# **Have and Show Emotions**

# Research report



# **Spain**

Scientific project management Dr. Maya Götz

Implementation in Spain Belén Ortiz, Michael Höfig

Analysis and report Judith Schwarz, Simone Gruber,

Hannah Steinberg,

Monika Eder

## **Abstract**

To gain a better understanding of their emotional experience and expression during everyday life and while watching television, 5,190 children and preteens from 17 countries were examined in a study. Moreover, it was of interest how the social expectations are assessed. The Spanish sample comprised 157 questionnaires and induced the following results:

- In Spain as well as in other countries joy is the emotion most frequently experienced.
- However, Spanish children are less joyful and experience fear more often than children from other countries.
- Spanish children demonstrate their feelings of grief openly and experience often feelings of proud and anger.
- In comparison, Spanish children are the most envious ones.
- Spanish girls show their feelings of joy, fear and grief more often than the Spanish boys.
- Boys, however, are prouder than girls whereas girls experience envy more often than boys.
- Feeling emotions like joy or pride decreases with age among Spanish children.
- Younger children show their feelings of sadness more frequently.
- Spanish children demand emotional honesty from TV characters.
- Compared with the children's own experience and expression of emotions,
   TV characters should openly display their emotions.

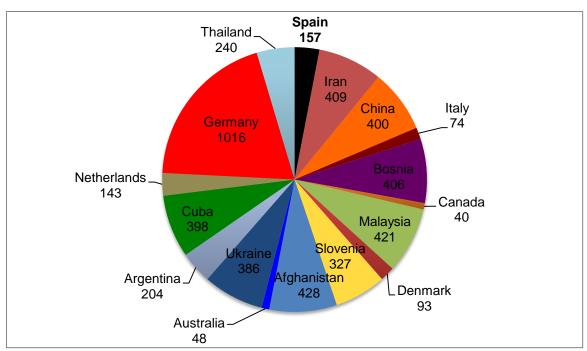
#### 1. Objective and sample

The objective of the international study "Have and Show Emotions" was to get a better understanding of children's and preteens' experience of emotions.

In cooperation with international colleagues, 5,190 children and preteens between 6 and 15 years of age were surveyed using the same questionnaire. The questionnaire centered on the children's self-evaluation of the emotions they had recently experienced, how often they had felt certain emotions within the past seven days and to what extent they had shown these emotions to others.

In addition, respondents were asked to self-evaluate how their parents react to the demonstration of particular emotions, which emotions they feel while watching television, and to what extent they think TV characters should honestly show how they feel.

The central emotions were joy, fear, anger, sadness, pride and envy. The country-specific sample varied from n=40 in Canada to n=1,016 in Germany. In this regard, it is not possible to formulate representative statements for most of the countries. Only the results of the German sample can be considered as representative for the Federal Republic of Germany. Based on the wider age distribution, however, a greater reliability of the results can be expected in countries with more than 300 respondents.



III. 1: Distribution of the total sample by countries

In Spain, 157 children and preteens participated in the study with the amount of girls and boys evenly distributed.

Age category	Boys	Girls
	(n=80)	(n=77)
10 – 12 years	13%	13%
(n=40)	(n=20)	(n=20)
13 – 15 years	38%	36%
(n=117)	(n=60)	(n=57)

