



Emotionspsychologie

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Übersicht

- ✓ **Emotion: Definition und Gegenstand**
- ✓ **Komponenten von Emotionen**
- ✓ **Biologische Grundlagen von Emotionen**
- ✓ **Entwicklung von Emotionen und Kulturunterschiede**
- ✓ **Funktionen von Emotionen**
- ✓ **Theorien der Emotionsentstehung**
- ✓ **Glück und subjektives Wohlbefinden**
- Emotionale Temperamente und Kompetenzen**
- Emotionsregulation**

Vorlesungsinhalt

- ▶ Emotionale Temperamente
- ▶ Emotionale Intelligenz

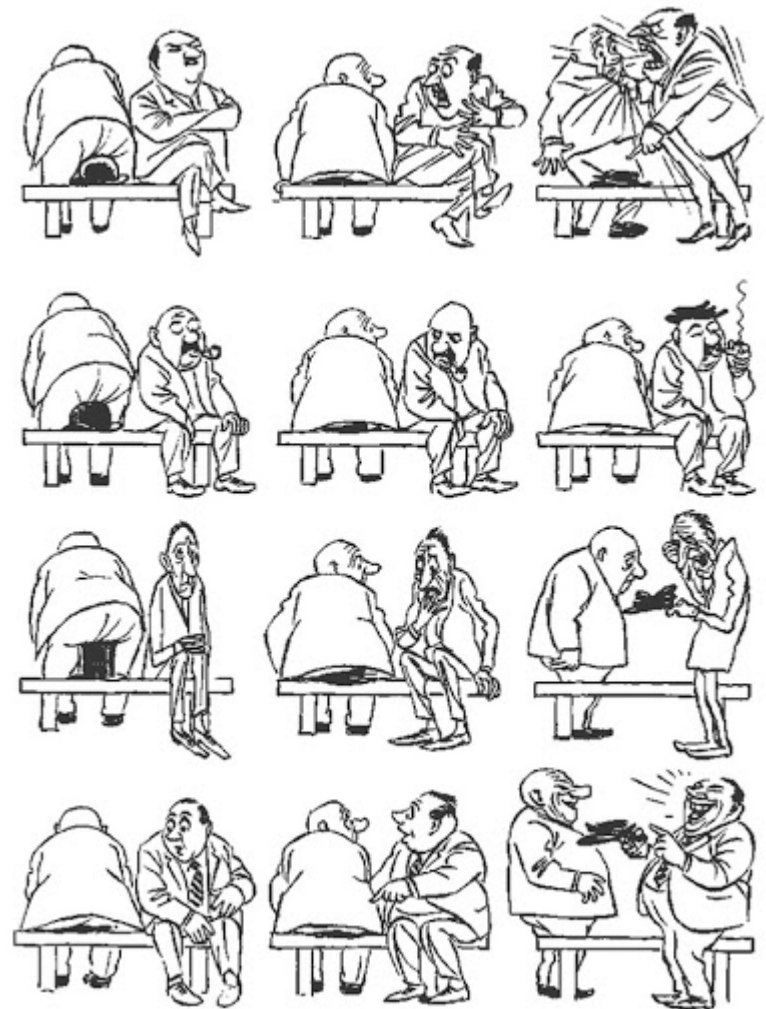
Emotionale Temperamente



Emotionale Temperamente

„Temperament is defined as **individual differences in emotional, motor, and attentional reactivity** measured by latency, intensity, and recovery of response, **and self-regulation processes** such as effortful control that modulate reactivity. These differences are **biologically based** and are linked to an individual’s genetic endowment”

