

Applied Positive Psychology
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Week 2
Lecture 4: Emotions in positive psychology

Module 2 of this course is about positive emotions and happiness. In this module, we will specifically discuss the concept of positive emotions, how happiness is conceptualised, and the different aspects associated with it. Today's lecture is Lecture 4, which is also the first lecture of Module 2. The title of today's lecture is "*Emotions in Positive Psychology*." More specifically, we will be focusing on positive emotions. Before we begin today's lecture, let me give you a brief recap of the previous one.

The last lecture was part of Module 1, which was essentially an introduction to positive psychology and its different aspects. That lecture specifically focused on understanding well-being and positive psychology constructs from both Eastern and Western cultural perspectives. In this context, we discussed how Western psychology views well-being, along with the different conceptualisations and theoretical propositions associated with it. We also examined how Eastern perspectives on well-being differ from those of the West.

We also discussed how well-being is conceptualised, understood, and applied differently in Eastern cultural contexts compared to Western ones. More specifically, we examined about five or six domains in which Western culture differs from Eastern culture in terms of the conceptualisation of well-being. These were some of the key points covered in the last lecture. In today's lecture, we will focus on the concept of emotions, with particular emphasis on positive emotions. We will explore the concepts of affect, emotions, and moods, and discuss how they differ in terms of conceptualisation. We'll be talking about positive and negative emotions. And at the end, we'll be talking about the broaden-and-build theory of positive emotions. So, these are the concepts that we'll cover in today's lecture. So, let's start today's lecture. So before we talk about positive emotions and their functions, it is important that we understand what emotions are all about.

When we look at emotions, we all experience a wide range of them—such as anger, happiness, sadness, and many others—on a daily basis. These everyday experiences make emotions something we are all familiar with in an intuitive sense. It is often easy to recognise emotions from people's behaviour, but defining them is much more difficult. Emotion is a construct that everyone experiences, understands, and can identify, yet when it comes to providing a clear definition, it becomes challenging. In fact, one published research review identified 92 separate definitions of emotion. This led some researchers to state that everyone knows what it is until they are asked to define it. So emotions have been conceptualised in a variety of ways. One such review identifies about 92 definitions, showing the diverse conceptualisation and understanding of emotions; thus, it is not easy to define, but we intuitively understand it because we experience it every day. This clearly reflects that one of the amazing qualities of language is its ability to refer to things even when we don't know exactly what they mean; that is the capability of human language. So, we can refer to different things using language, even though it may be difficult to define.

But in an academic discipline, we cannot proceed with the research, understanding, and theories without defining them. So, we have to define what emotions are. So, emotion comes from the Latin source word "emotio." That is an emotion which basically comes from the verb that means to move or to stir up, so emotion comes from the source word meaning to move anything that moves you or stirs you up; that's the root word from which the word emotion came. Aristotle also said that emotions are principles of movement in human experiences. So emotions move us. It is because of the emotions that we stir up. We tend to do something. We move, and we do. It adds to the dynamism of our lives.

So that's the idea behind emotions. More specifically, despite it being very difficult to define emotion, some psychologists agree on a broader understanding or definition of emotion. One such definition is provided here. So here, emotion is a motivated state that is marked by physiological arousal, expressive behaviour, and mental experience, and that varies in its intensity, pleasantness, and unpleasantness. So this is a broader

conceptualisation of emotion.

How do we view emotion from the psychological perspective? So one of the ways to define emotion is that it is a motivated state. Because when we feel emotion, there is a sense of movement; there is a sense of dynamism that happens, and it moves us. Whenever you are angry, you move; you want to do something; there is an action tendency. So, in that sense, it is called a motivated state. It motivates you to do certain actions: all emotions.

Now, whenever we experience emotion, there are three things that happen. One is that there is a physiological arousal. So there is an arousal. There is a sense of physiological activation that occurs. So that's called physiological arousal; then there is expressive behaviour.

Every emotion has an expression, so whenever you are angry, there is an expression of anger. You can understand this person is angry because he is gritting his teeth or maybe, you know, he is making certain facial gestures and so on. From the body language and behavioural aspects, we can understand whether this person is angry or sad. So that's called expressive behaviour. A lot of these emotions are expressed in certain ways.

The third one is the mental experience associated with emotions. So every emotion is associated with certain experiences mentally, and there is a certain tone to emotion, a certain experience. How do you feel about it? So that is also kind of an important part of emotion. So when we talk about mental experience, we talk about, for example, when you are angry; we experience anger as a sense of enragement. There is a sense of heat in terms of experiences.

So, this is how the example is given here. So, for example, when we are angry, our heart rate increases. So, those are physiological changes. So, there is an activation of the physiology.

Our heartbeat increases. Maybe there is sweating happening as well. So, there is a corresponding physiological arousal that occurs. Whenever we express anger as an emotion, it is also associated with a specific facial expression, such as gritting teeth. Whenever people feel anger, they grit their teeth, and you know, that is an expression in terms of expressive behavior that helps us understand that this person is angry. Also, at the mental experience level, we feel enraged.

