

Psychology of Emotion: Theory and Applications
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Module 5, Lecture 10: Positive Emotions

I welcome you to the fifth module of the course titled Psychology of Emotion: Theory and Applications. So, today, we will be discussing lecture number 10, which is the first lecture of module 5. So, today, we will basically be talking about the concept of positive emotions. So, before we talk about today's lecture, let me give you a brief recap of our last lecture or the last module. So, in the last module, we were talking about the concept of self-conscious emotions, and in that context, we have discussed that with the development of the concept of self, a separate individual, you know, two processes kind of evolve.

One is self-evaluation, and the other is social comparison. Each of these cognitive abilities gives rise to diverse and complex emotions called self-conscious emotions. So, we have discussed shame, guilt, embarrassment, and pride under the category of self-evolutive emotion, and we have discussed envy and jealousy under the category of social comparison emotions. So, we have discussed all the details of all these emotions, their functions, their consequences, their mental experiences, expressions, and all these details we have discussed. We have also kind of compared most of them with one another, how they are different from each other.

In the last class, more specifically, we talked about social comparison emotion, which basically arises when we compare ourselves with others. In that context, we have discussed two particular emotions: envy and jealousy. We have discussed that envy as an emotion arises primarily when a person desires something that another person has. When someone else possesses something and when people desire to get whatever is possessed by that other individual. It could be materials, it could be achievements, it could be some qualities, etc.

Envy could be benign or malicious. Benign envies are a very normal and mild form of envy that can also sometimes stimulate positive motivations in terms of acquiring and improving your life to match with whom you are comparing. So, malicious envy is basically problematic in that sense. This kind of envy is very strong and is associated with very strong negative emotions like resentment, hostility, and so on. These are always associated with negative social outcomes, conflicts in relationships, and so on.

Jealousy, as we have discussed, mostly arises in the context of a relationship, where you know whenever a person perceives that there is a threat in a valued relationship by a third person. So, the emotion that arises is called jealousy. And we have discussed that jealousy

could also lead to various negative outcomes. There are some positive aspects to it, but it is less. We have addressed that part also. However, there are a lot of behavioral consequences that could be very destructive; we have discussed all the details, and we have also discussed the evolutionary basis of jealousy.

What are the evolutionary functions? So, we discussed all these things in the last class. Today, we will primarily be talking about the concept of positive emotions. Now, most of the discussions are mostly a lot of discussions, and a lot of research we have discussed until now is primarily based on many negative emotions or so-called negative emotions. We have not discussed positive emotions as a category. So, in this lecture, we will mainly be talking about the concept of positive emotions, the diverse functions of positive emotions, the typical positive emotions that we experience, and so on.

So, let's start today's lecture. So, before we talk about positive emotions, distinguishing them from negative ones is important. So, one of the most common or popular ways we distinguish emotions or categorize emotions in certain categories is based on positive emotions versus negative emotions. Now, how are these two categories of emotions typically different? Basically, these negative emotions are typically unpleasant feelings. They can be defined as unpleasant or unhappy emotions that are evoked in individuals to express a negative effect toward an event or a person.

So, the basic characteristic is how you experience it. So, negative emotions are experienced with unpleasant feelings. So, in terms of experience, they are unpleasant. So, that is the core defining feature of negative emotions. So, these are evoked typically when we encounter some event or a person, and the effect of those encounters is negative.

So, the mental experiences of this are negative. So, we have discussed most of the basic emotions that we have discussed, which are actually negative emotions like fear, anger, and disgust. I think joy and surprise could be somewhere categorized as positive emotions. However, most of the basic emotions that we have discussed are actually negative emotions in terms of experiences. Positive emotions, on the other hand, are emotions that are associated with pleasant feelings.

So, feelings there are pleasant feelings associated with it. They can be defined as mental experiences that are both intense and pleasurable. So, in terms of mental experiences, we experience them with some pleasant feelings or pleasurable feelings. So, it could be, for example, the emotion of joy. Whenever we experience joy, it is pleasant.

There is a pleasantness associated with it. That is why we call them positive emotions. Now, positive emotions are based on markers of flourishing and optimal well-being. Now,

in the context of well-being, positive emotions or happiness play a very important role. So, one of the indicators of a flourishing life or a life that is full of well-being is that people experience a lot of positive emotions.

This indicates that life is on the right track and that optimum well-being is experienced by those individuals. So, one of the very significant indicators is positive emotions. If one is experiencing too many negative emotions in one's life, then we cannot say that there is a flourishing life. So, positive emotion, in that sense, is a very important indicator. Positive emotions are always in the, particularly in the field of positive psychology, which is a branch of psychology that relatively recently evolved, where the focus is on what is good in human beings, promoting the positive dimensions of human behavior, which were mostly neglected in the history of psychology, because a lot of focus is given on the negative emotions, disorders and so on.

But recently, positive psychology as a branch evolved primarily to understand or give more, you know, focus on what is good in human beings, what are positive functionalities, and so on. So, with the development of positive psychology, positive emotions have received a lot of attention, and positive emotions are an important indicator of a flourishing life or life that is full of well-being. Positive emotions are worth cultivating not just as an end state in themselves but also as a means to achieve psychological growth and improve well-being over time. So, it is very important that we cultivate more and more positive emotions as much as possible to enhance our well-being and the quality of our lives. Barbara Fredrickson is one of the prominent researchers in the field of positive emotions.

