e-ISSN: 2320-4230, p-ISSN: 2961-6085

Journal of Drug Discovery and Therapeutics

Available Online at www.jddt.in

CODEN: - JDDTBP (Source: - American Chemical Society)

Volume 11, Issue 06: 2023, 20-31

Relationship between Emotional Expression and Psychological Distress

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Received: 14-07-2023 / Revised: 06-08-2023 / Accepted: 30-09-2023

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Conflict of interest: No conflict of interest.

Abstract:

Introduction: Cultural standards and norms are acquired via the process of socialization, which involves the transmission of knowledge and values from families, educational institutions, and society at large.

Aim of the study: the main aim of the study is to Relationship Between Emotional Expression and Psychological Distress

Material and method: The first data screening process revealed the absence of any input mistakes.

Conclusion: The results of this research provide partial support for a comprehensive dimensional model proposing that emotions may be organized into a lower-dimensional space, namely along the positive-negative continuum.

Keywords: Cultural, Emotional, Expression, Psychological, Distress

1. Introduction

Cultural standards and norms are acquired via the process of socialization, which involves the transmission of knowledge and values from families, educational institutions, and society at large. The process of emotion recognition starts throughout infancy, whereby infants acquire the ability to perceive and interpret emotions via the observation of body language and the act of mimicking, as shown by the development of the capacity to reciprocate a grin in response to their mothers. The expression of emotions is influenced by several factors such as unwritten conventions, distinct rules, and familial heritage. The user's text is too short to be rewritten in an academic manner. Through a comprehensive review of existing literature, this study aims to examine the impact of culture on human behaviors by exploring the role of emotional functions. It is evident that there is a dearth of research in this area, therefore highlighting the need for more investigation. Cultural disparities may sometimes result in well-known instances of

misinterpretation. Understanding the reasons for an individual's specific behavioral responses within a particular cultural context might facilitate the cultivation of good emotional reactions and behaviors in others.

1.1 Mental Health and Interpersonal Relationships Impact in Psychological And Physical Symptoms

Typically, a significant segment of the younger population expresses a state of well-being, contentment, and overall satisfaction with their living situations. Nevertheless, it has been approximated that around 20% of adolescents encounter noteworthy stressors throughout their developmental years, prompting inquiries regarding the potential enduring consequences of this distress on their subsequent adaptation. Research indicates that a limited percentage of adolescents diagnosed with stress disorders get therapeutic interventions, highlighting a concerning treatment gap. Moreover, it has been shown that personal distress among these individuals is associated with poor academic performance and overall adjustment. The psychosocial development of young individuals is subject to the effect of several variables, both individual and environmental/contextual, that relate to the overall well-being of adolescents. One such example of these elements is the extent of school engagement and the level of success achieved within the educational setting. The existing body of research provides data supporting the association between social ties and health. Specifically, the degree of social integration is believed to have an impact on both physical and mental health, as well as health-related behaviors. Social support refers to the interconnectedness of persons via social links, social integration, and interpersonal interactions. Positive social ties and support networks have been shown to be positively correlated with better levels of life satisfaction, self-esteem, happiness, and overall well-being. Conversely, they also have a defensive influence on the emergence of depression symptoms and are correlated with reduced levels of psychological discomfort and negative affect.

2. Literature Review

Rajendrakumar, Jinashree & V Naidu, Manjula (2023) Gottman Couple Therapy (GCT) is grounded on over four decades of empirical study and emphasizes the need of process research to gain insight into the mechanisms behind therapeutic interventions. The approach known as Dreams-within-Conflict (DWC) is a method used in Group Conflict Therapy (GCT) to mitigate the rigidity around topics that cannot be resolved. This technique aims to promote the utilization of positive emotion regulation methods, such as the expression of vulnerabilities, fostering understanding, and providing comfort, as alternatives to destructive tactics like criticism and defensiveness. The objective of this research is to gain insight into the process of emotion regulation in a one-session DWC intervention. This will be achieved via the use of a convergent parallel mixed-methods design, which will include the examination of a total of 30 persons (comprising 15 couples) during the DWC intervention. This study investigated the variations in emotion regulation strategies (specifically, Extrinsic/Intrinsic affect Worsening/

