

# Sociology of Emotions

Hamlenys Cabrera

# Introduction

- As we grow the things around us, including people, influence the way we feel about things and ourselves. One day you may stop and ask yourself; why do I feel this way? What causes me to feel this way? Why do I react the way I do to certain feelings?
- Emotions are one of the many things about ourselves that we have no control over. When viewing emotions through a wider perspective our culture also in many ways controls our emotions towards things and even ourselves.



# Findings

- If you show people that you're mad, sad, bothered or even happy they like to take that and use that to their advantage.
- Arlie Hochschild considered this to be emotion work, which is when forces, external of the individual, compel that individual to manipulate or "manage" their emotional experience.
- Feeling rules are cultural norms that specify the type of emotion, the extent of emotion, and the duration of feeling that are appropriate in a situation
- A better way to put this is when people expect you to be happy after graduating college, without thinking "Hey now what are you supposed to do?" it's not like a job is waiting for you as soon as you finish college.



# What I Found Interesting

- Our cultures and societies have placed so many feeling rules without us even noticing.
- People fail to realize that how we feel is controlled by the expectation of how we should feel.
- For example: if someone in your family passes away you're expected to be sad but if you're not people start to worry like if something's wrong with you for not knowing how to react or how to show what you're really feeling inside.



# Why I Was Interested

I have always been interested in the human mind and why we are the way we are. Many of the things that are known as feeling rules are things that we do without even questioning it and why? Who came up with these rules? Our cultures have embedded so many expectations on us. Out of all those expectations I never realized that our emotions took a very big part of that too.



# Research Question

Why/how do we allow society to impact our emotions?

# Respondent 1

“ Because we are programmed to be infected by society. We grew up being judged by society. So to meet society's standards we change ourselves so that we don't get judged by our peers. We allow this because we all just want to feel something and be accepted.”



## Respondents 2

“Everybody wants to be accepted in society, nobody wants to feel left out so we allow those around us to change how we think or feel about things. We care way too much about what people think about us. For example if we post a picture on instagram and only get 5 likes we’re going to feel down and delete it but if we post a picture and get over 100 likes we’re going to feel like we’re popping.”





## Respondent 3

“We allow society to affect our emotions because when expressing your true emotions you are seen as weak or dramatic. This causes us to hide our feelings instead of expressing them. We go off based on the things we see around us and socially fit. Everyone just wants to fit in with the crowd.”



# What was similar about their responses ?

- Fear of being judged.
- Wanting to be accepted.
- Society being in charge of what's acceptable and what's not




# Conclusion

Our emotions, like many things, control the way people in our society view us. Our cultures even control the way we feel about certain situations or how we even allow certain situations to impact us. We have allowed norms to change the way we feel without even realizing it. People everyday put on this mask to hide how they really feel about things and how they really would react towards things all because society has designed all of us to view this as okay. Feeling rules have had such a big impact on us that without even noticing it they have influenced us in a psychological manner.



# Summary

From the moment we were born without even knowing we were struck by so many different emotions. Even the people around us on that very day were struck with many emotions of their own. Emotions like fear, joy, happiness, excitement and so much more were running freely throughout the whole room. After that as the days, weeks, month and years go by there is not one moment we go without feeling some type of emotions. As we grow the things around us, including people, influence the way we feel about things and ourselves. One day you may stop and ask yourself; why do I feel this way? What causes me to feel this way? Why do I react the way I do to certain feelings? Emotions are one of the many things about ourselves that we have no control over. When viewing emotions through a wider perspective our culture also in many ways controls our emotions towards things and even ourselves. Emotions are one of the many inevitable things that people have to endure on a everyday basis. From the moment we are born to the second we die. Our emotions control the way people in our society view us. Our cultures even control the way we feel about certain situations or how we even allow certain situations to impact us. The sociology of emotions has been studied for so many years and there's still so much more about emotions people are learning about. We have allowed norms to change the way we feel without even realizing it. People everyday put on this mask to hide how they really feel about things and how they really would react towards this all because society has designed all of us to view this as okay. These feeling rules have had such a big impact on us that without even noticing it they have influenced us in a psychological manner.



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