She is one of the most prominent researchers. She gave some important theories as well as she outlined the ten most commonly experienced positive emotions. So, we will be discussing each of them now. So, according to her, there are ten positive emotions that are most commonly experienced by human beings. The first one is joy, which I think we have also discussed in the context of basic emotion.

It is also considered as a basic emotion. So, joy is a delightful experience that is caused by something good. So, whenever something good happens in our life, the resultant experience, emotional experience, is the joy that we feel when something good happens in our life. So, it is a very common emotion, and a lot of these basic emotional theories consider it as a basic emotion. Now, gratitude, she considered it as an emotion.

Some people also consider it a mental, cognitive, or emotional concept. So, gratitude is basically the feeling of thankfulness for something or someone in your life. So, it is a very significant concept in positive psychology. Particularly, it is also considered an important concept for intervention to increase happiness in our lives. So, the moment we feel thankful

for something or someone, we immediately feel positive emotions and happiness.

The moment we complain about something, we feel sad about whatever we are complaining about. Immediately, the sadness arises. So, one of the qualities of gratitude is that it itself is considered a positive emotion. You feel happy and good about the moment you express thankfulness towards something, whatever in your life, or towards an individual for doing something. So, the feeling of thankfulness for something or someone in your life is called gratitude, and it is considered an emotion here.

It is also used as an intervention to enhance happiness in our lives. So, it is a very significant concept because the natural tendency of the human mind is to complain about things. So, by practicing gratitude, you are kind of diverting your mind towards something intentionally to create positive emotions in your life. So, thankfulness or the feeling of thankfulness is always associated with happiness and so on. So, gratitude is one of the most significant positive emotions that we experience, and it has many positive repercussions in life.

The third positive emotion is called serenity. It is also experienced as a kind of peacefulness and tranquility. So, it is more like a joy but quieter. So, in terms of arousal, it is a much calmer kind of emotion, but in terms of experience, it is more similar to joy. But in joy, the arousal level is a little higher. In serenity, the arousal level is low, and people feel calm, and tranquility is experienced. So, it is much quieter, but in terms of experience, it is very similar to joy. So, the difference could be in the physiological arousal part of it. So, serenity is mostly peacefulness and tranquility, which is also very pleasant in the human mind. So, that is why it is also considered as a positive emotion.

The fourth positive emotion is interest. So, according to Fredrickson, this is also a positive emotion. So, it is a state of intrigue, curiosity and engagement. So, whenever we are very curious about something, you know. So, that state of mind is called interest. So, you are very interested in something. So, that engagement is there, and that kind of focus is there on whatever it is. So, the moment we experience interest, it is also a pleasant experience in our mind. That is why it is also considered an emotion.

The fifth positive emotion is called hope. Hope is more like a belief. Again, you know a lot of people may not consider hope as an emotion; it is more of a cognitive aspect. People consider it a kind of belief that is more at the thought level, but according to Fredrickson, this can also be considered an emotion. So, some of these researchers may not consider typical emotions, but they may have a lot more of a cognitive aspect. But we are discussing the list that Fredrickson gave here. So, hope is a belief and feeling, belief and feeling associated with the belief that things will turn out best.

So, whenever you have positive expectations for the future, that state is called hope. So, obviously, whenever you expect something positive to happen in the future, you will experience a positive state of mind. So, hope itself can be the state of mind called hope, and it could be considered a positive emotion because there is a feeling associated with it. Whenever you experience or consider some positive outcomes in the future, it will stimulate a positive emotion in you. So, hope itself could also be considered as a positive emotion.

So, it is a feeling of possibility and optimism. A sense of optimism is associated with it. The sixth positive emotion is called pride, which we have already discussed in detail under self-evaluating emotion. Pride is generally a feeling of accomplishment, achievement, and mastery. So, the moment we accomplish something or achieve something, there is a positive evaluation associated with it, and that feeling is called pride.

We also discussed in the last class that there can be negative aspects to pride, which is called hubris. It is associated with a lot of arrogance, egoism, and so on. But here, the positive emotion is considered as the natural sense of pride that arises when we accomplish something in our life or achieve something, or there is a sense of mastery that arises, and then you have a positive evaluation of it. So, that positive aspect of pride is considered here as a positive emotion. The seventh positive emotion is called amusement. Now, it is the experience of fun, humor, and playfulness with others.

Now, one thing is very clear: amusement is experienced only in the context of other people. So, whenever there is a gathering group of people or friends, we experience the emotion of amusement. So, it is an experience of fun, humor, and playfulness when we interact with other people, you know, the group of people or group of friends, and so on. So, it is more social rather than an individual experience. A lot of other emotions that we have discussed could be very individual; one can experience them alone in their own private world.

But amusement is experienced in the context of social gatherings. The eighth positive emotion is called inspiration. It is a feeling of upliftment when we see goodness and extraordinary feats. Inspiration happens when you see something great, something that you value, but you know something that is good and extraordinary, and you strive; it motivates you to do some higher things.

