

Abstract of thesis entitled:

Prosocial Approach to Instrumental Emotion Regulation

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Abstract

Recent findings in emotion regulation demonstrate that people in certain contexts are motivated to seek potentially useful, albeit unpleasant, emotions. According to the instrumental approach to emotion regulation, people are motivated to increase useful emotions to attain their goals. Might people also be motivated to increase useful emotions to attain goals that benefit other people? In Study 1, participants preferred to experience fear in the pursuit of an avoidance goal when the attainment of such goal would increase their opportunities to donate money for a beneficiary. In Study 2, participants preferred to experience and express anger in the pursuit of goal that would protect a victim waiting in line. These findings demonstrate that people are motivated to increase even unpleasant emotions to attain their goals even when the goals benefit others, not themselves.

Keywords: Instrumental Approach to Emotion Regulation, Fear, Anger, Prosocial Behavior

利他性的工具性情緒管理

摘要

最近情緒管理的研究發現人們會於特定的情景增加雖則負面但有用處的情緒 (useful emotions)。根據「工具性情緒管理」的學說 (instrumental approach to emotion regulation)，人們會帶有動機地去增加對達成目標有用的情緒以完成他們的工作。但是，人們亦會否帶有動機地去增加對達成目標有用的情緒以促使自己可以完成利他的行為呢？

從第一項的研究當中，我發現當參加者以迴避作為目標，而相關的目標可以增加自己捐款的機會時，他們偏向增加害怕的感覺。從第二項的研究當中，我發現當參加者要保障正在排隊的受害者時，他們偏向體會和表達憤怒的感覺去反抗插隊的人士。上述的研究發現顯示出人們會帶有動機地去增加有用的情緒以促使自己達成利他行為目標。

關鍵詞：工具性情緒管理，害怕，憤怒，利他行為