So there is a sense of hotness and anger that we experience when we feel anger as an emotion. So, psychologists study all these aspects of emotion. So, emotions are associated with all three of these aspects, and psychologists study them. All aspects, as well as some psychologists, will focus on physiological aspects, while other psychologists will focus more on mental experiences, expressive behaviours, and so on. So, these are the three important components of emotional experience.

So, if you write it, emotion has three components. One is its physiological arousal. Then we have expressive behaviour. The third aspect is mental experience. So, these three aspects are associated with all emotional experiences.

This is how we understand and define emotion from the psychological perspective. Now, there are three terms that we need to understand, which are often used synonymously in layman's terms. So, we need to distinguish technically between these terms. One is affect, another is emotion, and another is mood. These terms are also, you know, often used synonymously, but there are technical differences among them.

So, let us see what the difference is between these terms. The first term is called *affect*. *Affect* is a very general term that encompasses a wide variety of emotions that people feel; it is an umbrella term that covers both emotions and moods. Therefore, *affect* is the broadest term, including various emotions and mood states that we all experience.

At the broadest level, we can use the term *affect* as an umbrella term for the different emotions and moods we experience. At the most specific level, *emotions* are intense feelings directed toward a person or an object. Emotions are mostly context-specific,

which means that they generally arise in relation to a person or an object. For example, when somebody says something you don't like, you may feel angry.

So, let us see what the difference is between these terms. The first term is called effect. Effect is a very general term that encompasses a wide variety of emotions that people feel; it is an umbrella term that covers both emotions and moods. Therefore, effect is the broadest term, which includes varieties of emotions and varieties of mood states that we all have. At the broadest level, we can use the term effect.

which is an umbrella term for the varieties of emotion and moods that we experience. At the most specific level, emotions are intense feelings directed toward a person or an object. So, emotions are mostly context-specific, which basically means that whenever we feel emotions, generally they are directed at a person or an object. So, that is, emotion arises in context. So whenever somebody says something that you don't like, you feel angry.

So, for the whole day, I may be experiencing a bad mood, but it may not be very intense, like feeling anger or something similar. These are more like contextual stimuli, and they are typically less intense compared to emotions. Most experts believe that emotions are more transitory than moods. In other words, emotions are more temporary and short-lived. For example, you may feel anger, and then after some time, the anger vanishes. But the mood may remain for a longer period. You may be in a bad mood or a good mood for the whole day, whatever it may be. So, moods are more long-lasting, whereas emotions come and go quickly.

However, our bad mood can last for hours and days. Now, emotions are also responses to people or events. So that is something; there is always a context to emotions. It is always directed to somebody or some objects, and so on. So, in contrast, moods are not typically focused on a certain person or circumstances.

You may have a general mood. Emotions are generally more action-oriented. So,

whenever we experience emotion, there is a tendency, there is a physiological activation, and there are action-oriented behavioral aspects to it. On the other hand, moods are generally more cognitive. So, at the thought level, you keep in mind that moods will influence your thought processes.

You may not actually do anything. So, that is another difference. So, emotions are more action-oriented. So whenever you feel anger, you may feel like slapping someone. So there is an action orientation toward it. On the other hand, when you are in a bad mood, you may be thinking too much, and overthinking may be going on at the cognitive level, but you may not actually, you know, engage in certain actions.

So that is also another difference between moods and emotions. So this is just a summary of the differences that we have discussed. So here it is presented in tabular form to make it clearer. So emotions are caused by specific events. Here (moods) it is a more general and unclear context. There is no context here. There is a context in emotion. Emotions are more brief in duration; they last shorter than moods. Emotions are more specific and numerous; there are a lot of emotions we know, such as anger, sadness, joy, and so on. Moods are more general dimensions—positive and negative—so you may either feel a bad mood or a good mood.

We don't have more specific moods in terms of naming and so on. So generally, emotions are accompanied by distinct facial expressions. Every emotion has a specific facial expression, particularly the negative emotions. So we can clearly understand that this person is feeling angry.

This person is sad, based on facial expressions. Moods are not generally accompanied by any specific facial expressions. Emotions are more action-oriented in nature. We have already discussed that moods are more cognitive in nature. It impacts our thought processes more than our actions. Now, however, these moods and emotions can interact with each other all the time.

Emotions can be transformed into moods, and moods can be transformed into emotions in our daily life experiences. So these mutually influence each other. For example, an emotion, if it's very strong and deep enough, can turn into a mood. For example, getting your dream job may generate feelings of joy, but it can also put you in a good mood for several days.

So, let's say you get a good job. At that time, you will experience positive emotions, like joy, very intensely. Now, this joyful state of emotion can put you in a good mood for several days afterwards. So emotion can trigger a mood in a certain direction for several days. Similarly, bad moods can trigger bad moods for a certain number of days and so on. On the other hand, if you are in a bad mood, sometimes a trigger from the environment can immediately stimulate you towards certain emotions.