So, that is an inspiration. You see something great and some extraordinary feats, and you are motivated to reach there or achieve something greater. So, that is called inspiration. So, it is a positive thing because it gives you a positive push to your life, positive feelings, motivation also, and so on. So, it makes us strive for great things and is a motivating force. In terms of mental experience, it is also a pleasant feeling.

So this is called inspiration. The ninth is called awe. The awe is a feeling of wonder, amazement, and reverence. Awe is experienced when we see something vast and greater, and we feel small and humbled. This feeling of awe is experienced whenever we see something so vast, something which is so great that we feel very small and humbled by looking at something. So, you feel a sense of wonder, amazement, and reverence towards something.

So, it can happen, let's say, when we go to some hill station, sometimes we feel the great hills full of greenery, and their size is so immense and huge that you feel a sense of awe. And you feel so small in front of that and feel humbled by this natural phenomenon. So, we experience awe; it could be when we see something natural, or it could also be in the context of a lot of other achievements of other people, and so on. So, the core aspects of awe are that you feel small and humbled by seeing something great, and you experience a sense of wonder, amazement, and so on.

The tenth one is called the emotion of love. So, according to Fredrickson, it is a combination of all the above feelings. Love can have a combination of all the other positive emotions. Whenever we experience love, we can experience inspiration, we can experience awe, we can experience joy. So, it can have a combination of all the emotions and all the positive emotions.

It includes feelings of warmth, trust, sharing, etc. It connects us with others strongly and affectionately. So, whenever we experience love as an emotion, it connects us with other people. So, it kind of bridges the gap between individuals and other people. So, we have positive emotions towards the situations and with other people.

And it can include all kinds of mixed feelings. So, it's a very complex emotion, but it is a positive emotion, and it helps people connect with each other. So, these are the ten positive emotions, according to Fredrickson, that are commonly experienced by human beings. Now, one of the things that we, you might have observed even from all the other lectures that we had about emotions, is that fewer positive emotions were actually discussed either under basic emotions or whatever other self-conscious emotions. Most of the emotions are categorized as negative emotions. So, one thing is very clear: till now, we have discussed that positive emotions are less studied emotions.

They have not been given the focus, the kind of focus that negative emotions have received. So, there are fewer studies compared to negative emotions. So, compared to positive emotions, negative emotions actually have received much more attention in the field of psychology. So, there are many reasons behind it why this has happened. Most

discussions on emotions come with a discussion of negative emotions.

Some of the reasons are that the focus was more on understanding and treating psychological problems and disorders. So, if you look at psychological problems and disorders, there are more; a lot of these disorders are associated with negative emotions. Or some kind of problem with the emotions, which are negative or destructive emotions, or the person is not able to regulate emotions. So, for example, depression will be associated with a lot of sadness. So, the whole emotional expression will be associated with sadness and so on.

So, a lot of these emotions, negative emotions, are associated with most psychological disorders. As a result, the treatment of disorders is very important and requires immediate attention. This is because if something is problematic, we need to fix it. The focus is on fixing something that is more necessary and urgent. So, since treatment of disorders and negative emotions always creates problems, even if you look at disorders, if negative emotions are expressed too much, you know.

So, it creates problems and lessens the quality of life of human beings in general. So, in order to improve the quality of life and treat the disorders, attention was given more to negative emotions simply because they were required and urgent. So, less attention and less space was given to positive emotions. So, this is one of the main reasons. Another important reason is that, you know, there are fewer positive emotions than negative ones.

Even in this list of 10 positive emotions, many people may not consider them as emotions, like gratitude, hope, and so on. But a lot of refined negative emotions have already been discussed.

So, fewer studies will be a natural outcome. According to Fredrickson, there seems to be only one positive emotion for every three or four negative emotions. So, if you are in, as a rule of thumb, for three or four negative emotions, there will be one if you see the proportion of it. So, this is how the numbers can be kind of understood. So, positive emotions are much fewer.

So, the studies are also less. Another very significant reason why positive emotions were less studied is that positive emotions are less distinct from one another and are more difficult to define. A lot of these positive emotions overlap, and it is very difficult to define the boundaries of where one emotion ends and where another starts. So, it is very difficult. For example, here it is given, it is difficult to differentiate between joy and amusement or joy or serenity. It is very difficult to, you know, give a specific boundary line where joy ends and serenity starts or amusement starts.

So, mental experience-wise, a lot of these positive emotions are very less distinct, and it is difficult to define and study them clearly. So, because of this practical problem, very few studies on positive emotions are available in the literature or in the research field. However, with the rise of positive psychology, as we have already said, it is a relatively new branch of psychology where focus is given to what is good in human beings and what is positive in human beings. So, the focus is given to well-being, positive quality of life, and so on; positive emotion started receiving more attention, and more and more studies came up, and more and more researchers showed interest in understanding positive emotion. So, that is one of the reasons that, overall, if you see still a lot, very few studies are there for positive emotions.

