

# Sociology of Emotions

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# What Are Emotions?

A natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

Basically emotions are how we are feeling and how we react to certain things.

# Interesting Facts About Emotions

There are six basic forms of emotions:

Happiness: what people strive for the most.

Sadness: often defined as a transient (short time) emotional state

Fear: is a powerful emotion that can also play an important role in survival.

Disgust: is portrayed as something physical-vomiting or facial expressions

Anger: powerful emotion characterized by feelings of frustration

Surprise: is usually quite brief

# Current Trends

Hiding true emotions.

Acting as if nothing bothers you.

Faking emotions to get a reaction out of people.

People fake sadness to get attention or fake affection to get what they want.

# Personal View on Emotions

I believe emotions should be expressed because it is good for your mental health.

Everyone should feel comfortable to show how they truly feel because we all have feelings and we can sympathize with one another.

# Interviews “How Do You Feel About Emotions”

Person 1 (female): People should always express their emotions, because we all have them and they should not be judged.

Person 2 (female): I hate them, because they make you weak and they interfere with rationality.

Person 3 (male): They are okay because they are necessary in human nature and without them we would not be able to relate to each other.

# Comparison on Responses

Person one and two are complete opposites when it comes to how they feel towards emotions.

Person one believes that emotions are the root to everything and person two disagrees and says they would be fine if they did not even have feelings.

Lastly person three is in between about emotions, they believe emotions are essential yet they would be fine if they did not feel anything during certain situations.



# How Society Views Emotions

Over time it has not been socially acceptable for males to be in tune with their emotions.

Males are looked at as having a fragile masculinity if they show any other emotion other than anger, slowly we are starting to take in consideration that no matter what gender you are your mental health is more important than anything else.

# Related To SDG Topic

SDG Topic: Unsafe Water

Why it relates to this topic:

We feel for these people struggling so we decided to help them.

Our emotions helped us understand what they are feeling.

# Conclusion

Every human being feels every emotion and society has made it “weird” to express how people truly feel because it makes them look weak or if they are males it makes them look less masculine and for females they get labeled as someone who is overreacting.

# Resources

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Avis-Riordan, Katie. There are Actually 27 Human Emotions, New Study Finds.

<https://www.countryliving.com/uk/wellbeing/news/a2454/27-human-emotions-new-study/>