Improving strategies, abbreviated as EW, IW, EI, II) among romantic partners. The study also considered the influence of individual traits related to emotion regulation (specifically, cognitive-reappraisal and suppression) as well as beliefs. To gather data, participants completed self-assessment questionnaires, received feedback reports, had their video recordings thematically coded, and participated in a semi-structured interview. The findings of the paired-samples t-test indicate that Dynamic Wellness Coaching (DWC) has a positive impact on emotion regulation techniques. Specifically, it was shown that DWC considerably reduces partners' emotional withdrawal (EW) and increases their emotional intelligence (EI) and interpersonal involvement (II) strategies.

Ang, Jen & Tsai, William (2023) Expressive flexibility pertains to the capacity to evaluate the requirements of a given circumstance and adapt one's emotional displays by means of either amplification or inhibition. Previous research has shown a correlation between this phenomenon and reduced levels of depression and anxiety symptoms, as well as increased social acceptability. However, an examination of these links across different cultures has not yet been conducted. Previous research has shown that cultural variations exist in norms about the expression of emotions and its connections to mental well-being. The present research investigated the extent of expressive flexibility across three distinct cultural groups and its relationship with life satisfaction and depressive symptoms over a period. The present study employs various methodologies to investigate the research question. A total of 276 individuals who were in their first year of college participated in this study. Among them, 146 identified as Asian American, 71 as European Americans, and 62 as Latinx Americans. These participants were asked to take two online questionnaires, one during the first week (T1) and another during the twelfth week (T2) of the Fall 2020 academic semester. The findings indicated that there were no statistically significant variations across cultural groups in terms of their capacity to amplify or inhibit emotions. Nevertheless, a noteworthy interaction between ethnicity and enhancing capacity was seen in the prediction of life satisfaction at Time 2 (T2), while adjusting for life satisfaction at Time 1 (T1), age, gender, and frequency of emotion regulation. The results of the study indicate a substantial positive relationship between the capacity to amplify one's emotions and long-term life happiness among Asian Americans. However, this association was not seen among European Americans and Latinx Americans. The results of our study highlight the significance of considering not just the variations in expressive flexibility among cultural groups, but also the connections between expressive flexibility and mental well-being.

Gairola, Vineet & Singh, Kamlesh (2023) Various activities within the Hindu religion have been shown to have beneficial effects on both physical and mental health, as well as overall well-being. This chapter tries to elucidate several affirmative Hindu practices and evaluate their effectiveness based on current empirical research. This study

examines the potential impact of participating in various Hindu practices and traditions, including meditation, yoga, festivals, devotional singing, praying, and offerings, on an individual's overall well-being. This study delves further into the psychological and societal consequences associated with the adoption of these habits. This paper specifically examines the advantages of Hindu rituals and practices in promoting pleasure, fostering a feeling of belonging, cultivating communal cohesion, and strengthening interpersonal connections. The chapter further examines the efforts of several organizations, such the Isha Foundation and Art of Living, in promoting the worldwide dissemination of Hindu practices, such as yoga and meditation, with the aim of enhancing communal well-being. The chapter finishes by providing a summary of potential avenues for further study.

