

EXPRESSION OF POSITIVE FEELING IN THE CONTEXT

Meliqulova Madina Xikmatovna

2nd year master student of Termez state university

Abstract: *suppressing the expression of positive emotions is generally considered socially undesirable. However, previous studies have not been able to examine the role of social context in manipulating proper emotional regulation. Consider contexts that may be more appropriate to suppress than express positive emotions, and express positive emotions if the expressed emotional valence (i.e. positive) does not match the context's valence. There was assumed to be considered inappropriate (i.e. negative).*

Key words: *emotion, positive feeling, context, regulation, expressing.*

Аннотация: *подавление выражения положительных эмоций, как правило, считается социально нежелательным. Однако предыдущие исследования не смогли изучить роль социального контекста в манипулировании правильной эмоциональной регуляцией. Рассмотрите контексты, которые могут быть более подходящими для подавления, чем для выражения положительных эмоций, и выражайте положительные эмоции, если выраженная эмоциональная валентность (т. е. положительная) не соответствует валентности контекста. Было принято считать неуместным (т.е. отрицательным).*

Ключевые слова: *эмоция, положительное чувство, контекст, регуляция, выражение.*

Your smile is a messenger of goodwill. Your smile brightens the lives of all who see it. . . . As I leave for my office, I greet the elevator operator in the apartment house with a ‘Good morning’ and a smile, I greet the doorman with a smile. I smile at the cashier in the subway booth when I ask for change. As I stand on the floor of the Stock Exchange, I smile at people who until recently never saw me smile. —Carnegie (1936)

Introduction. Context matters in how people produce, interpret, and respond to emotions. This is the principle underlying the concept of display rules (Ekman & Friesen, 1975), which are guides for understanding how to manage the expression or inhibition of emotion in a given situation (Matsumoto, Yoo, Hirayama, & Petrova, 2005). The theory underlying the rules of presentation means that emotional expression elements need to be adjusted in a context-dependent manner. However, little research has been done on the role of context in mitigating the social effects of emotional regulation. Studies comparing the effects of emotional expression on different social situations are relatively rare. (Van Kleef, De Dreu, & Manstead, 2010), and almost no research compares the effects of emotion regulation strategies, including suppression, across contexts. This is surprising because emotional adjustments are often required to meet the emotional demands of changing situations. Researchers are increasingly aware of this gap and are seeking work to investigate how contextual factors affect emotional regulation. (Aldao, 2013; Bonanno & Burton, 2013). Emotional regulation theory, in principle, recognizes the mitigation effects of changing contextual requirements, but these researchers say that our empirical research has led to a more rigorous conceptualization of useful and costly strategies. In this study, emotional regulation strategies tend to be categorized into "camps" of health and maladaptation, adaptation and maladaptation, and function and dysfunction. Bonanno and Burton (2013) describes it as a fallacy of uniform effectiveness. In this predominantly context-independent literature, expressive repression is considered a particularly costly strategy.

There are types of contextual emotions that implement within the text.

Joy. When we are astonished or thrilled by an unexpected positive item, we experience joy. Consider the last time you had a terrific lunch at a new restaurant or when you planned a visit with a close buddy. Joy indicates that the situation is safe, and it encourages us to enjoy the experience and savor the moment.

Gratitude. Thankfulness arises when we understand that someone else's effort has resulted in a benefit for us. We are thankful for the gifts given, the kindnesses extended, and the time invested.

Pride. When we achieve a goal or make a significant contribution, we feel good about ourselves. Whether it's receiving that hard-earned promotion or adhering to a six-week fitness goal, acknowledging our own skills gives us with the incentive to continue establishing and completing objectives in the future.

Serenity. When we are in situations that feel right and simple, we feel tranquil or pleased. Consider a relaxing Sunday morning with the family or the peace and quiet of a walk through the garden. Frederickson contends that serenity enables us to relish the present moment and review our priorities, so expanding our awareness of ourselves.

Interest. When we come upon something new and feel comfortable enough to examine it, we get fascinated about the world. Whether it's binge-reading articles on your favorite subject or exploring a new area in your town, curiosity encourages us to explore and study in order to develop knowledge.