III. 2: Sampling distribution - Spain

#### 2. Results<sup>1</sup>

#### 2.1 Emotion "joy"

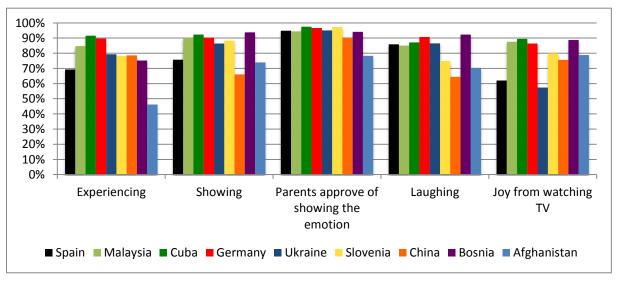
The first emphasis of the questionnaire was put on the emotion joy. All items in the questionnaire were rated on a 4-point Likert scale. Participating children and preteens were asked about their recent experiences of joy: "How often did you feel really happy in the past 7 days?" and "Was there a moment when you really had to laugh out loud?" We also wanted to know how they deal with their emotions. Thus we asked: "How much did you show others that you feel really happy?" As a next step the children were asked to self-evaluate how their parents would assess the expression of this emotion by answering the question "How do your parents like it when you show them that you feel really happy?" In line with the research interest of the International Central Institute for Youth and Educational Television (IZI) the last question was: "Are you getting really happy from time to time from something you see on TV?"<sup>2</sup>

#### Spanish children less joyful

With respect to the emotion "joy", the international comparison shows that Spanish children and preteens rank in the lower range in terms of nearly all categories. This means that the Spanish respondents less often answer that they do experience and express joy. Just the Afghan children experience joy less frequently than the children from Spain. However, Spanish respondents laugh as often as children from other countries and most of the Spanish children assume that their parents would approve their showing of joy. About 60% of the Spanish children and preteens state that TV has triggered feelings of joy at least once. Only Ukraine attains a lower result in this category.

In the following, the results of the Spanish sample will be analyzed in terms of an international country comparison as well as separated by gender and age. In each case the top-two items of the four-point Likert-Scale will be represented. Significant differences will be specified by using asterisks

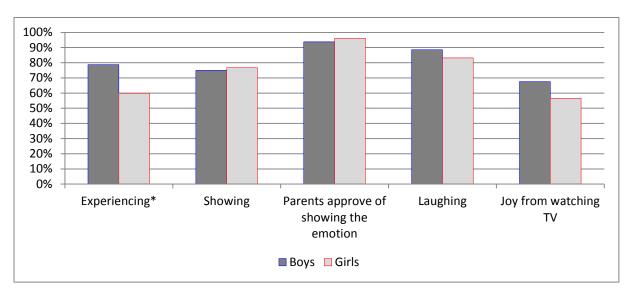
<sup>(\*).</sup>The detailed questionnaire can be found in the appendix.



III. 3: Differences in terms of showing and experiencing the emotion "joy" by countries (n > 300) – agreement

#### Boys experience joy more often

A gender comparison reveals that by tendency girls express joy more frequently than boys, although boys experience joy more often than girls. Beyond that, boys refer to feelings of joy caused by watching TV more often than girls.

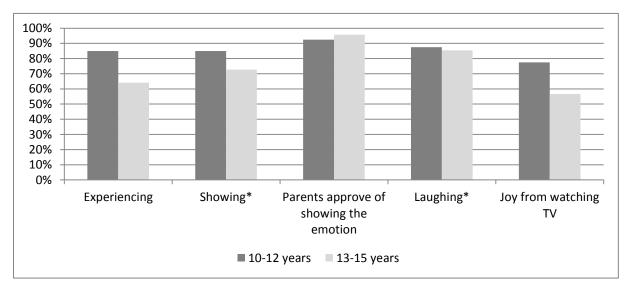


III. 4: Differences in terms of showing and experiencing the emotion "joy" by gender – agreement

#### Joy: an emotion for the younger ones

Age-differences become apparent significantly in the category "experiencing" and "showing" as well as in the emotional experiences triggered by TV. 85% of all 10- to 12-year-olds state that they experienced joy permanently or often in the past seven days. Among the 13- to 15-year-olds, by contrast, only about 65% experienced this

feeling in the previous week. Moreover, younger respondents demonstrate their joy more often than older ones. Additionally, only about 60% of the respondents in the 13 to 15 age group stated that past TV experiences had triggered feelings of joy, whereas TV caused much more fun in the other age category.



