Emotions in a Social World?
Roadmap

Course Logistics

Social Function of Emotion

Relationships

Social Emotions (David DeSteno)

Take-Away Qs & Expert Interview
Course Logistics

Exam 1 Grading

Grades posted on Canvas this week
Exams handed back next week (if you need earlier, email me to pick up)
Gruber 5% boost :)
Course Logistics

Email Reminder

Please remember to use “PSYC 3131” in subject line
Roadmap

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Take-Away Qs & Expert Interview
Emotions in a Social World?
Why are our emotions so social?
1. Vulnerability of Offspring
EEA
Properties

2. Monogamous Bonds
3. Emergence of Caring and Compassion
4. Flattening of Social Hierarchy
5. Need for Collective Action
Levels of Analysis
Social Functions of Emotion

Levels of Analysis

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

INDIVIDUAL

DYADIC

GROUP

CULTURAL

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

I. Individual Level
- Informs individual about specific social events, to be acted upon or changed.
- Prepare individual to respond to problems or opportunities in social context.
- Involves emotion response system (face, voice, physiology, brain)
Social Functions of Emotion
Levels of Analysis

INDIVIDUAL

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Keltner & Haidt (1999)
Social Functions of Emotion

Levels of Analysis

DYADIC

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

II. Dyadic Level

- Help individuals know others’ emotions, beliefs, and intentions, thus coordinating social interactions.
- Evokes complementary and reciprocal emotions in others.
- Serve as incentives or deterrents for another’s social behavior.

Keltner & Haidt (1999)
Social Functions of Emotion

“The primary function is to mobilize the organism to deal quickly with important interpersonal encounters.”

- Ekman, 1992, p. 171
Social Functions of Emotion

Intrapersonal

Interpersonal

Keltner & Haidt (1999)
Dyadic Interactions: Married Couples

- Criticism
- Contempt
- Defensiveness
- Stonewalling

Gottmann, Levenson, & Woodin (2001)
Married Couples

John Gottman

Could predict with 90% accuracy if couples would stay together or divorce
Married Couples

“Four Horsemen of the Apocalypse”

1. Criticism
2. Defensiveness
3. Stonewalling
4. Contempt

Gottman et al., 1998
Coding Contempt

Figure 16.2. In this figure of the common facial expressions of the SPAFF, arrows highlight the major action units (AUs) involved in the different expressions. Note that although AUs are highlighted only once each, several occur in more than one expression.

Other indicators:
1. Sarcasm
2. Mockery
3. Insults
4. Hostile humor
5. Eye roll

Coan et al., 2007
Social Functions of Emotion
Levels of Analysis

INDIVIDUAL
DYADIC
GROUP
CULTURAL

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

Keltner & Haidt (1999)
Social Functions of Emotion

Levels of Analysis

III. Group Level

- Define group boundaries
- Foster collective identity
- Negotiate group-related roles and status hierarchy
- Negotiate group-related problems

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

Cultural

Keltner & Haidt (1999)
Social Functions of Emotion
Levels of Analysis

IV. Cultural Level
- Help assume cultural identities.
- Motivate culturally-appropriate behavior.
- Transmit social norms and values
- Reify cultural ideologies and power dynamics

Keltner & Haidt (1999)
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Experts In Emotion
Interview

Dr. Margaret Clark
Professor of Psychology
Yale University

Emotions and Relationships
Two types of relationships:
Two types of relationships:

1. Exchange

No special responsibility for partner needs. Benefits are given with the expectation of receiving benefits in repayment. “Bookkeeping” metaphor.
Two types of relationships:

1. Exchange
No special responsibility for partner needs. Benefits are given with the expectation of receiving benefits in repayment. “Book-keeping” metaphor.

2. Communal
Special responsibility is assumed for a partner. Benefits are given, non-contingently, to support a partner’s welfare.
Key Finding #1

People should expect more care in relationships which have greater communal strength.
Your perception of their care

- Infant
- Stranger
- Friend
- Self/Romantic Partner

Communal Strength
Your perception of their care

Infant | Stranger | Friend | Self/Romantic Partner

Communal Strength
Your perception of their care

We Do Not Expect Care

We Expect Care

Infant  Stranger  Friend  Self/Romantic Partner

Communal Strength
Key Finding #2

People should express more emotion in relationships which have greater communal strength.
Your perception of their care

Infant         Stranger         Friend        Self/Romantic Partner

You Should Suppress Emotions

You Should Express Emotions

Communal Strength
Key Finding #2

Study 1 - Individual Self-Report Data

42 people rated the communal strength of their relationships with:

- a stranger
- their mother
- a casual friend
- a sister or brother
- their boss
- their professor
- a neighbor
- a close friend
- a teammate
- a classmate
- their cousin
- a member of their church or temple
- their clergy person
- a fellow employee
- their father
- a member of their fraternity/sorority
- their roommate

How far would you be willing to go to visit _____?
How happy do you feel when doing something that helps ____?
How large a benefit would you be likely to give ____?
How large a cost would you incur to meet a need of ___?
How readily can you put the needs of ___ out of your thoughts?
How high a priority for you is meeting the needs of ___?
How reluctant would you be to sacrifice for___?
How much would you be willing to give up to benefit___?
How far would you go out of your way to do something for___?
How easily could you accept not helping ___?

Then they rated the extent to which they would suppress or express different emotions to each person:

-3  -2  -1  0  1  2  3

Definitely Suppress

Definitely Express
Key Finding #2
Study 2 - Married Partners
108 married heterosexual couples

Both husbands and wives were asked
1. Extent to which their spouse followed communal norms
2. Extent to which they expressed fear, sadness, and happiness to their spouse.
3. Extent to which they expressed fear, sadness, and happiness to other people.
Communal Strength Predicts Emotion Expression to Spouse but not Others

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Express to Spouse</th>
<th>Express to Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear</td>
<td>0.21 $p &lt; .01$</td>
<td>0.05, $ns.$</td>
</tr>
<tr>
<td>Sadness</td>
<td>0.15 $p &lt; .05$</td>
<td>-0.04, $ns.$</td>
</tr>
<tr>
<td>Happiness</td>
<td>0.18 $p &lt; .02$</td>
<td>0.14, $ns.$</td>
</tr>
</tbody>
</table>
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Experts In Emotion

*EXTRA CREDIT OPPORTUNITY*
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Interview
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Professor of Psychology
Yale University

Emotions and Relationships
Experts In Emotion Interview

Dr. David DeSteno
Professor of Psychology
Northeastern University

Emotions and Social Interaction
Thank You!

Psychology 3131
Professor June Gruber