Amusement. Amusement or humor is the feeling associated with laughing, ranging from sophisticated wit to slapstick shenanigans. Psychologists attribute our sense of humor to "nonserious social incongruity," which occurs when we see an event from two opposing or even contradictory perspectives at the same time.

Hope. Hope is the good sensation we experience when we foresee a brighter future, and it frequently helps us get through difficult circumstances. Despite the fact that it may be accompanied with dread or despair, hope motivates us to take action to build a better tomorrow by maintaining optimism and resilience.

Inspiration. When we witness another person behave from their best self, we are encouraged to do the same. Whether we see an act of strong moral character or a performance that demonstrates proficiency and mastery, inspiration helps us relate the greatness in others to our own potential for greatness.

Awe. Something is genuinely amazing when it draws us in and makes us feel connected to something larger than ourselves. Grandiose goodness or beauty, such as a glimpse of the starlit sky from a remote location, may stop us in our tracks, overwhelming us with awe and admiration. Awe changes our perspectives on the world and our role in it.

Love. Frederickson describes love, the most often felt pleasant emotion, as the shared experience of any of the following happy feelings with someone you care about.

Context influences how people create, understand, and respond to emotions. This is the core idea of the concept of display rules, which serve as guidelines for knowing how to control the expression or restraint of emotion in a specific context.

Emotions serve important personal and societal purposes, but they may also be dysfunctional and harmful. To reap the benefits of emotions while keeping costs under control, it is necessary to be able to successfully regulate emotional experience and expression. James Gross defined ways for regulating emotional reactions before to emotion creation (i.e., antecedent-focused tactics) and after an emotional response has completely begun in his process model of emotion regulation (i.e., response-focused strategies). Among the response-focused methods, expressive suppression (the inhibition of outward display of emotional emotions) has received the greatest study attention. The evidence largely agrees that expressive suppression is dysfunctional: chronic suppressors experience and express less good emotion, more negative emotion, and report worse well-being. Excessive suppression is also a feature of several mental health conditions, such as anxiety and depression. Suppression is associated with worse recall for the repressed experience, higher negative mood, and maladaptive profiles of physiological functioning in experimental investigations.

Increasingly, researchers are calling for a better understanding of context in emotion regulation research (Aldao, 2013; Bonanno & Burton, 2013), but thus far empirical work that includes contextual factors has been limited. Emotion regulation is a relatively young but rapidly growing field (Gross, 2015). The new challenge in the

literature is to go beyond the generality and general statement of which regulatory strategies are adaptive and maladaptive, to gain a more subtle understanding of whether a particular strategy is beneficial. This task begins by examining the important role of context in emotional regulation and provides concrete evidence that repression is not necessarily a socially maladaptive emotional regulation strategy.

Conclusion. Overall, in situations where emotions are out of context, it is considered more appropriate to suppress them than to express them. In this study, minor manipulations of contextual valence completely changed the ratings of expressers reversing the established social effects of positive expression and restraint. These results show that Dale Carnegie's advice is not always worth following. Your smile is not necessarily a well-meaning messenger, and a smile is not a strategy used indiscriminately. Rather, it is important to respond appropriately to the situation, even when it is necessary to suppress the expression of emotions.

Reference:

1. Ansfield, M. E. (2007). Smiling when distressed: When a smile is a frown turned upside down. *Personality and Social Psychology Bulletin*, 33, 763–775. <http://dx.doi.org/10.1177/0146167206297398>
2. Frijda, N. H. (1986). *The emotions*. Cambridge, UK: Cambridge University Press
3. Gross, J. J. (2002). Emotion regulation: Affective, cognitive, and social consequences. *Psychophysiology*, 39, 281–291. <http://dx.doi.org/10.1017/S0048577201393198>
4. Parrott, W. G. (2001). Implications of dysfunctional emotions for understanding how emotions function. *Review of General Psychology*, 5, 180–186. <http://dx.doi.org/10.1037/1089-2680.5.3.180>
5. Tickle-Degnen, L., & Rosenthal, R. (1990). The nature of rapport and its nonverbal correlates. *Psychological Inquiry*, 1, 285–293. http://dx.doi.org/10.1207/s15327965pli0104_1