III. 5: Differences in terms of experiencing and showing the emotion "joy" by age - agreement

#### 2.2 Emotion "fear"

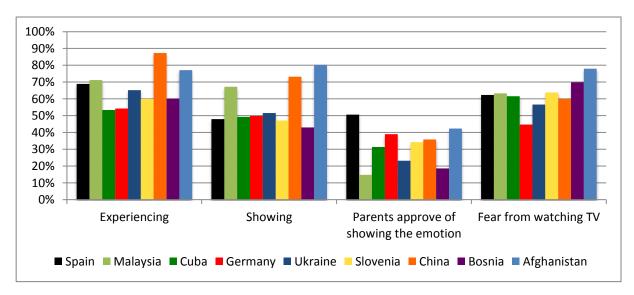
The next set of questions focused on the emotion fear. All items in the questionnaire were rated on a 4-point Likert scale. Participating children and preteens were asked about their recent experiences of fear: "How often did you feel anxious in the past 7 days?" We also wanted to know how they deal with their emotions. Thus we asked "How much did you show others that you feel anxious?" As a next step the children were asked self-evaluate how their parents would assess the expression of this emotion by answering the question "How do your parents like it when you show them that you feel anxious?" The last questions were: "Are you getting anxious from time to time from something you see on TV?" and "Do you sometimes get nightmares from something you saw on TV?"

#### Spanish children often experience fear

The country-comparison reveals that Spanish children experience fear more frequently than respondents of the other countries.<sup>3</sup> In contrast to the emotion "joy", the Spanish respondents show their fear less frequently than they do actually experience it. However, every second child thinks that their parents would approve

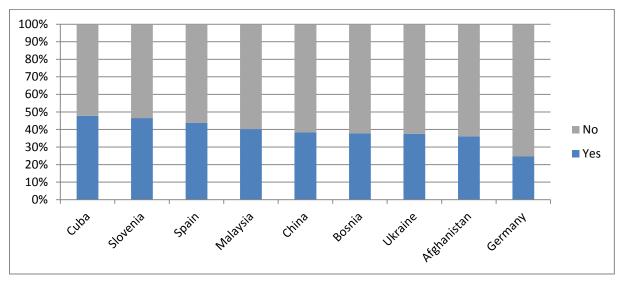
<sup>&</sup>lt;sup>3</sup> Only the evaluation of fear uses the top-three items of the four-point Likert-Scale.

the expression of this emotion. On top of that, almost two-thirds of the Spanish respondents have already experienced fear as a consequence of watching TV.



III. 6: Differences in terms of experiencing and showing the emotion "fear" by countries (n > 300) – agreement

Beyond that, four out of 10 children state that they had had a nightmare from watching something on TV at least once. With this result, Spain ranks third in the international comparison. 107 children and preteens answered the question which show or movie made them feel anxious. In this context *The Conjuring* (n=7) was most often mentioned followed by *The Exorcist* (n=7), *The Ring* (n=7), and *Mama* (n=6).<sup>4</sup>



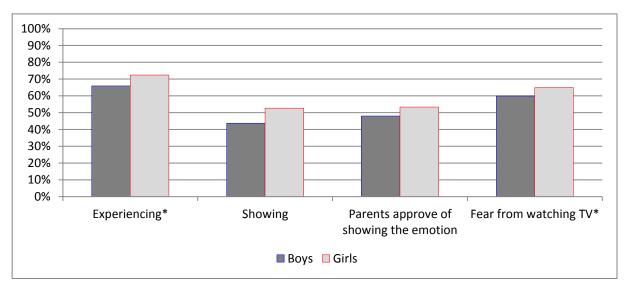
III. 7: Overview of "Nightmares from watching TV"

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<sup>&</sup>lt;sup>4</sup> Some children wrote down more than one show/movie. But for the analysis only the first mention was taken into account.