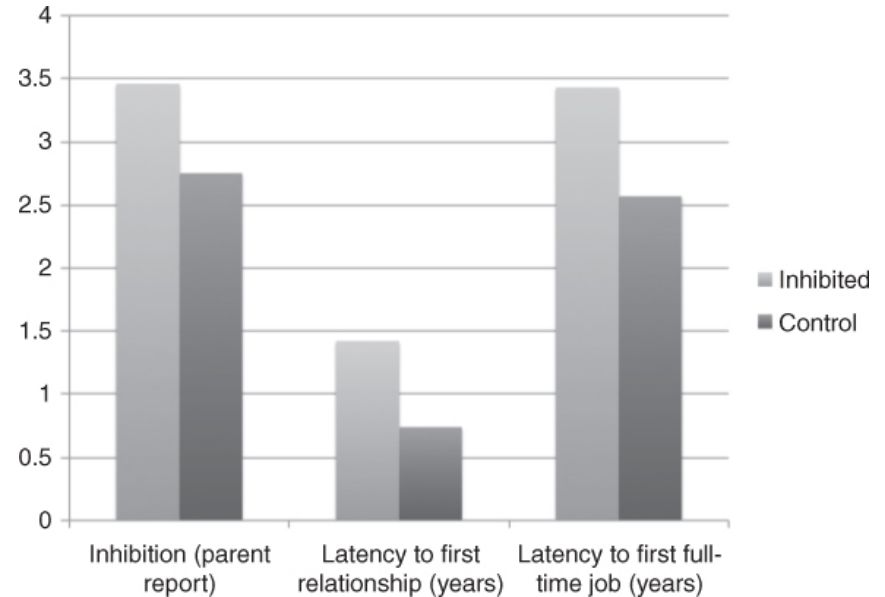
(Rothbart, 2007)



Dimensions of temperament	Aspects of emotion into which each dimension maps
Buss & Plomin (1975)	
Emotionality	Fear, anger, and distress
Activity	General arousal of the motor system
Sociability	Interest and positive emotions expressed toward people
Impulsivity	Time taken to express emotion or activity
Rothbart (1981)	
Activity	General arousal of the motor system
Smiling and laughter	Happiness or pleasure
Fear	Fear
Distress to limitations	Anger
Soothability	Recovery time from negative emotions when soothed
Persistence	Duration of interest

Emotionale Temperamente

- ▶ Temperamente prägen die Persönlichkeitsentwicklung
- ▶ Schüchternheit (Inhibition) mit 4-6J ist prädiktiv für sozialen Entw.stand mit 23J (Asendorpf et al., 2008)
- ▶ Intensität des Lächelns auf Jahrbuchfotos im Alter von 20J korreliert mit SWB im Alter von 50J (Harker & Keltner, 2001)



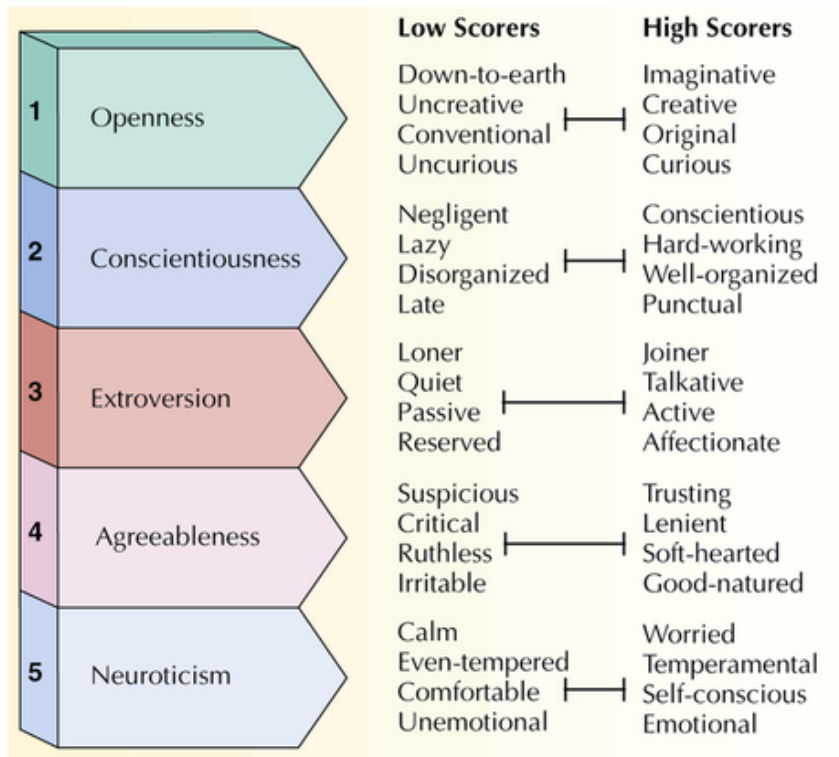
(Asendorpf et al., 2008)