Slowly, people started looking at and giving more focus and attention to positive emotions. Now, let us see what are the functions of positive emotions. If you see broadly all positive emotions, we will not talk about distinctively one emotion but broadly positive emotion as a category. Now, we will try to understand the functions of positive emotions through a theory that was proposed by Barbara Fredrickson, and the name of this theory is the Broaden and Build theory of positive emotions. We will see the functions, value, and purpose of positive emotions.

So, let us see one by one. So, one of the things that broaden and build theory talks about is that positive emotions broaden our thought-action repertoire. So, it broadens our perspectives. So, that is why it is called broaden, broaden, and build, the building part we will see later. So, positive emotion is one of the distinctive characteristics of positive emotion, as it broadens our thought-action repertoire.

So, thought-level action is generally connected to thought. So, thoughts and actions also expand the whole horizon whenever we experience positive emotions. So, positive emotions such as joy or interest broaden our attention and thinking, make us creative, allow us to see more opportunities, and make us more flexible and open-minded. So, I think a lot of us might have also experienced it in our life; whenever we experience positive emotions, we kind of feel expanded, we kind of broaden our whole perspective, and whenever we feel negative emotions, we feel narrow and constricted. For example, the moment we experience fear, we want to kind of go and hide and become constricted. The body language shows that you want to, you are restricted, you are whole, everything, the whole perspective has narrowed down because of much attention to danger, and so on.

On the other hand, whenever we experience joy and interest, we feel expanded, and we want to do a lot of things. There is a positive energy to it, and so on. So, a sense of expansion in terms of thought processes and thoughts of action is very evident whenever we experience positive emotions. So, these positive emotions kinds of broaden our thought

processes and make us creative, see more opportunities and be more flexible and open-minded. So, the mind becomes much more open and flexible, which is why we can detect more things in our environment and more opportunities can be seen as compared to when one is very much focused on only negative emotions, which narrows your attention and you see less opportunities, less you become less creative and so on.

So, this is one of the most important functions that positive emotion does, and it is in contrast to negative emotions; negative emotion does just the opposite. So, one of the experiments that was done by Fredrickson and Herkulis in 2002 looked at this whole hypothesis. So, there is much evidence to it, but I will just discuss one of the experiments that they did to kind of prove this hypothesis that positive emotion broadens your perspective. So, basically, they did an experiment to test this hypothesis. So, there are two conditions where participants were divided; one condition is emotional.

So, in this condition participants, some participants were assigned here, and some participants were assigned here. One is a control condition; one is an emotion condition. So, in this emotional condition, participants were shown short, emotionally evocative film clips to induce specific emotions of joy, contentment, fear, and anger. So, these four emotions were induced by how it was induced by showing clips of films. So, these film clips were kind of showing some emotional scenes; some films were related to joy, some clips were related to joy, an emotion of joy, some clips were related to contentment, some clips were related to fear, and some were anger.

So, seeing that will induce feelings of anger. So, participants were shown these specific clips of emotions just to induce these emotions. Some participants were under control conditions where they were showing neutral clips. So, there was no emotion involved in it. So, different participants, some participants were induced joy, some participants were induced contentment, some were induced fear and anger, and so on.

Like this, different emotions were induced for different groups of participants. Some participants were in the control condition, where no emotion was induced. The next step was to be given some performance text immediately after showing each of these clips. Participants thought the actions of reporters were measured how thoughts and action repertoire were measured by asking them to step away from the specifics of the film. So, they were just asked just now to step away from the film scene just, you know, in terms of just forget about it.

And imagine being in a situation in which similar feelings would arise. Now, imagine that you are in a situation where different participants are in different conditions. Participants in the joy condition were asked to imagine that they were in a situation where joy as an

emotion arises; for other participants, contentment arises, fear arises, anger arises, and so on. So, basically, these emotions were induced, and immediately with that emotion, they were asked to imagine a situation where similar emotions were induced in life, and they were asked to make a list of what they would do right then, given this feeling. So, whenever you are under this feeling, what would you do? What would they do right then, given this feeling? So, it was induced artificially first, and then they were asked when a similar situation arose in life or whenever it arose earlier in their life, what they would like to do, or whenever such emotion arises given this feeling. So, this feeling was already there within them because it was just induced, and they were asked to imagine a situation when this feeling was arising in their life.

So, what would they do? What kind of activities did they do? They made a list of things that they would like to do under this emotion, and it was not like they were just imagining this emotion was already induced in them. Similar emotions they need to imagine when it arises in their life what they would do. So, they were seeing under different emotional conditions what the things that people do are. So, they found a number of things the participant reported under different conditions are like this. So, the positive emotional conditions the participants who were induced with positive emotions like joy and contentment reported the highest number of things they would do.

So, they made a list of what they would do. So, this participant reported the highest number of lists in terms of activities they would do. Then, it was followed by neutral control conditions. So, under neutral control conditions where no emotion was induced, they also made a list of things they would do under neutral conditions, and so they also did, but it was less than in positive emotion conditions. The least number of activities was reported by participants who were induced with negative emotional conditions. So, anger fears people because it is so engrossed in their minds that people do not have the energy to explore things and do things.

