

EMOTIONAL COHERENCE IN SADNESS AND WELL-BEING

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Meditation

A collection of TED Talks (and more) on the topic of meditation.

SECTIONS HOME SEARCH

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No Texts, Please, We're Meditating

By CAREN OSTEN GERSZBERG MARCH 18, 2016



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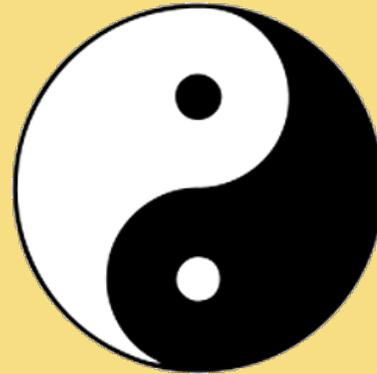
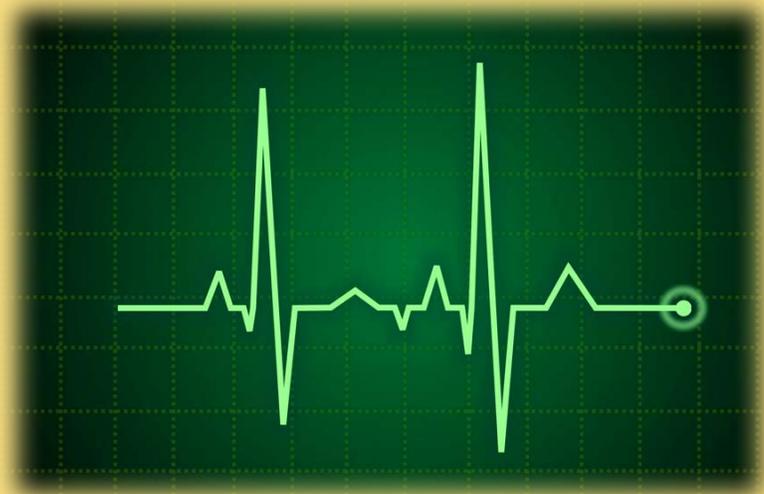
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Emotional Coherence

Emotional Coherence

Physiology

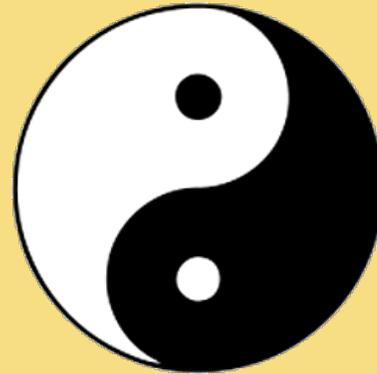
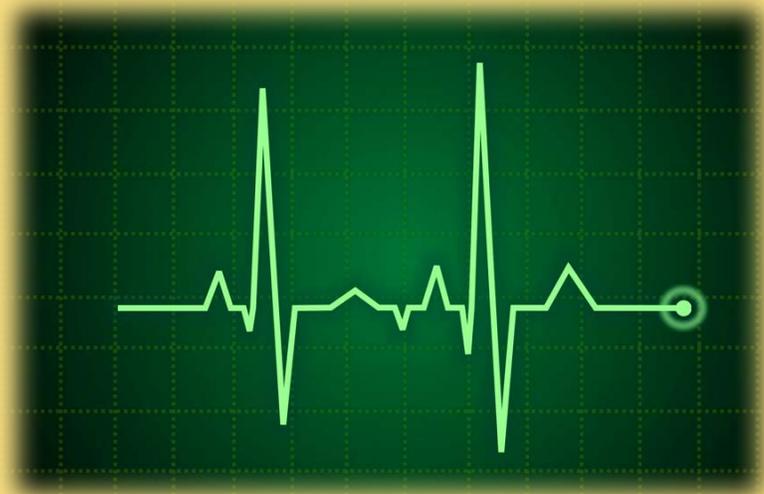