So if you are in a bad mood, you are more likely to experience, let's say, that something bad happens in the environment. You are more likely to get angry, more likely to become sad, or more likely to experience negative emotions. Based on a little bit of stimulus from the environment. So mood can also trigger emotions very strongly. On the other hand, emotions can also trigger mood. So these are mutually influencing each other.

Now, let us look at emotions specifically. These are the differences between certain terms, but when we focus on emotions, one of the broad categorizations is the distinction between positive emotions and negative emotions. This is a popular way of classifying emotions, and we all have an intuitive understanding of what positive and negative emotions mean.

When we talk about negative emotions, we are referring to the way we experience them. If the experience is unpleasant, we call it a negative emotion. On the other hand, if the experience of the emotion is pleasant, we call it a positive emotion.

Negative emotions can be defined as unpleasant or unhappy emotions that are evoked in individuals as an expression of negative affect toward an event or a person. In simple

terms, negative emotions make us feel bad, and they usually arise in response to something or someone that we perceive negatively.

Whenever something negative happens in the environment or in the context of a person, negative emotions are experienced to express that negativity. Examples are fear, anger, disgust, and so on. Now, positive emotions are typically pleasant feelings. They can be defined as mental experiences that are both intense and pleasurable.

Positive emotions can be very intense and highly pleasurable. We feel good when we experience them. In fact, positive emotions are the main focus of today's lecture because they have been found to be markers of a flourishing life. Experiencing more positive emotions enhances our overall sense of well-being.

People consciously try to cultivate positive emotions because they are generally associated with happiness. Positive emotions are valuable not only as states in themselves but also as tools for achieving psychological growth and improving well-being over time. They carry many functional benefits, which is why people aspire to increase them in their lives—to enhance well-being and make life more flourishing. These are some of the important aspects of positive emotions. Another term that is sometimes confused with positive emotions is *pleasure*. However, pleasures are a little different from positive emotions. When we talk about pleasure, we usually mean positive sensory experiences. These are short-term satisfactions that arise from fulfilling physical desires. Pleasures are essentially based on sensory experiences and have a physical component to them.

Pleasures are very momentary, tied to physical sensations and immediate gratification. Whenever there is a physical sensation associated with some life experience that makes you feel good, it is considered a pleasure. Generally, pleasures are useful for meeting short-term and immediate needs, but they are often accompanied by a sense of craving. They are fleeting in nature, with a quick onset and a rapid decline.

Pleasures provide only very temporary satisfaction and relief. For example, enjoying good food, getting a massage, or simply relaxing can all be considered pleasures. These experiences are related to physical sensations in the body that feel good and make us feel positive, which is why they are generally called pleasures.

Positive emotions, on the other hand, are broader than pleasures. When we experience feelings such as joy, love, or gratitude, these emotions tend to last longer than pleasures. While emotions themselves can also be short-term, pleasures are even more fleeting in comparison. Thus, positive emotions are more enduring than pleasures.

Positive emotions accumulate over time and enhance our well-being. They not only make us feel good in the moment but also contribute to personal growth, creativity, resilience, and the development of strong relationships. For example, the joy you feel after achieving a meaningful goal is a positive emotion. So this is also how pleasure as a concept differs from positive emotions. So they are not the same thing. Positive emotions are different from pleasures. Now, if you look at literature in positive psychology or psychology in general, we can see that positive emotions are much less studied than negative emotions. If you look at the vast psychological literature, you will find very few studies on positive emotions. But there will be a lot more studies on negative emotions. So let us see why this has happened historically. So, compared to positive emotions, negative emotions such as fear and anger, etc. has received much more attention in the field of psychology.

Negative emotions have received much more attention. There are certain reasons for it. The number one reason is that the focus was more on understanding and treating psychological problems and disorders. So if you look at it historically, most of the funding in terms of research for psychological disorders was going towards understanding psychological disorders, classifying them, and treating psychological disorders. And all these psychological disorders were associated with negative emotions. Certain emotional problems were occurring mostly in terms of negative emotions. For example, depression contains sadness. Most psychological disorders will have certain negative emotions associated with them. So there was a natural direction, and funding

was directed towards understanding them because they are associated with disorders. The more we understand about this emotion, the better we'll be able to treat it, and, you know, we can help people come out of those negative states and emotions. So more focus was automatically going towards negative emotions because there was a need to pay attention to them due to the many problems associated with negative emotions.

Secondly, there are fewer positive emotions than negative ones. So according to Fredrickson, there seems to be only one positive emotion for every three to four negative emotions. So if you look at the numbers of positive emotions in terms of how many emotions we know or how many emotions we can name, the large number of emotions will be negative emotions only. If you ask someone to name certain emotions, the list will have more negative emotions compared to positive emotions. Because we know more about negative emotions, we have been experiencing a greater number of them. So, in the language, we also have more names for negative emotions. On the other hand, there will be a lesser number of positive emotions. We know a very small number of positive emotions. Most people know about joy and this kind of thing. If you have a smaller number of positive emotions, it is also difficult to study them because the numbers are fewer. When numbers are greater, people are more likely to study them. The third reason why positive emotions received less attention is that they are also less distinct from one another. What this means is that, you know, positive emotions are difficult to separate from one another. Most of the positive emotions have a similar facial expression and tone. So, compared to negative emotions, they are very distinct.