Negative emotionality Age 52	-.27**
Affiliation Age 52	.14
Competence Age 52	.29**
Well-being Age 52	.28**
Marital well-being Age 52	.20*

(Harker & Keltner, 2001)

Persönlichkeit und Emotionalität

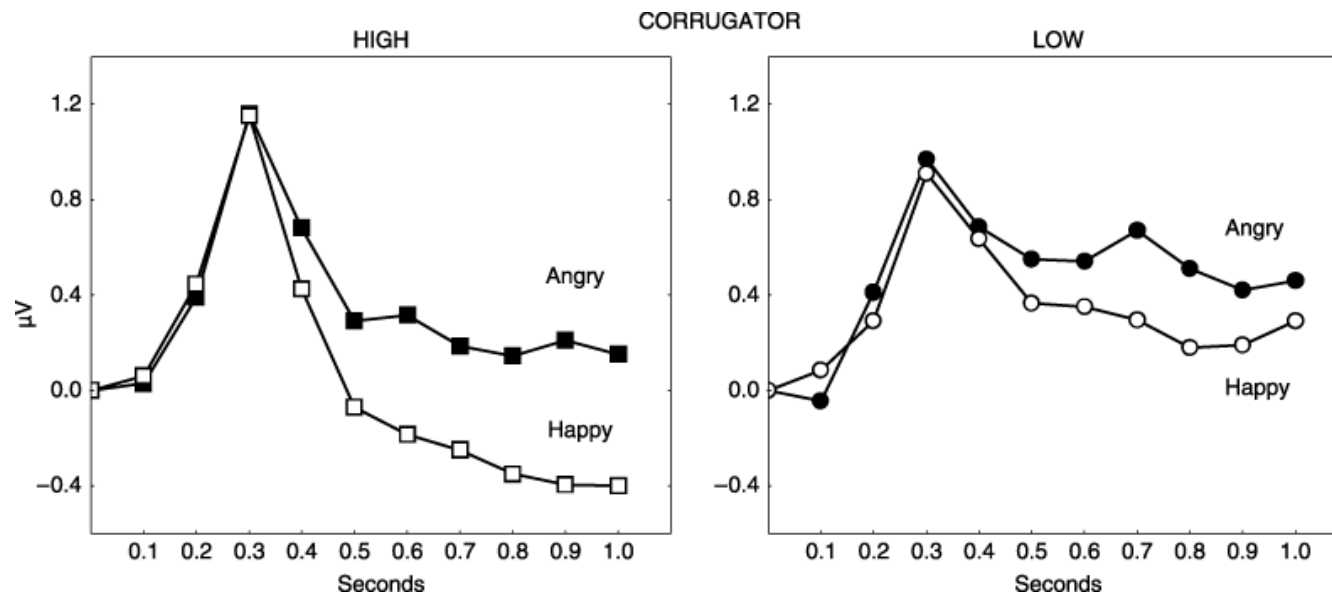
Big Five



- ▶ **Neurotizismus**
 - Negativer Bias und erhöhte Sensibilität für Bestrafung
 - Angst, Feindseligkeit, Depression
- ▶ **Extraversion**
 - Positiver Bias und erhöhte Sensibilität für Belohnungen
 - Freude, Enthusiasmus, Aufregung
- ▶ **Verträglichkeit**
 - Soziale Emotionen (Sympathie, Liebe, Dankbarkeit, Vertrauen)

Persönlichkeit und Emotionalität

- ▶ UV: Personen mit hoher vs niedriger Redeangst (Trait)
- ▶ AV: Faziale Reaktion auf fröhliche vs wütende Personen
- ▶ Erhöhte Reagibilität der redeängstlichen Gruppe



(Dimberg & Thunberg, 2007)

Optimismus

“Optimism is an **individual difference variable** that reflects the extent to which people hold **generalized favorable expectancies** for their future.” (Carver et al., 2010)

- ▶ O. haben mehr positive Erlebnisse, bessere psych. und phys. Gesundheit, besseres Coping, bessere soziale Beziehungen

... und der Haken daran?