Tamminen, Katherine & Wolf, Anna (2022) In recent times, there has been a notable increase in scholarly investigations within the field of sport psychology, focusing on several facets of interpersonal and social dynamics pertaining to emotions and the control of emotions. The objective of this research was to perform a complete literature analysis on the topic of interpersonal experience, expression, and control of emotions in the context of sports. The aim was to present a full overview of the existing studies undertaken in this area up till now. A comprehensive examination of the existing literature was conducted using a methodical search approach, resulting in a total of 7,769 entries. These entries were then evaluated for their eligibility, leading to the inclusion of a final sample of 79 pertinent articles and 8 dissertations in the review. The findings presented in this study encompass various aspects related to athletes' self-regulation of emotions in social settings. These aspects include interpersonal emotion regulation, collective emotions (such as group-based emotions, emotional contagion, and effervescence), emotional expressions, and individual and contextual factors that may influence these processes. Examples of such factors include personality traits, cultural influences, social norms, gender dynamics, roles within the group, and situational or temporal aspects. To advance theory and research in this field, several key issues have been identified. These include the necessity for programmatic research to explore the processes, effects, and underlying mechanisms involved. Additionally, there is a need for greater theoretical and conceptual clarity in this area of study. Furthermore, it is important to conduct research among diverse populations, such as female athletes and youth athletes. In future research, it is crucial to consider the interconnected emotional phenomena. Lastly, there is a requirement for applied intervention research to address these matters effectively.

Ramzan, Nosheen & Amjad, Naumana (2022) The present study conducts a systematic review of the existing literature on emotion regulation. The primary objective is to identify, analyze, and compare the frequently employed strategies for regulating emotions, namely cognitive reappraisal, and expressive suppression, within individualistic and collectivistic cultures, with a specific focus on Pakistan.

Additionally, the study aims to examine the outcomes associated with various emotion regulation strategies within the context of specific cultural backgrounds. A comprehensive and methodical investigation was undertaken to locate pertinent scholarly works that were published between the timeframe of 1990 to 2015. The review only incorporates research that have reported results on either cognitive reappraisal or expressive suppression. The review suggests that in individualistic cultures, there is a preference for using emotional expression as a means of regulating emotions. Conversely, in collectivistic cultures, such as in Pakistan, there is a greater emphasis on the practice of expressive suppression as a strategy for managing emotions. The act of suppressing one's emotions has been shown to be associated with the development of mental disorders, bodily ailments, and difficulties in both social and psychological adaptation. In conclusion, cultural factors have a significant role in determining the extent to which people are inclined to either express or inhibit their emotions. Collectivist cultures prioritize the exertion of significant control over the expression of emotions.

3. Methodology

3.1 Study Materials

To this study endeavor, standardized measurements were used. All the participants were asked the identical questions using the English translation of the questionnaires that had been released earlier. We examined three different aspects of emotional expression: verbal expressivity, behavioral expressivity, and comfort with expressing. There are two questions associated with each category. The COREOM tool was used to evaluate patients' levels of psychological discomfort. The total number of questions in the questionnaire set is 157, and it typically takes respondents about forty-five minutes to finish each one. All the questionnaire packets included an information document, a permission form, and a debrief information sheet. The goal of the research, a statement of confidentiality, and the rights of participants to withdraw from the study were provided in a thorough information sheet. To take part in the research, participants needed to fill out and sign a permission form. In the debrief information sheet, further information about the study, as well as contact information for the researcher and a directory of local counselling providers, was supplied.

3.2 Analysis

The analyses were performed using IBM SPSS version 25.0 software. The first data screening process revealed the absence of any input mistakes. The preliminary examinations included an assessment of the connection between the variables, as well as verification of the normal distribution of the data. Factor analysis was used to estimate the latent components within the data and capture the dimensions that were not immediately measurable. The Principal Axis Factoring (PAF) technique was used to examine the variation among the variables and compute the shared factors. Factor analysis provided a comprehensive understanding of the dataset and the potential for including novel variables (referred to as factors) in further analytical procedures.