So, under negative emotions, the participant reported the least number of activities. What is the takeaway message of this experiment, or what is the conclusion that we can see that proves that under positive emotion, thoughts and actions are broadened? That is why the participants under positive emotional conditions reported the highest number of activities. Under the negative condition, people reported the least number of activities, even lower than the neutral condition. So, that means under negative conditions, people narrow this whole narrowing down of the thought-action repertoire is there.

So, it kind of proves their hypothesis from this experiment. The next function of positive emotion is that it undoes lingering negative emotions. One of the functions of positive emotion is that whenever you have some negative emotions, if positive, both positive and

negative emotions cannot stay together. So, let us say you are undergoing some positive and negative emotions, and then if the positive emotion is stimulated, the negative emotion will be undone, which means it will vanish because both cannot exist together. They can happen one after the other, but simultaneously, they cannot exist in us.

So, that is the idea that positive emotion can undo the lingering negative emotion. So, the effect of negative emotions will be undone by the positive emotions. So, if positive emotions are induced, the impact of negative emotion will be reduced or diminished, or it will completely vanish. So, positive emotions help us to recover from the harmful effects of negative emotions. We generally do not experience both positive and negative emotions simultaneously. Therefore, inducing positive emotions when we are experiencing negative emotions such as stress, anxiety, and anger can diminish the intensity and duration of such negative emotions.

So, it has a lot of practical applications. Also, when somebody is under negative emotions, you can induce positive emotions by whatever. Let us say that you are very sad in a certain situation, and somebody just cracks a joke. So, your sadness may disappear simply because this joke induces positive emotion and diminishes the negative impact of negative emotions. So, it helps us to recover from the harmful effects of negative emotions. So, that is something very important because neither can exist together.

Again, Frederickson and colleagues also tested this hypothesis using some experiments. So, the broad outline of the experiment is like this. So, they gave a time-pressured speech preparation task. So, participants were asked to prepare a speech on some topic, and they were given one minute. Time pressure was given, and very little time was given to prepare something.

So, obviously, it will induce negative emotions. It will induce anxiety and stress. Because very little time and you have to prepare something. So, it is an artificial way of inducing negative emotion. So, this is what they did: a time-pressured speech preparation task was given one minute to prepare a speech on a topic. So, it was given to the participant to induce high activation of negative emotions such as anxiety and stress.

Now, this speech task induces a subjective experience of anxiety along with increased cardiovascular response. So, the moment we feel anxious, the cardiovascular response also increases, like heartbeat will increase, breathing pattern will increase, and so on. So, different heartbeat parameters can be measured through instruments and so on. So, a lot of cardiovascular response also increases, you know, beats and pressures, and so on, blood pressure also increases, and so on. So, these are all different parameters that indicate anxiety and so on. So, in this context of anxiety-related sympathetic arousal, participants

were randomly assigned to view one of the four films.

Now, the participants were induced with this anxiety. In this condition of anxiety situation, they were immediately shown that all participants were assigned into different groups to view one of the four films. So, four film clip conditions were there. So, participants were randomly assigned to one of these. So, they will see one of these four films. Some participants will see one film, some participants will see a second film, some participants will see the third film and the fourth group will see the fourth film. Now, basically, what are these four films or film clips? Two films were associated with mild positive emotions, joy, and contentment. So, two film clips were associated with content that was related to the expression of joy and contentment.

The third film was in neutral condition. So, there was no emotional condition. The fourth film was related to sadness. Now, all the participants are in a high anxiety situation in the system, which was measured using cardiovascular response and so on. Now, in this condition of high anxiety, participants were assigned to four conditions. Each condition included film clips of different emotions. So, joy, contentment, fear, and neutral condition. Now, what they found in the result is that participants were in the two positive emotional conditions, joy and contentment when these film clips were shown to high and anxious individuals.

It exhibits a faster cardiovascular recovery. So, this whatever this heartbeat, first heartbeat, and everything was there which was associated with anxiety. The recovery was fastest in the positive emotion condition when they were showing positive film clips. So, the heartbeat became normal very fast for participants who had seen these positive emotions in the film clips. The faster recovery of cardiovascular response than did those neutral control conditions. So, in the neutral control condition, as compared to the neutral control condition, the positive emotion condition, there was a faster recovery of cardiovascular response.

Participants in the sadness condition exhibited the most delayed recovery. So, again, the response in terms of participants was that the fastest recovery was in the positive emotion condition, then the neutral condition, and the least or the highest time-taking condition was the sadness condition. The participants were shown sad film clips. So, it prolongs the impact of negative emotions because sadness is a negative emotion. So, it did not counteract the impact of negative emotions. On the other hand, positive emotions, when it is shown, immediately the participant's heartbeat, and everything becomes normal in the fastest possible time.

The neutral condition also became normal, but it took a little bit more time, and the highest

time was taken for the sadness condition. So, it proves that positive emotion counteracts, removes, or diminishes the impact of negative emotions. So, the next function of positive emotion is that it enhances resilience. So, resilience basically is our ability to bounce back from adversities of life.