#### Girls show fear more often

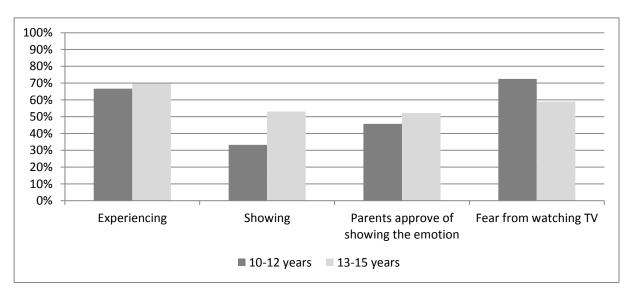
The gender comparison reveals that girls experience and show fear more often than boys. Moreover, girls experience fear from watching TV marginal more frequently than boys.



III. 8: Differences in terms of experiencing and showing the emotion "fear" by gender - agreement

#### Older children show fear more often

The analysis of the single age groups reveals differences in terms of showing feelings of fear. In particular the 13- to 15-year-olds state that they often show fear whereas the youngest respondents show fear less often. However, there is a smaller difference with respect to experiencing this emotion.



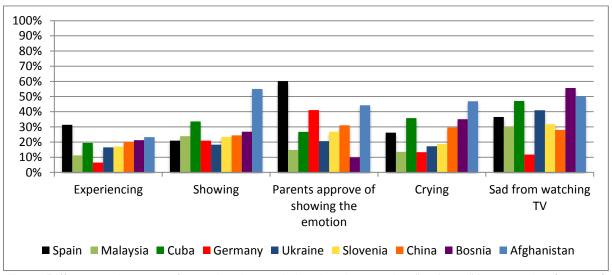
III. 9: Differences in terms of experiencing and showing the emotion "fear" by age – agreement

#### 2.3 Emotion "sadness"

This section dealt with recent experiences of sadness: "How often did you feel really sad in the past 7 days?" and "Did you have to cry in the last 7 days?" Additionally we wanted to know the reasons for crying by offering the categories pain, anger, sorrow, fun, and fear as answer options. We also wanted to know how they would show their sadness. Thus we asked: "How much did you show others that you feel really sad?" As a next step the children were asked to self-evaluate how their parents would assess the expression of this emotion by answering the question "How do your parents like it when you show them that you feel really sad?" In line with the research interest of the International Central Institute for Youth and Educational Television (IZI) we then asked: "Are you getting really sad from time to time from something you see on TV?" Again all items in the questionnaire were rated on a 4-point Likert scale, except the additional question for this section.

#### Spanish children demonstrate their feelings of grief more openly

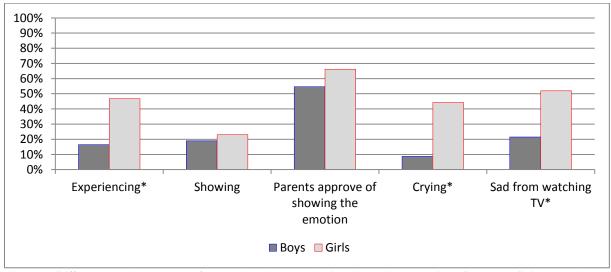
The international comparison demonstrates that Spanish children and preteens experience sadness more often than the respondents from other countries. Moreover, Spanish children demonstrate their feelings of grief openly and cry often. In this context, Spanish participants name mostly anger as reason for this emotional outburst, followed by grief and pain. Beyond that, six out of 10 children assume that the expression of sadness is approved by their parents. Additionally, more than one third of the participants experienced sadness as a consequence of watching TV.



III. 10: Differences in terms of experiencing and showing the emotion "sadness" by countries (n > 300) – agreement

#### Girls experience and show grief more often

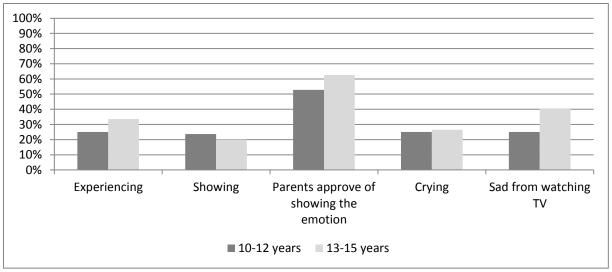
The gender comparison reveals that girls experience sadness more frequently than boys. Moreover, they show their feelings of sadness more often and cry more often than boys. Reasons why girls cry are feelings of anger and grief whereas boys cry because of anger, joy and pain. Beyond that, previous TV events triggered feelings of sadness more often experienced among girls than among boys.