4. Results

4.1 Relationship Between Emotional Expression and Psychological Distress

Table 4.1 displays the means and standard deviations for the measures of emotional expressiveness and psychological discomfort. Several notable disparities across countries were identified in the study. Specifically, individuals from Karnal exhibited lower levels of expressiveness compared to those from Delhi and Hisar across several dimensions of behavioral expressivity and distress disclosure. Delhi individuals had a higher level of ambivalence towards emotional expression compared to the people under consideration, whereas the British participants showed a lower level of ambivalence in this regard. The individuals from Hisar had a greater tendency to disclose their anger compared to those from Karnal, and displayed stronger urges for behavioral expressivity than the British participants. In addition, it was observed that Delhi individuals, as compared to both the Hisar and British participants, had a greater inclination towards expressing good feelings, including enjoyment and serenity, via verbal disclosure. No statistically significant variations were seen in the scores of the psychological distress measure (CORE) among the different nation groups.

Table 4.1 Means and Standard Deviations among study measure.

Measures	Total		Delhi		Faridabad		SA		GURUGRAM	
	M	SD	M	SD	M	SD	M	SD	M	SD
ESDS Depression	9.94	4.42	9.62	4.04	10.72	4.73	9.39	4.57	10.03	4.24
ESDS Happiness*	13.42	4.51	14.28	3.77	12.51	4.21	14.16	4.38	12.75	5.31
ESDS Jealousy	7.96	3.91	7.56	3.57	8.37	3.97	8.02	3.74	7.86	4.35
ESDS Anxiety	9.89	4.23	9.79	4.01	10.41	4.51	9.41	4.06	9.95	4.32
ESDS Anger*	9.86	4.50	9.71	4.43	10.85	4.60	9.06	4.20	9.82	4.66
ESDS Calmness*	8.61	4.64	9.72	4.14	8.21	4.67	8.98	4.50	7.53	4.99
ESDS Apathy	7.32	4.38	7.22	3.71	7.38	4.35	7.41	4.43	7.26	4.99
ESDS Fear	9.92	4.57	9.71	4.37	10.63	4.38	10.19	4.50	9.17	4.96
DDI*	36.22	10.46	38.59	8.36	37.97	11.07	33.00	10.48	35.34	10.88
EES	60.13	6.27	59.30	5.67	59.37	5.75	61.16	7.29	60.66	6.12
BEQ Negative*	21.55	6.56	21.97	5.69	22.80	7.13	19.86	6.06	21.57	6.98
BEQ Positive*	20.67	4.57	21.77	4.07	20.74	5.01	19.54	4.78	20.64	4.14
BEQ Impulse*	28.69	8.31	30.46	7.18	31.09	7.57	25.95	8.94	27.26	8.42
SCS	29.92	9.26	29.09	8.91	30.50	8.93	30.85	9.55	29.25	9.65
AEQ*	87.57	21.78	85.04	20.99	86.75	19.89	93.55	22.75	84.93	22.52
CORE	45.12	23.96	41.86	22.72	47.82	25.08	48.49	21.29	42.27	26.02

4.1.1 Factor Analysis of Emotional Expression Measures

4.1.1.1 Preliminary Analysis

A factor analysis was conducted using a set of 15 independent variables derived from six surveys measuring emotional expressiveness. The study used eight subscales of the AEQ, three subscales of the BEQ, as well as the scale scores of the DDI, EES, SCS, and AEQ as independent

variables. All instruments have undergone prior validation procedures and have successfully met the established standards for both validity and reliability. The Emotional Self-Disclosure Scale (ESDS) was specifically developed to assess verbal expressions of emotions and subscales that capture different categories of emotional experiences. In a similar vein, the Behavioral Expression of Emotion Questionnaire (BEQ) has three meticulously constructed subscales that assess the behavioral manifestation of emotions. The DDI, EES, SCS, and AEQ instruments further evaluate several aspects related to emotional expression. In order to identify shared characteristics across distinct emotional expression components assessed by many surveys, scale and subscale scores were used instead of using all individual items. The data underwent a conversion process to provide z-scores, which were used for standardization purposes and to identify any outliers. The observed values exhibited a general conformity to the anticipated pattern of a normal distribution.