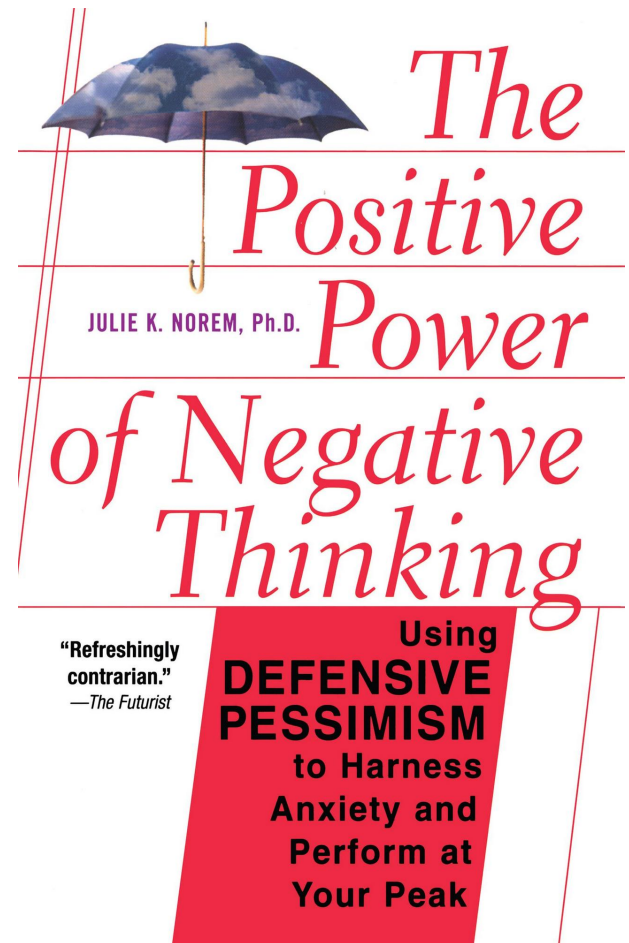
- (1) Enttäuschungs-Hypothese
- (2) Engagement-Hypothese



Defensiver Pessimismus

= “an **anticipatory strategy** that involves **setting defensively low expectations** prior to entering a situation, so as to defend against loss of self-esteem in the event of failure.” (Norem & Chang, 2002)

- D.P. regt Auseinandersetzung mit Ängsten an und wirkt dadurch angstlösend (= defensive Coping-Strategie)
- D.P. performen besser in Aufgaben & haben mehr Selbstvertrauen, wenn sie bei ihrer def. Coping-Strategie bleiben
- ▶ Es gibt keine “one-size-fits-all” Strategie!