We can very clearly differentiate between, you know, things like fear and anger. A similar differentiation of positive emotions is difficult. So, for example, it is said here that it is difficult to differentiate between joy and amusement as compared to fear and anger. How do you differentiate joy from amusement? Both are positive emotions, but in terms of our understanding, it is difficult to differentiate when to call something joy and when to call something amusement. But we all know very clearly when to call something fear and when to call something anger, because their expressions are very different.

We can clearly distinguish between them. So researchers have also struggled to find distinct physiological patterns and facial expressions for different positive emotions, unlike negative ones. Facial expressions for positive emotions are less distinct with a generally dopey green hue. Uh, you know, being a vague signal of positive emotions, most of the time when we experience positive emotion, the facial expressions are very similar, so physiologically and expression-wise, it is difficult to distinguish. On the other hand, negative emotions are more clearly expressed in facial expressions, and we can distinguish them much more clearly. The fourth reason is that negative emotions often arise in life-threatening situations, making their evolutionary role clearer, whereas the survival benefit of positive emotions is not so imminent.

So negative emotions generally arise, and they have a survival value because, let's say, fear. Fear is important because, without fear, you will not be able to survive. Whenever there is a danger in our environment, we experience fear, and it helps us run away from the situation or deal with it appropriately. So fear helps us survive. So there is a very clear evolutionary survival value in fear. So therefore, these are more important for our survival. So the importance of negative emotions is much greater in terms of survival. So we are paying more attention to them compared to positive emotions. Generally, there is no eminent, direct, or clear understanding of their survival value. They are generally thought of as a luxury in terms of, you know, being happy; it's fine, but there is no direct, you know, survival link to them. The fifth reason is that the negative emotions are tied to specific behavioral responses like fear prompting flight or anger causing attack.

While positive emotions such as joy are more diffuse and lack clear tendencies, they still play a crucial role in our overall well-being. So in terms of studying as well, negative emotions have very clear action tendencies. So if you are fearful, you generally tend to run away from a situation. When you experience anger, you are more likely to attack the opponent. While positive emotions such as joy are more diffuse, people may not be doing something very specifically when they experience positive emotions.

Clearly distinguishing and identifying positive emotions is not always easy. Historically,

research has focused more on negative emotions, particularly their frequency, while positive emotions received much less attention. However, since the focus of today's lecture is on positive emotions, let us now look at what current research tells us.

One of the first psychologists to study positive emotions in depth was **Alice Isen**, from Cornell University. She was among the pioneers who significantly advanced research in this area. Her work demonstrated that positive emotions exert a powerful influence on various cognitive and behavioural outcomes. She showed, for example, that even mild positive emotions can encourage people to help others. When we experience positive emotions, we are more likely to be helpful.

Positive emotions also promote flexible and creative thinking. Experiencing them makes us less rigid, more open to different perspectives, and more accepting of alternatives. Creativity tends to increase under positive emotional states. In addition, positive emotions enhance problem-solving abilities—people are more likely to solve problems effectively when they are in a positive mood compared to when they are experiencing negative emotions. They also improve self-control, helping us regulate our behaviour more effectively.

One of Isen's classic experiments in the 1970s illustrated these effects. She and her team placed coins in the slots of public payphones. At the time, phones required coins to make a call, so when participants unexpectedly found a coin, it gave them a small positive emotional boost. Those participants who discovered the coins were more likely to help others—for instance, by assisting someone carrying a load of books or picking up dropped papers—compared to participants who did not find a coin.

These are small, subtle behaviours. It was influenced by the artificial induction of positive emotions by placing coins in the public booth. This finding illustrates how brief positive experiences can foster altruistic behaviours, highlighting the connection between positive emotions and prosocial actions. So this was one of the first experiments that show inducing positive emotions promotes helping behaviour. Now, Isen's work has been expanded recently with the rise of positive psychology by Fredrickson. She also

introduced a new theory called the broaden-and-build model of positive emotions, offering a possible explanation for the powerful social and cognitive effects of positive emotional experiences.

So Fredrickson expanded on the work of Alice Isen, who proposed a broad model of positive emotions. And what are the different functions that it performs? We will be discussing that now. So, the rise of positive psychology and positive emotions. That was, like, you know, with the rise of positive psychology as a branch of psychology, the study of positive emotion became much more prevalent, and people started focusing on positive emotion. Earlier, people did not give much attention to positive emotion.

Now, this rise of positive psychology has led to renewed interest in studying positive emotions. One of the researchers who devoted her life to studying positive emotions is Barbara Fredrickson, and she proposed a model that is one of the well-known models in the field of positive emotions, called the broaden-and-build theory. This sparked renewed interest in the study of positive emotions. Now let us see what this theory is all about. Now, she said, instead of forcing positive emotions into the framework of negative emotions, which were studied earlier, we need to look at positive emotions in newer ways.