Table 4.2 Correlation Matrix

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. ESDS Depression	-	.30	.43	.71	.53	.27	.51	.61	.45	-.21	.26	.09	.19	-.19	-.11
2.ESDS Happiness		-	.39	.36	.33	.41	.23	.38	.21	-.19	.09	.27	.15	-.09	-.02
3. ESDS Jealousy			-	.53	.52	.43	.53	.48	.23	-.16	.23	.07	.13	-.11	-.11
4. ESDS Anxiety				-	.64	.34	.56	.68	.42	-.23	.26	.12	.25	-.17	-.15
5. ESDS Anger					-	.30	.49	.57	.31	-.15	.27	.18	.15	-.07	-.14
6. ESDS Calmness						-	.62	.36	.14	-.17	.07	.12	.08	-.04	-.01
7. ESDS Apathy							-	.47	.27	-.22	.20	.04	.08	-.08	-.08
8. ESDS Fear								-	.35	-.19	.23	.13	.22	-.17	-.09
9. DDI									-	-.30	.47	.29	.32	-.34	-.30
10. EES										-	-.36	-.14	-.33	-.03	-.08
11. BEQ Negative											-	.28	.37	-.22	-.23
12. BEQ Positive												-	.42	-.08	-.01
13. BEQ Impulse													-	.07	.18
14. SCS														-	.58
15. AEQ															-

Table 4.3 KMO and Bartlett's Test

Kaiser-Meyer-Olkin of Sampling Adequacy		.83
Bartlett's Test of Sphericity	Approx. Chi-Square	2318.05
	df	105
	Sig.	.000

4.1.1.2 Factor Extraction

In the context of Factor Analysis, it is of utmost importance to make a precise determination about the number of components that will be extracted. It is advisable to maintain factors that possess eigenvalues of significant magnitude. Kraiser (1960) suggested the extraction of components based on the criterion that only eigenvalues over 1 should be considered. According to Stevens (2002), there is evidence supporting the accuracy of

Kraiser's (1960) criteria for extracting four components. This criterion is applicable when the number of variables is less than 30 and the communalities after extraction are above .7, or when the sample size exceeds 250 and the average communality is larger than .6. Nevertheless, it is worth noting that only two factors, namely ESDS Anxiety and ESDS Calmness, exhibited communalities larger than .7 following the extraction process, out of a total of fifteen factors. Additionally, the average communality across all factors was found to be below .6, namely 7.89 out of 15, resulting in a value of .53 (as shown in Table 4.3). The use of the Oblique rotation technique, which enables factors to exhibit correlation, was employed to enhance the comprehensibility and interpretability of the factors. Despite the implementation of a higher maximum number of iterations, the parameter estimations pertaining to the factor extraction process did not achieve convergence. To put it otherwise, the process of rotation was unsuccessful in estimating the factor loadings. Zwick and Velicer (1986) examined the phenomenon of Kraiser's criteria often yielding overestimations and underestimations of component numbers. The presence of an error in this analysis indicates that the use of Kraise's rule was unsuitable for the given data. Instead, the recommended approach for determining the optimal number of components to maintain is parallel analysis.

Table 4.4 Communalities

	Initial	Extraction
ESDS Depression	.58	.70
ESDS Happiness	.35	.43
ESDS Jealousy	.44	.48
ESDS Anxiety	.68	.77
ESDS Anger	.52	.73
ESDS Calmness	.49	.77
ESDS Apathy	.60	.73
ESDS Fear	.55	.61
DDI	.44	.55
EES	.24	.28
BEQ Negative	.38	.57
BEQ Positive	.28	.40
BEQ Impulse	.38	.53
SCS	.38	.56
AEQ	.40	.66

Table 4.5 Factor Matrix

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6
ESDS Depression	.74					
ESDS Happiness	.48				.37	
ESDS Jealousy	.64					
ESDS Anxiety	.83					
ESDS Anger	.72					.36
ESDS Calmness	.54	.39				
ESDS Apathy	.69				-.32	
ESDS Fear	.74					
DDI	.56	-.43				
EES	-.34		-.34			
BEQ Negative	.45	-.43	.30			
BEQ Positive			.42			
BEQ Impulse	.34		.64			
SCS		.57	.35			
AEQ		.59	.49	-.55		