Behavior



Emotional Coherence in Sadness

Decrease in
heart rate

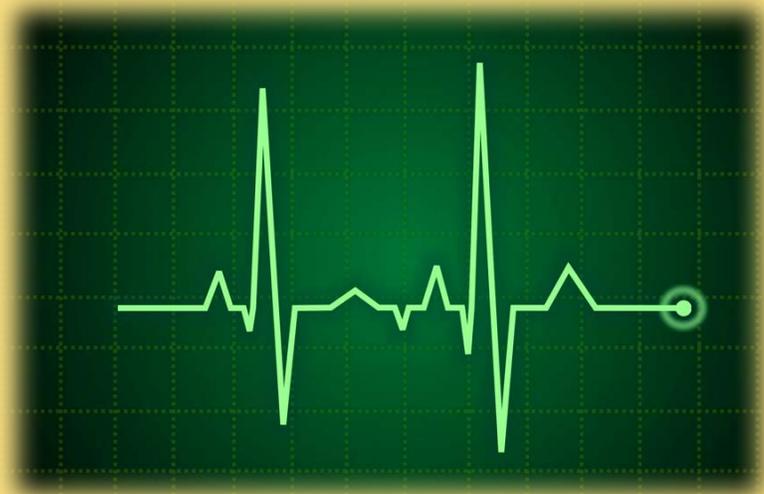


Sad facial
expression



Emotional Coherence in Sadness

Decrease in
heart rate



Sad facial
expression



Is Emotional Coherence Adaptive?

- Evolutionary-functional theories (Darwin)

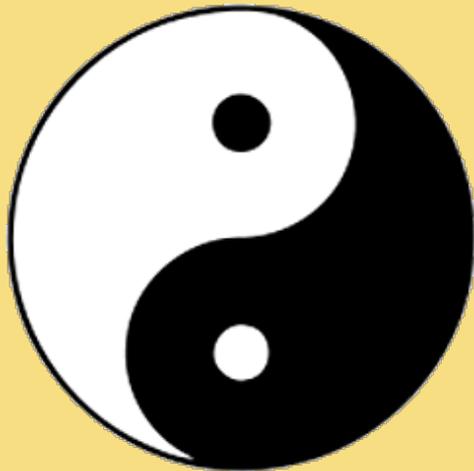
Is Emotional Coherence Adaptive?

- Evolutionary-functional theories (Darwin)
- Past research (Mauss et al., 2011)

Is Emotional Coherence Adaptive?

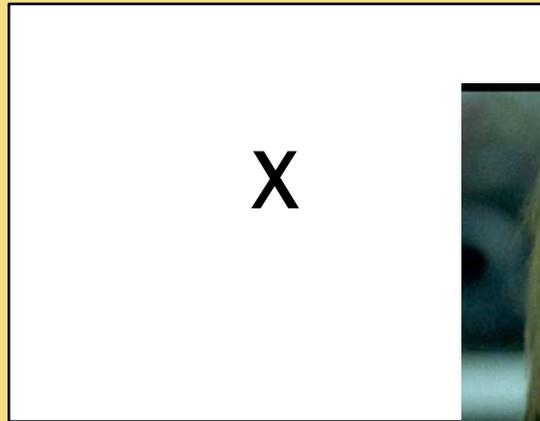
- Evolutionary-functionalist theories (Darwin)
- Past research (Mauss et al., 2011)
- Sadness helps us deal with loss
 - Physiological deactivation conserves energy
 - Sad facial expressions elicit support

The Present Study



Emotional coherence
in sadness

Method N = 70 (52% female)