Fredrickson argues that emotions such as joy, interest, contentment, and love should be examined on their own terms. We should not force them into the paradigms or theories of negative emotions. They need newer perspectives to look at it. Unlike negative emotions, which alert us to danger and narrow our focus for immediate action, positive emotions function differently. The signal safety and broaden our response options encourage us to explore and build upon experiences.

So she said, "Negative emotions, the functions are very different." Whenever we experience negative emotions, it is a signal of danger, and it narrows our perspective. We completely overlook other aspects of the environment and focus only on the problem. So it narrows our focus. On the immediate action that needs to be taken when we experience

negative emotions such as stress and so on.

Positive emotions function very differently. So whenever we experience a positive emotion, it's a signal that we are in a safe environment. That is why you are experiencing positive emotions. And it broadens our options. So negative emotions narrow our focus. Positive emotions broaden our perspective. And it encourages us to explore and build upon the experiences, and so on. So, even though we have discussed that there is an evolutionary advantage to negative emotions, positive emotion, in an indirect sense, also has evolutionary advantages. The evolutionary advantages of positive emotions are not immediately related to survival.

So, they are not related to immediate survival. Negative emotions are related to immediate survival. But in the long term, they expand our behavioural and cognitive repertoires, potentially adding to future growth and development. But they also help us to grow in life, which is necessary for survival; thus, they may not have immediate survival value, but in the long term, they have very important implications for our survival and well-being. Now let us look at this theory in more detail. This broaden-and-build theory of positive emotion was developed, as I said, by Barbara Frederickson. Who proposed various aspects of positive emotion in this particular theory, which broadly means it is called the broaden-and-build theory, which basically means positive emotion broadens our perspective and builds resources.

So that's the gist of the term used in the model name, but let us explore the different aspects of this theory. Now positive emotions broaden our thought-action repertoire. This is the first important aspect of this theory: that positive emotions, such as joy or interest, broaden our attention and thinking, make us creative, help us see more opportunities, and make us more flexible and open-minded. Most of the positive emotions, whenever we experience them, broaden our attention. We kind of get expanded. And it makes us creative; we are also more likely to see opportunities in the environment, and we also become more flexible in our approach.

We become more open-minded, so that's the basic impact of positive emotion at our mental level. Negative emotion, on the other hand, narrows our focus and attention through thoughts and options. Whenever you are in a negative state, you are less likely to see opportunities, recognize the other aspects of problem-solving, and so on.

You only focus on the problem itself. So it narrows you down. So that's the first important aspect of it. One of the important experiments that Fredrickson conducted to show how positive emotions actually expand us and broaden our perspectives. So she did a very simple experiment. For example, the first condition in the experiment was the emotional condition. In this condition, participants were shown short, emotionally evocative film clips to induce specific emotions of joy, contentment, fear, and anger. So participants were artificially induced to experience emotions, both positive and negative. And how was it induced? By showing emotional video clips. So we all know that the video, you know, with certain emotions can also induce emotion within all of us. So emotionally evocative are the film clips. So the clips were shown, which had the potential of the content of the film, such that some content was related to joy, some content was related to contentment, some content was related to fear, and some were related to anger. So, there are different clips that have the potential to induce different emotions. They had these four emotions, which they induced artificially by showing film clips. These were joy, contentment, fear, and anger. This was one condition. Now, participants in the control condition — another group of participants — were shown a non-emotional film clip. They were shown very neutral things, something like a documentary or something like that, where there was no emotion involved in it, just neutral, learning-based content, and so on. So, one group of participants was in the control condition, and another group was in the emotional condition.

Once this was done, the next task was a performance task. Participants from both conditions followed immediately after each film clip. After this, immediately upon seeing these film clips, participants' thought–action repertoires were measured by asking them to step away from the specifics of the film and imagine being in a situation in which similar feelings would arise.

So, they were asked to step away from the film clips and imagine themselves in a situation in real life. Just imagine the similar feelings that arose. So, if you were experiencing joy from the film, you needed to imagine a situation in real life where such joy was aroused, where joy was instigated. So, they were asked to imagine being in a situation that was similar to the feelings that were associated with different emotions. Then, they were asked to list afterward what they would like to do at that moment, given this feeling; so, when this feeling arose, they were asked to write about the kinds of tasks they would like to do in a realistic life situation.

The results were based on the number of activities they reported doing, showing the kinds of things they would do. Participants in the positive emotion conditions, such as joy and contentment, reported the highest number of activities they would like to do when they experienced such emotions. So, they reported that they would do this, this, and this. They listed some activities. Similarly, the neutral control condition, which was the control condition for participants, did not induce any specific emotions, but their number of tasks was second. The second highest number of tasks was reported by these participants. The neutral condition ranked second in terms of the number of tasks they would do. Third were the participants in the negative emotion conditions. Those who had seen the film clips related to fear and anger reported the least number of activities they would do under such emotional conditions. The highest number of activities was reported by participants in the positive condition, followed by the neutral condition, and the least was reported in the negative emotional condition. This clearly showed how emotion induces or affects our minds in terms of the kinds of things we will do: flexibility and openness. Under positive emotion, people are more likely to do a greater number of things, which shows how it broadens the thought–action repertoire.