4.2 The Influence of Emotional Expression Factors on Psychological Distress

To examine the potential correlations among the six components of emotional expressiveness, cultural background, and psychological distress, a between-subject design analysis of covariance (ANCOVA) was performed. To minimize within-group and error variance, remove systemic bias, and conduct a step-down analysis, all six components were quantified and used as covariates in the analysis of variance. Thus, this analytical approach might be characterized as a hybrid of Regression and ANOVA. The covariates in this study included the disclosure of negative emotions, comfort with emotional expression, expression of distress, lack of affect, expression of positive emotions, and disclosure of anger. The independent variable was the Cities, specifically Delhi, Faridabad, Karnal, and Gurugram. The dependent variable measured in this study was psychological distress, as assessed by the CORE scale. Upon examination of the noteworthy values shown in Table 4.9, it is evident that the covariates Factor 2, Factor 3, and Factor 5 exhibit a strong predictive relationship with the dependent variable, namely psychological distress. This conclusion is drawn based on the observation that the probability value falls below the established threshold of .05. Hence, the factors of prioritizing comfort above emotional expression, expressing anguish, and expressing positive emotions have an impact on the degrees of psychological discomfort. There was no significant relationship found between the covariate Disclosure of Negative Emotions and the psychological distress measure (CORE) F (1, 389) = .98, p=. 32, $r = \sqrt{\frac{-.99^2}{-.99^2+389}}$ = .05. The covariate Comfort with Emotional Expression was significantly related to the psychological distress variable, F (1, 389) = 135.02, p < 0.001, $r = \sqrt{\frac{11.62^2}{11.62^2+389}}$ = .51. The covariate Expression of Distress was also significantly related to the psychological distress variable, F (1, 389) = 8.20, p < 0.001, $r = \sqrt{\frac{2.86^2}{2.86^2+389}}$ = .14. The covariate Lack of Affect was not significantly related to the psychological distress variable, F (1, 389) = .05, p = .83, $r = \sqrt{\frac{-.22^2}{-.22^2+389}}$ .01. The covariate Expression of Positive Emotions was significantly related to the psychological distress variable, F (1, 389) = 35.70, p < 0.001, $r = \sqrt{\frac{-5.98^2}{-5.98^2+389}}$ = .29. Finally, the covariate, Disclosure of Anger, was not significantly related to the psychological distress variable, F (1, 389) = .08, p = .78, r = $\sqrt{\frac{.28^2}{.28^2+389}}$ = .01. There was also not significant effect of culture on the psychological distress variable after controlling the effect of emotional expression factors, F (3, 389) =.96, p = .41, $\eta^2 = \frac{1130.51}{1130.51+153426.85}$ = .01.

Table 4.6 Tests of Between- Subjects Effects (Dependent Variable: CORE)

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	75094.611*	9	8343.85	21.16	.00
Intercept	812169.11	1	812169.11	2059.18	.00
Disclosure of Negative Emotions	386.97	1	386.97	.981	.32
Comfort with Emotional Expression	53253.75	1	53253.75	135.02	.00
Expression of Distress	3235.01	1	3235.01	8.20	.00
Lack of Affect	19.36	1	19.36	.05	.83
Expression of Positive Emotions	14081.74	1	14081.74	35.70	.00
Disclosure of Anger	31.64	1	31.64	.08	.78
Cities	1130.51	3	376.84	.96	.41
Error	153426.85	389	394.41		
Total	1040732.00	389			
Corrected Total	228521.46	389			