III. 11: Differences in terms of experiencing and showing the emotion "sadness" by gender – agreement

### Younger children show sadness more often

The age comparison reveals that the willingness to show grief decreases with advancing age. Yet older children experience feelings of sadness more often than younger ones. With increasing age the children's agreement that their parents would approve the expression of this emotion increases. Beyond that, the 13- to 15-year-olds in particular refer to emotionally charged TV events more often than respondents of other age group.



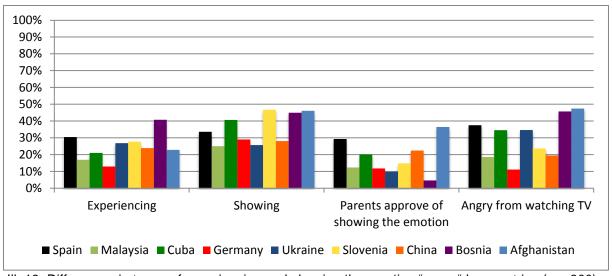
III. 12: Differences in terms of experiencing and showing the emotion "sadness" by age – agreement

#### 2.4 Emotion "anger"

The next set of questions dealt with anger. We wanted to know more about the recent experiences of the participants: "How often did you feel really angry in the past 7 days?" We also wanted to know to what extent they showed their anger. Thus we asked: "How much did you show others that you feel really angry?" As a next step the children were asked to self-evaluate how their parents would assess the expression of this emotion by answering the question "How do your parents like it when you show them that you feel really angry?" In line with the research interest of the International Central Institute for Youth and Educational Television (IZI) we asked: "Are you getting really angry from time to time from something you see on TV?"

#### Spanish children often experience anger

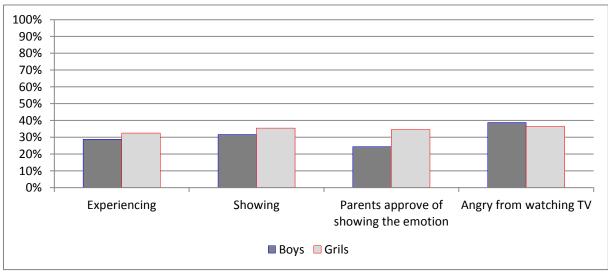
Children and preteens from Spain experience anger more often than the respondents from other countries. Just Bosnia attains a higher result in this category. This applies also to the expression of the emotion where the Spanish participants rank in the upper range and also the parents' approval of showing this emotion is considered very high.



III. 13: Differences in terms of experiencing and showing the emotion "anger" by countries (n > 300) – agreement

#### Girls show anger more often

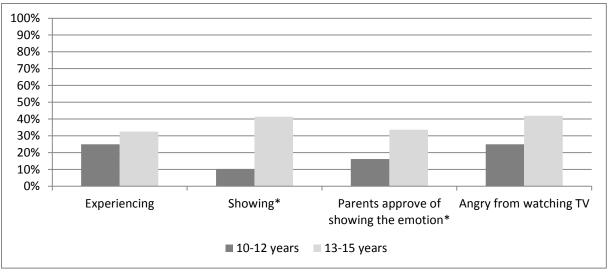
Girls by tendency experience and show anger a bit more often than boys and more girls than boys assume that their parents would approve the expression of this feeling.



III. 14: Differences in terms of experiencing and showing the emotion "anger" by gender- agreement

#### Younger children hardly show anger

The age comparison shows that older respondents experience and express anger more often than younger ones. Beyond that, the 10- to 12-year olds consider their parents' approval of showing this emotion to be very low.