This is just an example or an experiment that shows and proves the points. Now, if you look at more specific positive emotions, Barbara Fredrickson reported 10 positive emotions that we generally experience in our day-to-day life. How they influence our thought–action repertoires is listed in the table. For example, joy is a positive emotion. It is a delightful experience caused by something good.

So, whenever something good happens in our life, the experience we have is called a delightful experience, and that is referred to as joy. Whenever we experience joy, we are more likely to experience playfulness and do more things, which broadens our perspective. Similarly, gratitude is also considered a positive emotion under this perspective, which is about the feeling of thankfulness for something or someone in your life. Whenever you feel thankfulness towards something, whenever something positive happens in your life, you feel grateful that something good has happened in your life. That state is called gratitude.

So whenever we experience gratitude, we are more likely to know that there's a sense of creative giving in which you acknowledge other people. You kind of, you know, there's a sense of expansion that happens. So that also broadens our perspective. Serenity is another positive emotion that is about the experience of peacefulness and tranquillity. It is more like joy but quieter. Serenity is very similar to joy, but it is a much more peaceful state, and we experience a tranquil state. So that is serenity. When we experience serenity as a positive emotion, we are more likely to savour positive things in our lives and integrate them into our lives. So that is also an example of how it broadens them. Another positive emotion is interest. It is about a state of intrigue, curiosity, and engagement. So whenever you are interested, it means you become much more curious. You tend to engage with new things in life. So curiosity leads to exploration.

So exploration is again an expansion, broadening of thought, action, and reputation. You tend to learn new things, explore new things, and so on. Hope is another positive emotion. It's kind of considered an emotion. Hope is a belief and feeling that things will turn out well. It is a feeling of possibility and optimism. So, whenever you feel that things will turn out for the best, that is a state of hope. We will discuss hope in more detail in the upcoming module. So, there is also a separate module on hope. There we will discuss it in more detail.

So, whenever we experience hope, we yearn for positive changes in life. So, that is also an example of how it impacts our thought-action repertoire and broadens it. Then comes

pride. Pride is also considered positive in Western culture. It may not be considered very positive in other cultures, but it is a feeling—a feeling of accomplishment, achievement, and mastery. Whenever we experience pride, we tend to dream big in our lives. So you tend to do more things, plan more things, and so on. So that is also an example. Amusement. It is an experience of fun, humor, and playfulness with others. It is a social experience rather than a lonely one. Amusement occurs when we experience fun, humour, and playfulness with other people around us. So that's called amusement. It is about shared laughter. It gives you more insight into things. So that is another example.

Inspiration is another positive emotion. It is about the feeling of upliftment when you see goodness and extraordinary feats in life. It makes us strive for great things. So inspiration happens when you see something great, something good, or extraordinary things. It inspires you to do better. So we aspire to excellence when we get inspired. So that also broadens our perspective. The next emotion is called "awe." Feelings of wonder, amazement, and reverence. Awe is experienced when we see something vast and great that makes us feel small and humbled. So a feeling of awe happens when we feel a sense of wonder and amazement. When we see something vast and great, we feel humbled that we are so small in front of it. This sense of awe. It happens mostly when we see a great natural phenomenon like the ocean or a big mountain. That feeling of oneness occurs. We call it in the normal day-to-day language, and when something like that experience happens, it leads you to accommodate new things, new understanding, and so on.

The last positive experience is called love. It is a combination of all the above feelings. It includes feelings of warmth, trust, sharing, and so on. It connects us with others strongly and affectionately. Love is a complex emotion that may include all the other positive emotions encompassed in it. So when you experience love, you may experience amusement, inspiration, oneness, and joy as well. It could be a combination of all these positive emotions that connect us with other people and so on.

So all these emotions are positive emotions, and we can also see that all these broaden our thought-action reputations. We are more likely to expand, to do more things, newer

things, and so on. The second important function of positive emotion, according to the broaden-and-build perspective, is that positive emotion undoes lingering negative emotions. So that means when we experience positive emotions, the impact of negative emotions will be reversed.

So, it can cancel the effects of negative emotions. Positive emotions help us recover from the harmful effects of negative emotions. We generally do not experience both positive and negative emotions simultaneously. We generally do not experience them at the same time. Either we experience positive emotion or negative emotion; generally, they do not happen together. So, if you experience positive emotion, negative emotion cannot coexist with it. Therefore, introducing positive emotions when we are experiencing negative emotions such as stress, anxiety, and anger can diminish the intensity and duration of those negative emotions.

One of the ways to come out of negative emotions is to induce positive emotions. If positive emotion is induced, negative emotion cannot remain. It has to go. That is one of the simple ways to do that. Now, in this direction, regarding how it undoes the effect of negative emotions, Fredrickson and colleagues tested this hypothesis with another simple experiment, where participants were given a time-pressured speech preparation task to induce negative emotions such as anxiety and stress.