So, when something negative happens in our lives, how quickly can we bounce back to our normal functioning level? Obviously, whenever something negative happens in our life, it impacts us negatively, and we are not able to function properly for some time, but resilience is the ability to come back quickly. So, the more resilient you are, the quicker you will be able to come back or bounce back from the negative conditions. So, that quality is called resilience. So, some people may be much more resilient as compared to others in terms of bouncing back to their normal function after a setback or adversity.

So, this positive emotion enhances our ability to cope with adversity and resilience. So, one of the propositions is that you know positive emotion increases the sense of resilience. Obviously, when a setback happens, negative emotions are more dominant. So, if more and more negative emotions come, it becomes more difficult to come back. However, if positive emotions are induced in that condition, people will be able to bounce back much more quickly.

That is the proposition: so that they can enhance their sense of resilience. So, positive emotions by broadening our thought-action repertoire facilitate problem-focused and other adaptive coping. So, if positive emotions help us to cope and counteract the negative impact of negative emotions, then by definition, they should enhance the resilience or ability to bounce back because they will help you also cope with the adversities of life. Now, resilient individuals bounce back from stressful experiences quickly and efficiently. So, that is the definition of resilience. Now, this definition implies that in comparison to less resilient people, resilient individuals display quicker recovery of cardiovascular function.

Cardiovascular function basically means, let us say, when you are under negative emotions or anxiety or something, as we have already discussed in the last experiment, your cardiovascular response or function becomes much more. Faster, and whenever we experience intense negative emotions, it could be fear, anxiety, and so on. Furthermore, this capacity to return to baseline cardiovascular still might be fueled by the experience of positive emotions that we have already seen. So, positive emotions can help us to recover from those cardiovascular responses, such as fast heartbeats and so on. If they help us recover and come to the baseline level, then that means their positive emotions are quickening our ability to come back to normal or baseline functioning.

So, that is resilience. So, an earlier experiment can indirectly also prove that positive

emotion can enhance our resilience because it helps us to come back quickly to our baseline level of functioning. So, if it quickens the process of coming back or becoming normal, it also enhances resilience. This was very much evident in the earlier experiment that we discussed. Another function of positive emotion is that it builds psychological resources. It helps us build some resources to deal with certain positive qualities for different circumstances of life.

So, positive emotion can also build physical, intellectual, mental, social, and psychological resources. Some positive things may be added to you because of your experience of positive emotions. For example, some of the research shows that positive emotion builds intellectual resources through enhanced learning and performance. So, under positive emotion, because of the broadening of thought and actions, people also learn more.

They are able to perform better. So, in that sense, they will also add to your intellectual resources. So, if you learn more, you will be able to process more information. So, it will enhance your intellectual resources because you will learn more and do other things with positive emotions. So, positive emotions are associated with play, can build physical abilities, and so on. In many contexts, whenever we feel more positive emotions, we like to play physical sports and so on.

That can also build your physical abilities and resources for a lot of people. Positive emotions are also key to building and maintaining social relationships and thus facilitate social resources. One of the things is that whenever we experience positive emotions, we want to connect with people because it broadens our perspectives and expands us when we want to connect with people. Under negative emotions, we get kind of disconnected from people, or conflicts happen in our relationship. Whenever you feel anger, you want to disconnect from people, or there will be conflict in your relationship.

On the other hand, when you feel joy, you want to share your experience and talk to friends about it. One of the things is that positive emotions help us build and maintain social relationships. So, people who experience more positive emotions generally want to be connected with them more because they also feel happy connecting with them. People who are shown most of the time negative emotions people slowly run away from them. So, in that sense, positive emotions are also key to building and maintaining social relationships and thus facilitating social resources.

Another thing is that positive emotion can trigger an upward developmental spiral. So, what does it basically mean that negative emotions such as depression and depressed mood can arouse a downward spiral of negative thoughts and emotions and lead us to vicious negativity? So, under negative emotions, we go on a downward spiral, which means, let us

say, you are in a depressed mood. So, you will not feel like talking to people you are more likely to attract again negative situations in life. Let us say you will become more alone, and loneliness may trigger more negative emotions, more negative emotions, and more negative situations in life.

So, like this, one event after will trigger another event will trigger another event. So, in case of negative emotion, that trigger will go downwards, which means more negative aspects. Similarly, positive emotions can trigger one after the other event, which goes in a positive direction. So, in that sense, it is called an upward development. So, under positive emotions, you may do more positive things and connect with people one event after another. With more positive emotions, more positive things will happen in your life.

So, it can trigger an upward movement spiral movement. So, in that sense, one good thing will trigger another good thing, and one bad thing will trigger another bad thing. This is what happens mostly in life. So, sometimes, people get into the vicious cycle of one triggering the other, and they are not able to come out of it. So, it goes circular one by one. So, a lot of these patients with depression get into this vicious cycle, and they are not able to come out of it.

Because one negative thing is triggering another and making them more depressed and more negative things. So, like this, it becomes a vicious cycle. So, positive emotions will give into more positive cycles and positive outcomes. Positive emotions also may protect health. This is also very important because it is just another way of saying that negative emotions are harmful to our health. So, a lot of research evidence is available. A lot of research has already been conducted where it shows negative emotions such as anxiety and stress can not only cause mental health issues.

