

AWE, PRIDE AND WELL-BEING: IMPROVING EMOTION REGULATION IN SPORT AND EXERCISE BY CONSIDERING INDIVIDUAL AND CULTURAL DETERMINANTS

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INTRODUCTION



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AWE

- A positive *emotion* related to (1) vastness and (2) a need for accomodation (Keltner & Haidt, 2003)
 - Transformative (e.g. Chirico et al., 2018)
 - Therapeutic (Dourron et al., 2022; Monroy & Keltner, 2023)



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CORRELATES OF AWE

- *Attention: Other-focus* (e.g., Bai et al., 2017)
- *Self-Perception: Small self* (e.g., Piff et al., 2015)
- *Social Status: Humility* (Stellar et al., 2018), *selflessness* (e.g., Piff et al., 2015)



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PRIDE

- A positive and **self-conscious emotion** related to socially valued behaviour (Tracy & Robins, 2004)
- **Authentic vs. hubristic pride** (Tracy & Robins, 2007)



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PRIDE AND TRAINING PROGRESS

- Less authentic pride this week is followed by more training progress next week, but more authentic pride on average is linked to more training progress (Gilchrist et al., 2018)



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Awe
Focus on others
Small self
Selflessness

Pride

Focus on self

Aggrandized self

Rise in status



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Awe

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INDIVIDUAL AND CULTURAL DETERMINANTS

Implicit Motives (Wegner & Brinkmann, 2023)

Openness to experience (Dong & Ni, 2019)

Cultural Orientation (Hofstede, 1983)



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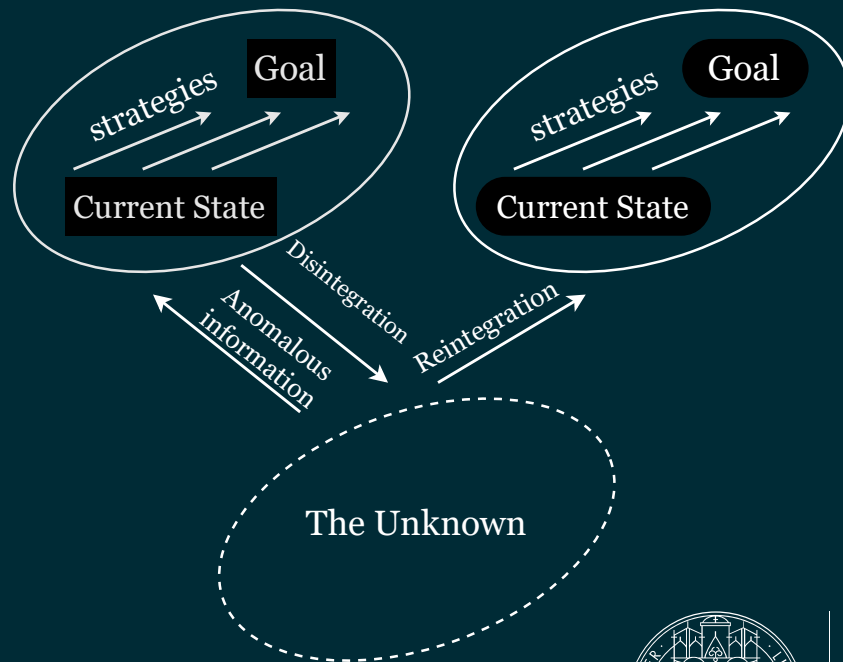
THEORY



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THE CYBERNETIC BIG FIVE THEORY