So, they were asked to prepare a speech in a minute. Such a task would put a lot of pressure on them. They would experience stress and anxiety. This was induced artificially by giving this kind of task. To the participants, it was given basically to induce high-activation negative emotions, such as anxiety. This speech task induced the subjective experience of anxiety along with increased cardiovascular responses, like an increased heart rate, and so on. Now, in this context of anxiety-related sympathetic arousal, participants were randomly assigned to view one of the four films. So, all these participants were induced simultaneously with this high-pressure situation, and they all experienced a cardiovascular rise in heartbeat, and so on.

Then the participants, all of whom were divided into different groups, were shown different types of film clips. Two film clips elicited mild positive emotions. Some participants saw clips related to positive emotions such as joy and contentment afterward. A third served as a neutral control condition, and a fourth elicited sadness.

So again, these four conditions were present. Participants were divided into four conditions. Two groups of participants were shown positive emotional clips. The third group was shown a neutral condition with no emotion in the clip, and the fourth group was shown a negative emotion that induced sadness in the emotional clip. After this, the results showed that the participants in the two positive emotional conditions, joy and contentment, exhibited faster cardiovascular recovery than did those in the neutral condition, while participants in the sadness condition exhibited the most delayed recovery. What does that mean? Participants who, after this anxiety-inducing situation, saw a positive emotional clip recovered the fastest from the impact of the anxiety in terms of heartbeat. The fastest recovery was in this positive emotional state. After that, followed by neutral conditions and the highest amount of time taken by participants in the sadness condition who have seen the sad movie clips. They took the longest time in terms of cardiovascular recovery, regarding their heartbeat settling down. So this shows that positive emotions, which were induced by movie clips, were very impactful in terms of removing the effects of negative emotions. So this is what the experiment shows. Another important function as part of this model is that positive emotions enhance resilience.

So, resilience is about how quickly you can bounce back after adversity, challenges, or problems in your life—how quickly you can come back after facing some adversity or problems in life. That is your ability to be resilient. The quicker you come back, the more resilient you will be. On positive emotions, a lot of research shows that, by broadening our thought–action repertoire, we facilitate problem-focused and other adaptive coping, making us more likely to cope quickly when we are in a positive emotional state. That is why positive emotions can make you more resilient. After challenges and problems in one’s life, if you are more likely to experience positive emotions, either because you have

an inherent tendency toward them or because people are supportive and promote positive emotions, you are more likely to quickly return to a normal situation and function better.

Resilient individuals bounce back from stressful experiences quickly and efficiently. This definition implies that, in comparison to their less resilient counterparts, individuals with resilience display quicker recovery of cardiovascular functions after experiencing intense negative emotions. This was evident in the last experiment that we discussed, where positive emotion was induced and participants quickly bounced back from the increased heart rate; the heart rate settled much more quickly. That is also an example of resilience, which was proven by the earlier experiment. Another important function of positive emotion is that it builds psychological resources and helps us to develop different resources within ourselves.

It helps us build important physical, intellectual, social, and psychological resources. For example, positive emotions build intellectual resources through enhanced learning. When you are experiencing positive emotions, you are more likely to learn new things and read more. It helps you enhance learning and performance. Positive emotions associated with play can build physical skills.

In positive emotions, one is more likely to engage in playfulness in terms of physical activity. This also enhances your physical abilities. Positive emotions are key to building and maintaining social relationships and thus facilitate social resources. Positive emotions naturally attract other people into your life. The more you experience positive emotions, the more others also feel good in your presence. So, it builds social relationships. People are also more likely to connect with you when you experience more positive emotions compared to negative emotions, because negative emotions are the source of conflicts and problems in relationships.

Positive emotions build connections and so on. So, they build social resources. Another important aspect of positive emotions, according to Broaden and Build theory, is that positive emotions can trigger an upward developmental spiral. An upward developmental

spiral basically means that one positive emotion can lead to a variety of other positive consequences in one's life. One thing leads to another thing, which leads to other things.

So, one thing may lead to multiple positive things in your life. Similarly, negative things and negative emotions can lead to a downward spiral. One negative thing can lead to multiple negative things happening in your life. So, that is the upward spiral and downward spiral. For example, when you experience positive emotion—let's say you are promoted in your job and you feel very joyful—this joy will lead to greater motivation in your life.

You may be more motivated to do more things and take on more challenging tasks, which will lead to enhanced learning, greater capabilities, and growth in life and profession. So, one thing is leading to other things, many other positive consequences. One thing triggers, and many upward spirals keep happening. That is called the upward spiral. Similarly, in the negative case: one negative emotion—if you fail at one thing, you get depressed, and then you do not feel motivated to do things. One thing leads to other negative things, and so on, so you move into a spiral and get into a vicious cycle.

This is how both positive and negative emotions can affect the consequences of things that happen in the future. Another important thing is that positive emotions may protect our health. That is very important because they can undo the effects of negative emotions. A lot of research very clearly shows that negative emotions are detrimental to physical and mental health. For example, cardiovascular diseases and heart diseases are very directly linked to the stressful experiences of our lives. The impact of negative emotions, when they are chronic, can lead to many negative consequences for our physical and mental health.