It can create physical health issues in terms of it can cause a lot of physical diseases such as heart diseases and so on. Whenever under stressful conditions, the stress hormones are released in the blood, and excessive stress hormones can cause heart disease blockages of the heart. It can reduce your immunity and make you more vulnerable to viral diseases, bacterial diseases, and so on. So, a lot of evidence is already available in health psychology research since positive emotions can lessen or diminish the effects of negative emotions. So, in that sense, it can protect our health and help us to undo all the negative effects of negative emotions.

So, both positive and both mental and physical health may be protected by positive emotions. Another concept given by Fredrickson is the positivity ratio. So, the concept basically is that psychological well-being generally requires a ratio of positive emotions to negative emotions, as 2.9 is to 1 exactly, but in general, we can say 3 is to 1, so if you

experience 3 positive emotions in opposition to 1 negative emotion. So, if you experience 1 negative emotion and 3 positive emotions, if the ratio is like this in general, I mean, obviously, no one can count like this in real life, but if you experience more frequent three times of negative emotions.

So, if you experience 1 negative emotion for 1 negative emotion, you are experiencing 3 positive emotions. This will kind of stimulate an upward spiral of positive emotions and help increase well-being and flourishing in life. So, this ratio is important according to them. They kind of found in one of their research that a 3 to 1 ratio is very important. I mean, at least, this is the proportion needed for enhancing well-being in our lives. People lives, which basically means we consciously pay attention to what is good in our lives who reported 3 or more instances more obviously can be better. Positive emotions for every 1 instance of the negative emotion were more likely to stimulate an upward spiral of positivity and can lead to experiencing flourish and resilience in life.

So, this is something some of the evidence they found in their research. Now, one important aspect of this whole discussion is that positive emotion does a lot of important functions or impacts positively on our lives and health. So, how can we build positive emotions? Obviously, there are many different ways one can increase positive emotions in one's life. Everybody may have their own ways of increasing positive emotions, but some of the important things that can be discussed are here. One of the things that we can do to enhance positive emotion is to practice gratitude. Now, generally, people do not give conscious attention to it whenever we practice gratitude in our lives, which basically means we consciously pay attention to what is good in our lives and be thankful for it.

So, that is gratitude. Because the mind's tendency is to find what is wrong in our lives, it is a natural tendency to go in that direction, and whenever we find something wrong in our lives, obviously, we will feel miserable and we will feel sad. But you can also kind of bring your attention consciously to those things that are good in your life. So, nobody's life is 100% bad, you know.

So, there will also be a lot of good things in everybody's life. But we never pay attention to those things. We pay more attention to what is wrong in our lives. Because of this mindset, we experience more negative emotions. But if you can kind of focus on what is good in your life, there are so many things we can be grateful for the good people, good friends that we have, and so many supportive relationships we have, we can be grateful about it. So, many achievements that we have achieved in our life we can be grateful about it. So, many good memories that we have in our life we can be grateful for them.

So, we can consciously do those kinds of gratitude exercises by taking some time and

thinking about them. Especially when we are feeling bad, it can stimulate positive emotions. So, practicing gratitude is very important. People can consciously do it by finding time and regularly also do it by doing some journal exercises.

Where you can list out things and kind of focus on them. So, immediately, it will enhance positive emotions. So, these kinds of research findings are very evident in gratitude exercises and so on. Positive emotion can also be enhanced by doing activities that people enjoy. So, one thing you can find whenever you do anything that you like is that you are intrinsically motivated. Whenever we do things that we really like to do, this is called intrinsic motivation.

So, you are doing something under intrinsic motivation. So, you are motivated from inside, not outside. So, you are not doing things just to get money or something like that. You love to do something, so you are doing it.

So, those activities always enhance positive emotions. We feel good about it. So, it may include a lot of hobbies, whatever you like to do. It could be sports, it could be painting, it could be singing, it could be dancing, whatever it is. Everybody has their own things.

So, we cannot have a generalized thing here. So, whatever you are intrinsically motivated to do something, try to do more and more of these activities. Find time for these things. The more you do these things, the happier you will feel and the more positive emotions you will experience. So, this is another way of enhancing positive emotions. Obviously, spending time with loved ones is something very important. We all know that whenever we connect with loved ones, friends, families, and so on, we feel good about it. Even though you may be feeling some negative emotions by sharing them with other people and loved ones, their impact always diminishes when we are around loved ones.

However, the problem is that a lot of people may not find a lot of time to connect with loved ones. So, try to find more and more time. In today's world, even if people are physically separated, one can connect with technology, video calls, and so on. So, the idea is to connect more and more, which will enhance positive emotions. Positive emotions can also be enhanced by playing with children, pets, and friends.

These are some of the other things. Some people also find a lot of positive emotion in connecting with pets. Human beings obviously have a lot of emotions, and pets can also have a lot of positive emotions. So, a lot of people have a lot of affinity for pets like dogs and cats. Playing with them and seeing them around them also enhances positive emotions. So, those things can also be there. Another interesting thing is that doing exercise, particularly aerobic exercise, can enhance positive emotions.

