Channeling Our Feelings: A 30-Culture Study on

Emotional Expressivity, Emotionality, and Emotional Control

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Abstract of thesis entitled:

Three forms of emotional expression, namely, nonverbal activity, interpersonal movement behavior, and verbal activity, were distinguished under the broad term of emotional expressivity. Using the hierarchical linear modeling (HLM) technique, a model of emotional expressivity, with emotional intensity and emotional regulation as predictors, was tested across the three forms of expression, across two emotions, viz., joy and anger, and across 30 cultural groups. The data were employed from a large-scale questionnaire study, the Intercultural Study on Emotional Antecedents and Reactions (ISEAR). Differentiated patterns on predicting the three forms of emotional expressivity were found across the two emotions at the individual level, suggesting that different forms of emotional expression should be treated separately. Results showed that emotional intensity generally had a positive relationship with emotional expressivity, while a generally negative relationship was found between emotional control and emotional expressivity. Universal, as well as culturally varied linkages were also found among the emotion components. Three interactions with cultures were discovered: between emotional control and verbal activity for the emotion of anger, between emotional control and interpersonal movement behavior for the emotion of joy, and between emotional control and verbal activity for the emotion of joy. However, the affluence index, the citizen scores of emotional intensity, and emotional control could not help unpackage the cultural differences in the strength of linkages among the emotion components. Directions for future research in cross-cultural study on emotional expressivity were suggested.

論文摘要

在情感表達 (emotional expressivity) 這個概念下，三種情感表達方式被區分出來。它們分別是：非語言的活動，人際間的移動行爲，及語言表達。利用等級制度的線性模型 (HLM) 技術測試了情感表達模型。在情感表達模型內，預測變數包括情感強度及情感控制。模型測試橫跨了三十個文化，包括了兩種情感，分別是喜樂和忿怒；及三種的表達方式。本研究的資料來源自一個大型的問卷調查 – Intercultural Study on Emotional Antecedents and Reactions (ISEAR)。在個人層面上，三種情感表達在兩種情感中有不同的預測模式。由此可推論出不同的情感表達方式應被分開研究。研究結果顯示出一般而言，情感強度跟情感表達有正面的關係，而情感控制跟情感表達有負面的關係。在各種的情感原素中，有跨文化普遍以及跨文化差異的關係。三個與文化有交互作用被發現：在忿怒情緒下，情感控制與語言表達的關係；在喜樂情緒下，情感控制與人際間的移動行爲的關係；及在喜樂情緒下，情感控制與語言表達的關係。可是社會的豐裕指標，人民情感強度及情感控制的平均指數未能解構 (unpackage) 那些情感原素間有跨文化差異的關係的強度分別。本研究報告爲未來有關情緒表達的跨文化研究作出了數項的建議。