

Emotion Regulation of Nervousness and Boredom

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This study reviewed the literature in self regulation of emotion and suggested that individuals would modulate negative actual affect to turn it into positive ideal affect. To examine emotion regulatory mechanisms and outcomes, 94 Hong Kong female Chinese undergraduates were randomly assigned to either nervousness (high arousal negative) or boredom (low arousal negative) conditions. Next, they selected either high arousal positive (HAP) or low arousal positive (LAP) products in decision making tasks. Based on their selection, they then played HAP or LAP video game to perform emotion regulatory tasks. Although participants chose LAP over HAP products, participants decreased induced negative affect after playing the selected video game. Also, participants from the nervousness condition increased low arousal positive affect in calmness and those from boredom condition decreased it. Current findings suggested that individuals minimized the discrepancy between actual and ideal affect to regulate negative emotions.

Keywords: Emotion Regulation, Actual Affect, Ideal Affect

撮要

本論文重新探討自我調節的情緒管理(self regulation of emotion regulation)並提出個人能夠因應自己的實際情緒 (actual affect) 而把其反饋和調節至接近理想的情緒 (ideal affect)上。

為了解自我調節的情緒管理所涉及的過程以及其影響，我隨機安排 94 位香港的女大學生處於緊張(高激發負面/ high arousal negative)或者悶氣(低激發負面/low arousal negative)的情景當中，隨後邀請她們選擇高激發正面(high arousal positive)或者低激發正面(low arousal positive)的產品，以及試玩她們所選擇的電子遊戲來調節管理之前受影響的情緒。結果顯示：參加者比較偏向選擇低激發正面的產品。同時，參加者完成任何一種電子遊戲也降低了之前所受的負面情緒。曾處於緊張情景的參加者在玩後增加冷靜；而曾處於悶氣情景的參加者在玩後則減少冷靜。是次研究的結果支持上面提出的說法，即是：當人自我調節和管理情緒時，人能夠縮短實際情緒和理想情緒之間的差距從而管理負面的情緒。

關鍵詞：情緒管理，實際情緒，理想情緒

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Products