Sad film clip

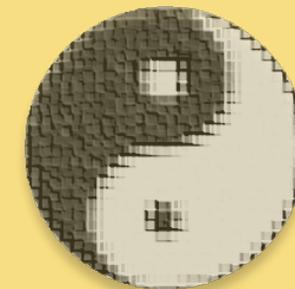
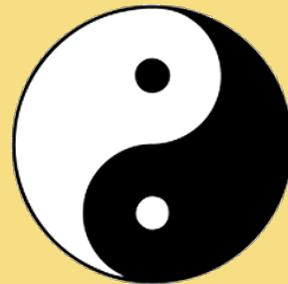
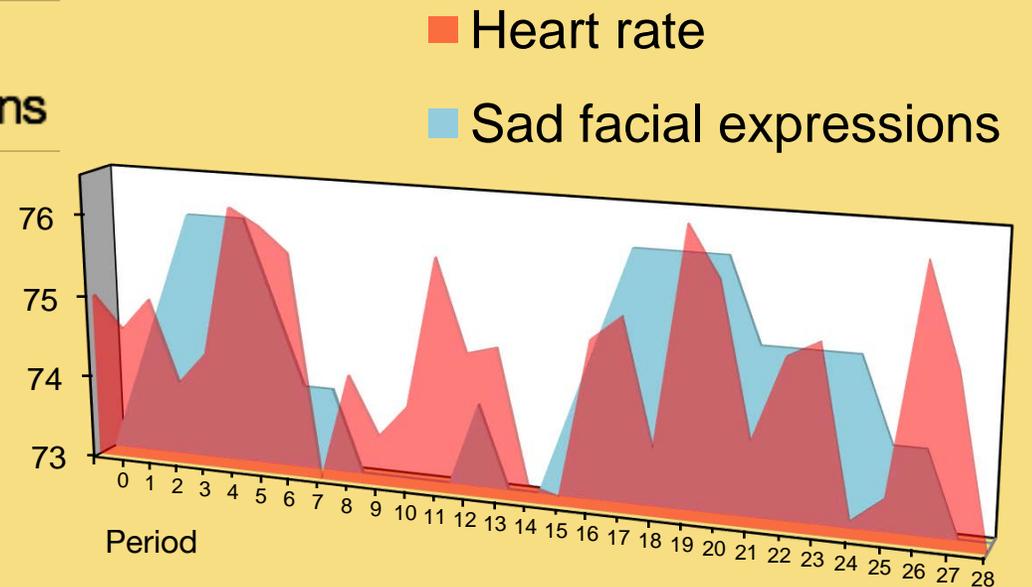
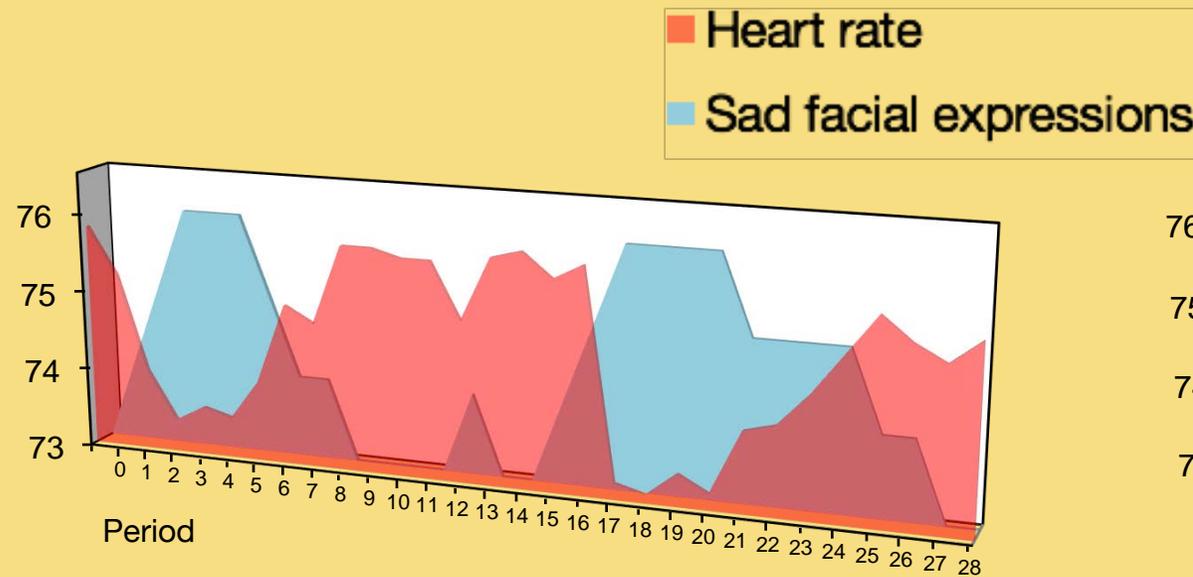
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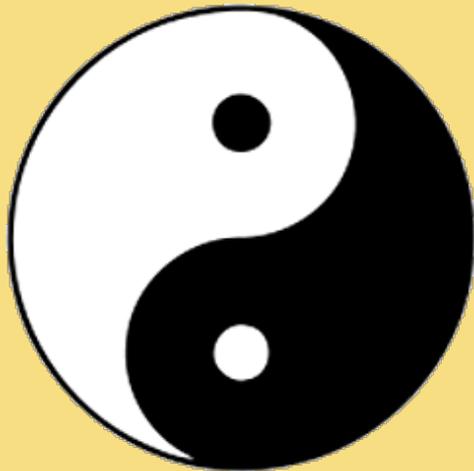
Well-being questionnaires



High vs. Low Sadness Coherence



Greater Sadness Coherence is Associated with Greater Well-being



Emotional coherence
in sadness



Lower negative affect ($r = -0.30, p = .014$)
Lower neuroticism ($r = -0.33, p = .006$)

Implications

- Evolutionary-functionalist account of emotion
- A “bright side” of sadness



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Sara
Thomas



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- Office of Undergraduate Research
- Undergraduate Research Expo!

