

The present study was designed to investigate people's extents of sharing different types of emotions (namely Delight, Fear, Surprise, Sadness, Disgust, Anger, Anticipation, and Joy) with their same-sex friends in Hong Kong. It also explored the gender differences in the factors underlying the sharing patterns of the different types of emotions. Participants were college students (68 males and 70 females) living at university dormitories. They were invited to report different types of emotions shared between themselves and their roommates. Participants were also asked to rate their own and their roommate's personality, to evaluate their overall relationship quality, and to reveal their concerns when sharing different types of emotions. MANOVA (repeated measures) results indicate that in same-sex communication, the most shared emotion was Joy for both males and females. The least shared emotions were Sadness and Fear for males, and Anger for females. Besides, females tended to share Joy, Delight, Sadness and Fear significantly more than males. Linear Multiple Regression Analyses were also performed to select which, and to what extent, the proposed variables could predict different types of emotional sharing. Results demonstrate that individual factors (including self-perceived personality and communication concerns), and dyadic factors (including perceived-other personality, perceived-other sharing tendency, and overall relationship evaluation) were associated with the participants' emotional sharing to different extents. In general, perceived-other sharing tendency consistently yielded significant prediction across all the eight types of emotions, and for both males and females. Apart from this, the prediction by different factors varied as a function of the types of emotional sharing and genders involved. Specifically, when sharing emotions with same-sex friend, males appeared to be concerned with Impression Management and Psychological Health, whereas females were often concerned with Relationship Facilitation and Other-competence to Understand.

Implications of Social Exchange Theory, Expectancy Violation Theory, developmental socialization processes, and cultural communication characteristics were reviewed as the primary accounts for the findings obtained. How the present study can pave the way for further investigation on emotional communication was also discussed.