So, if you experience more positive emotions, they are more likely to undo the effects of negative emotions and promote health in that sense. The positivity ratio is another concept that Fredrickson talked about. According to Fredrickson and Losada in 2005, research shows that psychological well-being generally requires a ratio of positive

emotion to negative emotion of 3 to 1. That is a general understanding from the research: they found that if you experience three positive emotions compared to one negative emotion, then this is a good ratio in terms of promoting an upward spiral, and you are more likely to experience well-being and flourishing in life. So, the ratio should be three positive emotions in comparison to one negative emotion, instead of one negative emotion and three positive emotions.

If this ratio is generally maintained in life, then that is good enough. The ratio to stimulate well-being and so on, now building positive emotion is something that one can aspire to do. A lot of things in one's life depend on whatever gives you positive emotions; one can build upon those things. These are some examples that can build positive emotion in one's life because, you know, for example, practising gratitude by reflecting on things for which you are thankful. So this is, I think, what we'll be discussing a little bit more in the upcoming lecture.

So, a state of gratitude is directly linked to positive emotions. Generally, we tend to complain more about life because our focus is mostly on what we have not achieved in life and what we have not gotten. So that gives us leads to negative emotions when you see things are not happening and you are not getting a lot of things that you think you should get; then it leads to sadness and anger, and so on. But when you become more thankful for the things you have received, you don't pay much attention to that. The moment you become more thankful for whatever you have received, that state is called gratefulness or gratitude, and it immediately stimulates positive emotions; you become grateful. You are filled with so many joys, and practising more gratitude in life enhances positive emotions.

Doing activities that you enjoy is very important; at least we should spend more time doing things that we like to do without any external pressure. These are things we call hobbies, which we are intrinsically interested in doing. Most of the things we do because we need to do them as part of our job, as part of our duty, don't increase much positive emotion. But we should also spend more time doing things that we enjoy.

Spending time with loved ones is one of the important sources of positive emotion. The more time we spend with the people we love—our families, friends, and so on—the greater the source of positive emotions they are. Playing with children, pets, and friends is also another source of positive emotion. The more we play with children, pets, and friends, the more time we spend with them, and the more positive emotions we experience. Doing exercises, particularly aerobic exercises, also increases positive emotions. The research shows that when we do physical exercise, aerobic exercises like running, cycling, swimming, and so on, this kind of exercise enhances the neurotransmitter called endorphins.

And these are called happy hormones because the more of these hormones that are secreted, the better we feel in a general sense. This also enhances how we feel physically, especially when we exercise, and it is also enhanced mentally because of the release of neurotransmitters like endorphins in our brain. We feel good about ourselves when we exercise. That also enhances positive emotions. Listening to uplifting music is also a very common thing; we all know that when we listen to music that we love, whatever the category may be, it immediately stimulates positive emotions.

There are a lot of varieties of things we can do to enhance positive emotions, and the more we engage in these kinds of activities, the more we can enhance those positive emotions. At the end, when we talk about positive emotions, we should also be cautious in understanding that when we talk about negative emotions, we are not denying that negative emotions are bad. They are also an important part of our life. They are also important aspects that help us survive in life. So, it is not about denying negative emotions. The problem is that we are experiencing too many negative emotions, which is taking a toll on our physical health, mental health, and so on. That is why there is a discussion about increasing positive emotions, because the ratio of positive to negative emotions should go in the opposite direction.

We cannot avoid negative emotions because they are also necessary in many contexts. The problem is experiencing too many of them, as an excess of anything can be bad. Too

much positive emotion that is unrealistic and does not connect with the realistic context can also be bad. So, everything has to be balanced in a certain context. These are some of the important functions of negative emotions listed by researchers.

Negative emotions can instigate fundamental personality change. Many times we become different people or change as individuals because of negative emotions and events in our lives. We grow in life. That is also an impact of negative emotions. They can lead to self-reflection and put us in touch with our deeper selves.

Many times we become deeper as a person; our personality grows when we experience negative emotions. When we are sad, we reflect on different things in our life. So that is also necessary for growth in life. Sufferings may make us wise and facilitate learning and understanding of ourselves and the world. It can also facilitate so many transformations within all of us, helping us to learn and understand ourselves better. Coping with negative emotions may cause positive social consequences such as care, empathy, morality, and modesty.

All this can also increase because of the experience of negative emotions. It all depends on how we look at emotions. Negative emotions can also promote growth, and positive emotions, of course, can promote growth as well. The issue is that, because of our lifestyle and the kinds of situations people face nowadays, we tend to experience too many negative emotions.

This imbalance lowers our overall well-being. Therefore, we need to consciously increase positive emotions in comparison to negative ones. At the same time, negative emotions should not be denied—they are an important part of life and play a role in our growth and survival.

So, these are some of the important points about positive emotions and their role in our lives. With this, I conclude today's discussion. Thank you.