sciences The book includes perspectives from those in fields as diverse as globalization cognitive science the study of emotion law esotericism sex and gender functionalism terror the comparative method modernism and postmodernism Many of the topics covered in the book clearly hail from religious studies while others are grounded in other areas of academia All of the chapters contained within are written by recognized authors who show how their chosen discipline contributes to the understanding of the phenomenon of religion This book also includes topics like A comprehensive exploration of multiple approaches to religious study including anthropology economics literature phenomenology philosophy psychology sociology and theology A review of various topics germane to the study of religion including the study of the body cognitive science the comparative method death and the afterlife law magic music and myth A selection of subjects touching on modern trends in extremism and violence including chapters on terror and violence fundamentalism and nationalism A discussion of the influence of modernism and postmodernism in religion Ideal for undergraduate graduate and postgraduate students in humanities and social science programs taking courses on religion and myth The Wiley Blackwell Companion to the Study of Religion will also earn a place in the libraries of specialists working in the fields of Religious Studies Theology Sociology Anthropology Psychology Political Science History and Philosophy

**The Logic of Love** Andrew J. B. Cameron, 2022-12-29 Overlooking 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

*Valuation* Wilbur Marshall Urban,1909

*Modern Philology* ,1926 Vols 30 54 include 1932 1956 of Victorian bibliography prepared by a committee of the Victorian Literature Group of the Modern Language Association of America

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

*Proceedings of the Aristotelian Society* Aristotelian Society (Great Britain),1888 List of members in each volume

*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

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

*Emotions in Literature* An Sonjae,2010

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**Emotions in the Household, 1200-1900** Susan Broomhall,2008-01-15 This collection asks new questions about the household examining the kinds of positive and negative emotional scope available to household members drawn together by shared economic social and biological needs rather than by blood ties Through a range of case studies across Western Europe the collection considers varied methodological approaches and sources to explore emotional realms between household members and grapples with the challenges of historicizing both the household and emotions

*Emotion as Feeling Towards Value* Jonathan Mitchell,2021 Much of what we take to be meaningful and significant in life is inextricably linked with our capacity to experience emotions Here Jonathan Mitchell considers emotional experiences as sui generis states to be given their own place within our mental economy and proposes an original view of emotional experiences as feelings towards values

*Proceedings of the Conference on Valuation Held in Philadelphia November 10th to 13th*, 1915, Under the Auspices of the Utilities Bureau ,1916

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Evans, 1930     *Psychological Bulletin* , 1920 Vol 49 no 4 pt 2 July 1952 is the association s Publication manual     The Value  
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