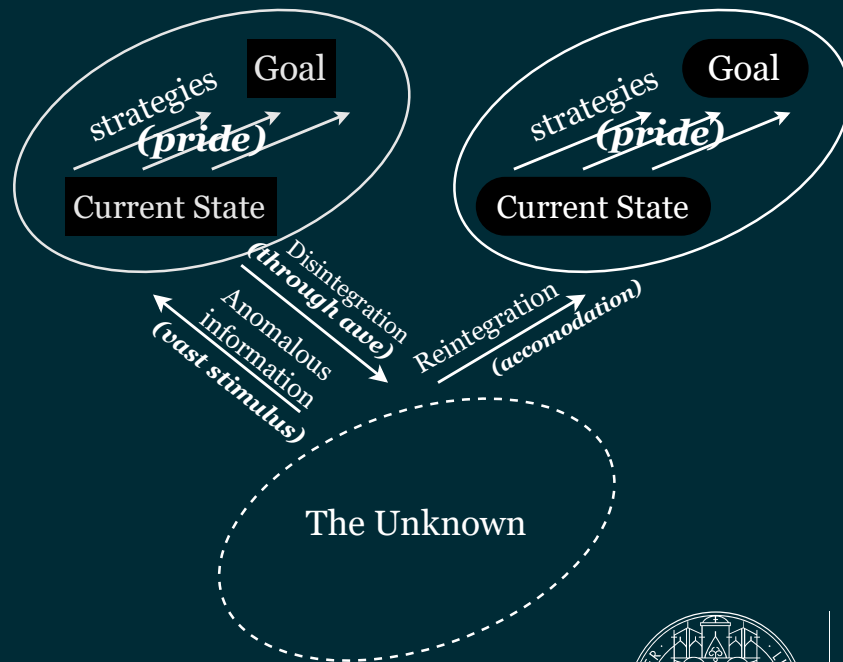


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The Transformation of Characteristic Adaptations in the CB5T, adapted from DeYoung (2015) .

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THE CYBERNETIC BIG FIVE THEORY



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The Transformation of Characteristic Adaptations in the CB5T, adapted from DeYoung (2015) .

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CYBERNETIC VALUE FULFILLMENT THEORY

Cybernetic Big Five Theory (DeYoung, 2015)

Value Fulfillment Theory (Tiberius, 2018)

Cybernetic Value Fulfillment Theory of Wellbeing (DeYoung & Tiberius, 2022)



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RQS

1. How does induced awe affect pride in the context of sport or exercise?
2. What roles do cultural and individual determinants play?
3. How can the induction of awe and pride improve well-being in exercisers and athletes?



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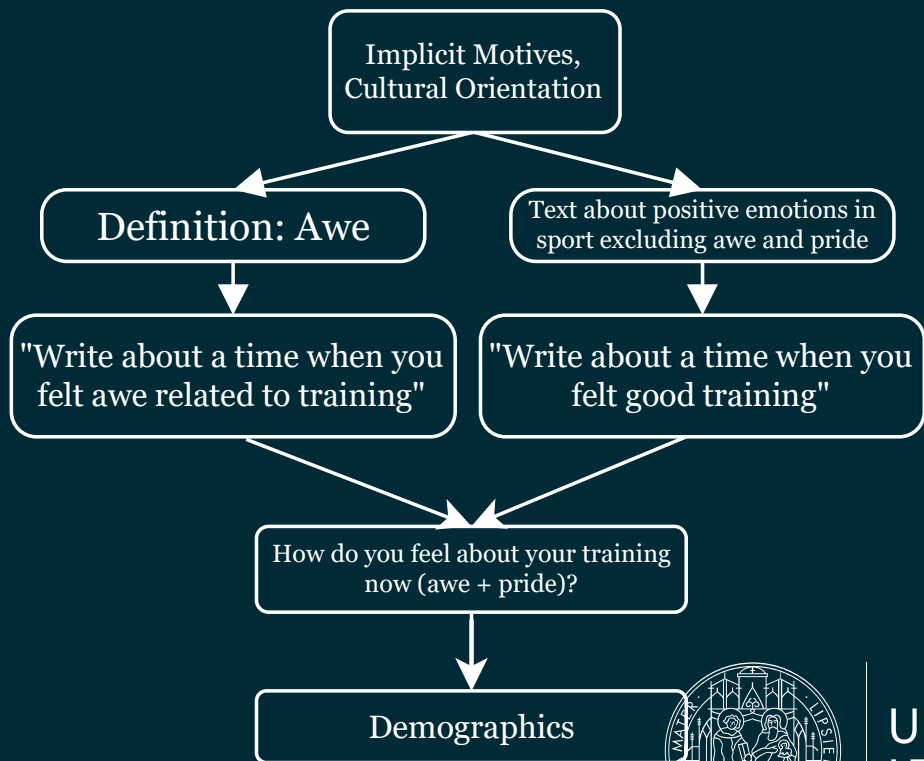
METHODS



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STUDY 1



Flow Diagram for Study 1 - 2x1 Between-Subjects

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STUDY 2

3. How does awe induction influence the subsequent experience of pride training or exercise behaviour across weeks?

- Recreational runners
- Pre-Test: Individual determinants, well-being
- Diary (6 training sessions): Awe imagery → pride, awe, goal km, → training → completed km, training time, training intensity → pride imagery
- Post-Test: well-being



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STUDY 3

- Cross-Cultural replication of study 2



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QUESTIONS

1. In how far do my theoretical assumptions seem plausible?
2. How to increase the feasibility and parsimony of the study (Can you help me “kill my darlings”)?
3. Is it possible to operationalize a “meaningful goal”?



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