Emotionale Intelligenz

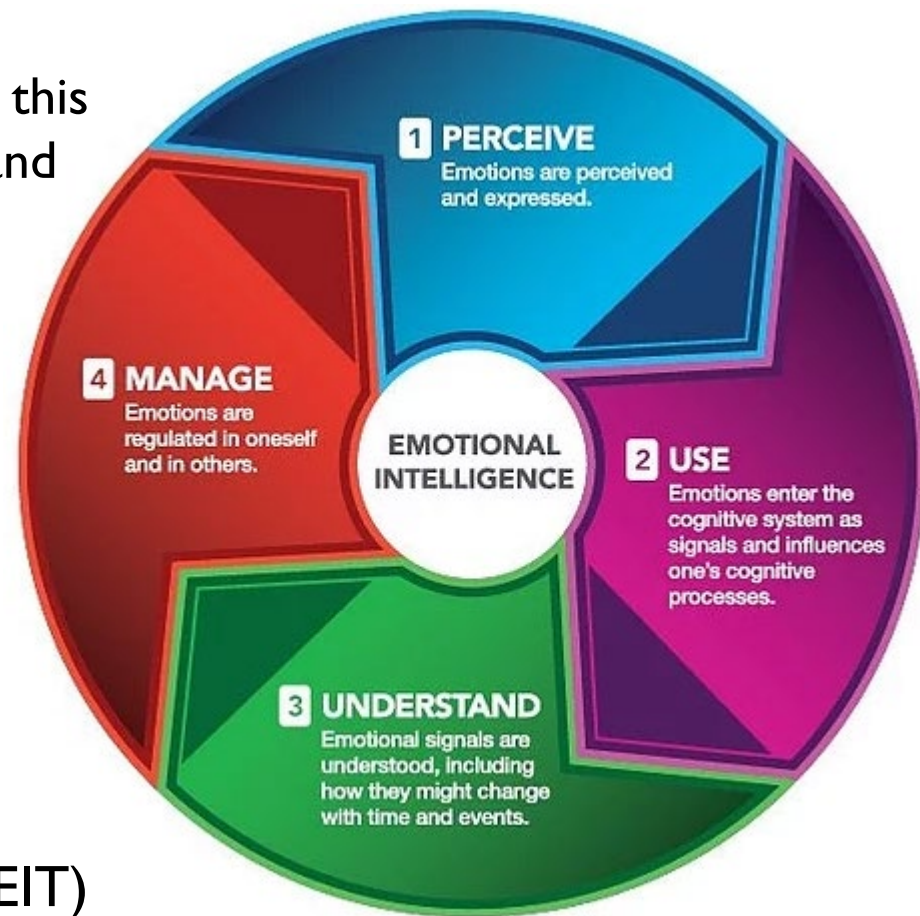
Emotionale Intelligenz

= „the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions“ (Salovey & Mayer, 1990)

▶ 4 Fähigkeiten:

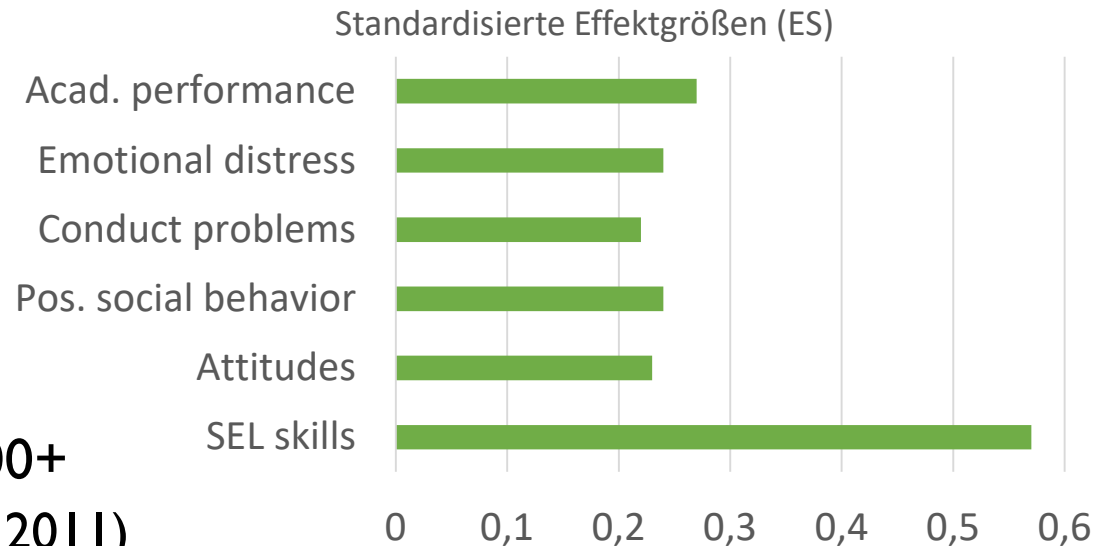
1. Wahrnehmen von E.
2. Benutzen von E.
3. Verstehen von E.
4. Regulation von E.

▶ Messung: Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)



Emotionale Intelligenz

- ▶ Pos. Korrelationen mit Gesundheit, besseren sozialen Beziehungen, größeren beruflichen & akadem. Erfolg
- ▶ Training von emotionalen Kompetenzen:
 - ▶ Emotion-coaching parenting style (z.B. [Tuning In to Kids](#))
 - ▶ **S**ocial and **E**motional **L**earning Programme (z.B. [RULER](#); [CASEL](#))



Meta-Analyse von 200+
Studien (Durlak et al., 2011)

Vertiefende Literatur

- ▶ Eder & Brosch (2016), Abschnitt 7.8 (S. 212-214)
- ▶ Niedenthal & Ric (2017), Chapter 9 (S. 198-221).

Primärliteratur

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Nächste VO: Emotionsregulation