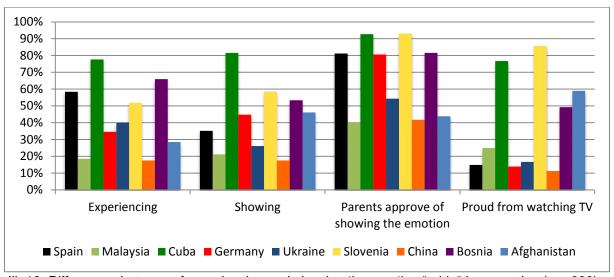
III. 15: Differences in terms of experiencing and showing the emotion "anger" by age- agreement

#### 2.5 Emotion "pride"

The next set of questions focused on the emotion pride. All items in the questionnaire were rated on a 4-point Likert scale. Participating children and preteens were asked about their recent experiences of pride: "How often did you feel really proud in the past 7 days?". We also wanted to know how they deal with their emotions. Thus we asked: "How much did you show others that you feel really proud?" As a next step the children were asked to self-evaluate how their parents would assess the expression of this emotion by answering the question "How do your parents like it when you show them that you feel really proud?" In line with the research interest of the International Central Institute for Youth and Educational Television (IZI) we asked "Are you getting really proud of yourself from time to time from something you see on TV?" "What were you proud of?" was the last question in this section. With this open question we wanted to learn more about the children's reasons for feeling pride.

#### Spanish children are proud

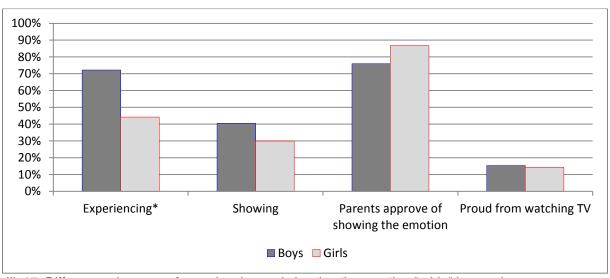
Regarding the frequency of experiencing pride, Spanish children and preteens rank above the international average. While only about 20% of the Malaysian respondents experience pride often or permanently, almost 60% of the Spanish participants report about having experienced this emotion. If the Spanish participants experience pride, the emotion is related to their abilities, their own family or their talents. The country comparison also reveals that the Spanish children and preteens show less pride than they experience. On top of that, more than 80% of the Spanish participants state that their parents would approve or very much approve showing this emotion.



III. 16: Differences in terms of experiencing and showing the emotion "pride" by countries (n > 300) – agreement

#### Boys are prouder

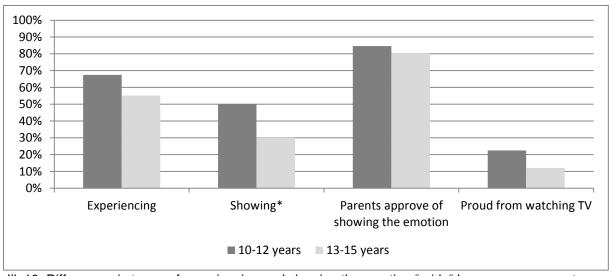
The gender comparison shows that boys experience and show pride more frequently than girls, although more girls than boys believe that their parents would approve that they show their feelings of pride.



III. 17: Differences in terms of experiencing and showing the emotion "pride" by gender – agreement

#### Pride: an emotion for the younger ones

Comparing the age groups we can see that with advancing age pride is experienced less frequently and also shown less often. Furthermore, the older the respondents get, the smaller is their faith that their parents would approve the expression of pride.