In fact, research shows that when people do aerobic exercise particularly regularly, it enhances or releases a hormone in the brain, which is called as endorphins. The function of that hormone is to shift your mood to a positive mood. It enhances a positive mood. So, a lot of people who do a lot of regular exercise will find that when you do exercise in the morning the whole day, you feel good about it yourself. So, some sense of positive mood is stimulated by exercise, particularly aerobic exercises.

Because there is a physiological mechanism to it, it releases some mood-enhancing hormones. So, that also impacts your mood. Obviously, listening to uplifting music that you like can also enhance your positive emotions. Music is something that everybody connects with. It goes much deeper into your mind. It directly touches your heart, and especially the music that you like by listening to it can enhance your mood immediately.

So, these are some of the things one can do to enhance positive emotions in one's life. And the more positive emotions we experience, the better it is in terms of our quality of life, in terms of our well-being, and in terms of our physical health. Now, just at the end, let us talk about whether we should always avoid negative emotions or whether negative emotions are always bad or something like that. So, let us also see the perspective of that aspect. Now, negative emotions are something we cannot avoid because they are part of our lives, and they also serve a lot of important functions, as we have discussed.

All emotions have important functions in our lives. They are here because they serve some important things in our lives. Evolutionary, they evolve because they are important. So, we should not brush it aside that negative emotions are bad or something like that. They will be there. The only problem is that too much of it is problematic.

That is why a ratio of 3 to 1 means that even if 3 is equal to 1, 1 negative emotion is present. So, the thing is the frequency of it, how much of it you experience. Sometimes, you cannot avoid negative emotions, but more and more positive emotions are always better in terms of frequency. So, that is what is important. So, the problem is that most of us experience too many negative emotions.

Therefore, there is a need to increase positive emotions. That is why there is a need for more positive emotion; it is natural that we experience it less. So, excess of anything could be bad, including positive emotions. Too many positive emotions can be dysfunctional in some contexts. For example, there is a disorder called mania. It becomes a disorder, which means that people in this state basically show excessively high moods.

They will do too much activity, and you know, a lot of energy and hesitation. They will

throw things around, and people around them will like to suffer like they cannot control it. A lot of euphoria, unusual talk, and too much talking they will be doing. The mind will be rushing with thoughts and so on. So, that is also a kind of positive emotion, but it is too excessive and becomes problematic because it is dysfunctional.

You understand. So, that is something we usually answer, and sometimes, in certain disorders, it has positive emotion, but it is dysfunctional. So, this is called a mania, a mania symptom. So, some people have manic-depressive symptoms. So, they go into depression, and then mania means the total opposite of depression. They will be doing too much laughing and shouting and doing things too much talking, and then they will go into depression.

So, this cycle goes on and on. So, that is one thing we should understand. So, Boniewicz 2012 proposed some of the positive impacts of negative emotion. Negative emotion does a lot of important functions, as we have said. So, they are there to serve something. For example, negative emotions can instigate fundamental personality change.

People can change because of some negative emotions. So, when something hits you very strongly, you kind of reflect back and try to change it, and it can change you as a person positively. So, there is a concept called post-traumatic growth, which shows a lot of research shows that a traumatic event, which is a very negative event, impacts them very badly, but people come out of it positively with a lot more strength and vigor in their lives. And they can see their life with a totally new perspective.

For example, let us say somebody survives cancer or something like that. Now, they will see life from a totally different perspective. It was a traumatic event, but it changed them as a person. Now, they will enjoy small things in their life because they will not take life for granted.

They knew their life was almost at the end. Now, they are back. So, life is no longer taken for granted. You know, now you enjoy, you see the value of life. So, sometimes, a lot of negative events or emotions can make you think deeper, and it can change you as a person. So, it can do a lot of things. People can realize they have much more strength to face problems in their lives. If you do not have problems in your life, you will not understand how much strength you have.

So, a lot of these things are collectively called post-traumatic growth, and it can be triggered by a lot of negative emotions sometimes. Negative emotions can also lead to self-reflection and put us in touch with our deeper selves, as I said. So, this is something connected to what I have said. Sufferings and negative emotions may also make us wise

and facilitate learning and understanding of ourselves and the world.

People become wise when they suffer and deal with a lot of negative aspects of their lives. You know, people don't become wise just by enjoying or getting all the good things in their life. So, deepness in life comes from struggling and adversities. It kind of propels or forces you to go into the deeper aspect of yourself as a person and reflect your positivity and negative weaknesses and strengths and so on. So, that makes a person much deeper; the connection of the deeper self is very evident in these cases. Coping with negative emotions may cause positive social consequences such as scare, empathy, morality, and modesty.

So, all these qualities like empathy, morality, and modesty can develop when people cope with negative adversities of life and deal with negative emotions. Now, all these are possibilities, but they will not necessarily happen to everybody. So, what we are saying here is that positive emotions are very important for the flourishing and well-being of life.

Having said that, we should not just look at negative emotions as negative; they should be kind of bad. They also serve important functions. They can have a lot of positive effects as well. So, these are both aspects we need to understand in talking about positive and negative emotions. So, these are some of the important things that are significant in terms of discussion. With this, I will stop here. Thank you.