Additionally, Table 4.6 presents the parameter estimates together with their bootstrapped confidence ranges and corresponding p-values. The estimates presented in this research are derived from a regression model that include three dummy coding variables to represent different countries. The coding of the dummy variables was conducted with the reference category being the final category, namely Gurugram. The reference category, denoted by nation = 4, was assigned a value of 0 for each of the three dummy variables. Hence, the variable "Cities" is used to denote the distinction between the group identified as 1 (Delhi) and the reference category (Gurugram). Similarly, the variable "Cities" with a value of 2 signifies the contrast between Faridabad and Gurugram, while a value of 3 indicates the disparity between Karnal and Gurugram. Planned contrasts were conducted to examine the potential differences in psychological anguish between Delhin and British individuals. The findings indicated that there was no significant difference in psychological distress between the two groups of participants t (389) = .814, p = .416, $r = \sqrt{\frac{.81^2}{.81^2+389}}$ = .04. Planned contrasts also showed no significant difference between Hisar and British psychological distress results, t (398) = 1.32, p = .42, $r = \sqrt{\frac{1.32^2}{1.32^2+389}}$ = .07. Planned contrast showed no significant difference between Karnal and British participants' CORE results, t (398) = 1.55, p = .12, $r = \sqrt{\frac{1.55^2}{1.55^2+389}}$ = .08.

Table 4.7 Parameter Estimates (Dependent Variable: CORE)

Parameter	B	Std. Error	t	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
Intercept	42.47	2.01	21.13	.00	38.52	46.43
Disclosure of Negative Emotions	-.99	1.00	-.99	.32	-2.96	.976
Comfort with Emotional	11.67	1.01	11.62	.00	9.70	13.65
Expression						
Expression of Distress	2.94	1.02	2.86	.00	.92	4.96
Lack of Affect	-.22	1.01	-.22	.83	-2.21	1.76
Expression of Positive Emotions	-6.01	1.02	-5.98	.00	-8.06	-4.07
Disclosure of Anger	.29	1.01	.28	.78	-1.69	2.26
[Cities = 1]	2.37	2.91	.81	.42	-3.35	8.09
[Cities = 2]	3.75	2.84	1.32	.19	-1.83	9.33
[Cities = 3]	4.46	2.88	1.55	.12	-1.21	10.13
[Cities = 4]	0*					

Table 4.8 Pairwise Comparisons (Dependent Variable: CORE)

					95% Confidence Interval	
(I) Cities	(J) Cities	Mean Difference (I-J)	Std. Error	Sig.*	Lower Bound	Upper Bound
Delhi	Faridabad	-1.38	2.90	.99	-9.06	6.30
	Karnal	-2.09	2.92	.98	-9.81	5.62
	Gurugram	2.37	2.91	.96	-5.32	10.06
Faridabad	Delhi	1.38	2.90	.99	-6.30	9.06
	Karnal	-.71	2.93	1.00	-8.46	7.04
	Gurugram	3.75	2.84	.71	-3.76	11.25
	Delhi	2.09	2.92	.98	-5.62	9.81
Karnal	Faridabad	.71	2.93	1.00	-7.04	8.46
	Gurugram	4.46	2.88	.54	-3.16	12.08
Gurugram	Delhi	-2.37	2.91	.96	-10.06	5.32
	Faridabad	-3.75	2.84	.71	-11.25	3.76
	Karnal	-4.46	2.88	.54	-12.08	3.16

5. Conclusion

The results of this research provide partial support for a comprehensive dimensional model proposing that emotions may be organized into a lower-dimensional space, namely along the positive-negative continuum. In a similar vein, several research on personality propose robust connections between the manifestation of both positive and negative emotions and characteristics of personality. These findings provide significant support for the valence-specific theories of emotional expression. Nevertheless, the emotion of anger was distinguished from the aspects of expressing positive emotions and revealing negative emotions, and instead constituted its own distinct dimension known as "Disclosure of Anger." Previous studies have shown that there is considerable variation among people in their tendency to appraise rage as either negative or positive. According to their suggestion, rage may be classified as a negative emotion when people have an aversion to the feeling of fury, however it can be considered good when the experience of anger is wanted.

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