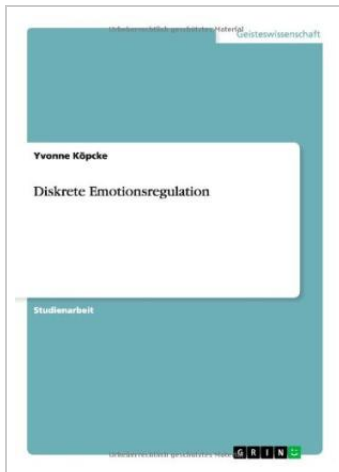




Diskrete Emotionsregulation

By Yvonne K. Pcke

Grin Verlag. Paperback. Condition: New. 28 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. Studienarbeit aus dem Jahr 2009 im Fachbereich Psychologie - Sozialpsychologie, Note: 1, 7, Universität zu Köln (Institut für Wirtschafts- und Sozialpsychologie), Veranstaltung: Hauptseminar Arbeitszufriedenheit und Emotionsregulation, Sprache: Deutsch, Abstract: Wir streben mehr danach, Schmerz zu vermeiden als Freude zu gewinnen. (Sigmund Freud) Stimmt es, dass Menschen grundsätzlich dahin tendieren negative Emotionen abzuschwächen und positive Emotionen zu verstärken? Und was genau beinhalten eigentlich die Oberbegriffe Schmerz oder Freude und welche Bedeutung haben sie für ein Individuum? Jede Emotion, jeder Schmerz und jede Freude, werden von Person zu Person sehr unterschiedlich empfunden und ihre Facetten können noch wesentlich differenzierter wahrgenommen werden (Dougherty and Abe and Izard, 1996; Ulich and Mayring, 2003). So sind sich viele Menschen, wenn sie die generelle Emotion Schmerz empfinden, oftmals auch bewusst um welche Art von Schmerz es sich handelt und was dieses Gefühl ausgelöst hat. Diese differenzierte Kenntnis von Emotionen hat einen hohen Informationsgehalt für eine Person und kann als Entscheidungshilfe bezüglich bewusster Handlungen dienen. (Felman Barrett and Gross and Christensen and Benvenuto, 2001; Wrانik and Feldman Barrett and Salovey, 2007) Auch die Annahme, dass Personen leidvolle Situationen grundsätzlich vermeiden oder meiden wollen, ist nicht...



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