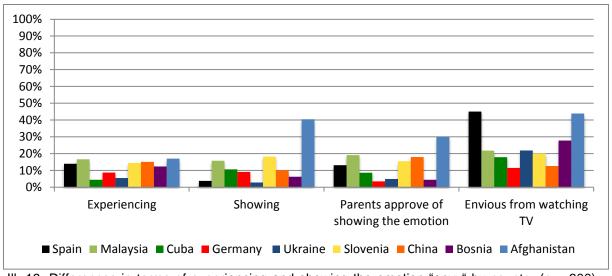
III. 18: Differences in terms of experiencing and showing the emotion "pride" by age - agreement

#### 2.6 Emotion "envy"

The last set of questions focused on the children's emotion envy. All items in the questionnaire were rated on a 4-point Likert scale. Participating children and preteens were asked about their recent experiences of envy: "How often did you feel really envious of others in the past 7 days?" We also wanted to know how they deal with their emotions. Thus we asked "How much did you show others that you feel really envious of others?" As a next step the children were asked to self-evaluate how their parents would assess the expression of this emotion by answering the question "How do your parents like it when you show them that you feel really envious of others?" In line with the research interest of the International Central Institute for Youth and Educational Television (IZI) we asked: "Are you getting really envious of others from time to time from something you see on TV?" "What did you envy?" was the last question in this section. With this open ended question we wanted to get answers about the children's reasons for feeling envious.

#### Spanish children often experience envy triggered by TV events

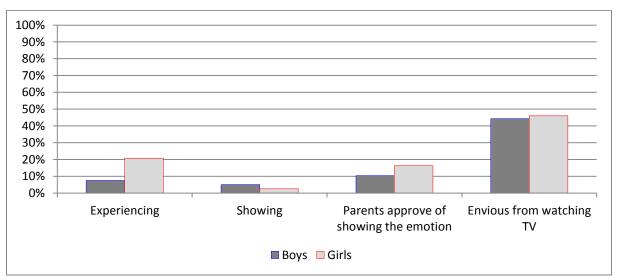
The international country comparison reveals that Spanish children and preteens experience envy more often than the international average. Regarding the frequency of showing envy, however, the Spanish participants rank in the lower range. Only Ukraine attains a lower result in this category. Children from Spain especially envy other people's material possessions or celebrities.



III. 19: Differences in terms of experiencing and showing the emotion "envy" by country (n > 300) – agreement

#### Girls experience envy more often

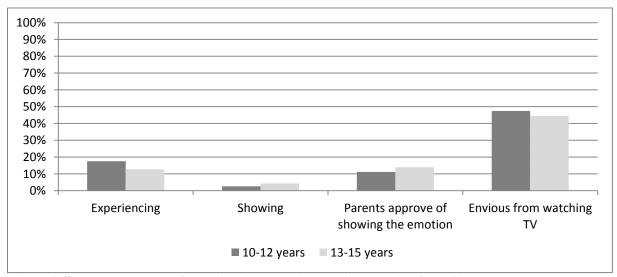
The gender comparison reveals that girls experience feelings of envy more often than boys, although boys show envy slightly more often than girls.



III. 20: Differences in terms of experiencing and showing the emotion "envy" by sex – agreement

#### Envy decreases with advancing age

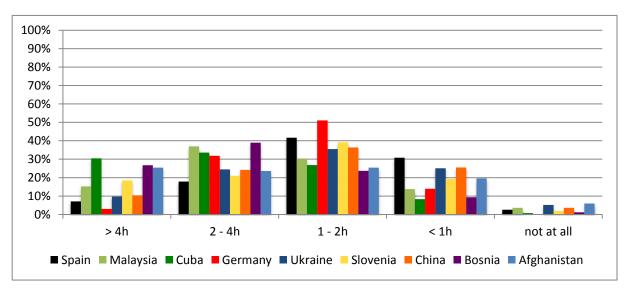
The age comparison reveals that feelings of envy are more frequently stated by younger participants than by older ones. However, with advancing age, the assumption that the parents would accept showing feelings of envy increases.



III. 21: Differences in terms of experiencing and showing the emotion "envy" by age - agreement

#### 2.7 TV viewing behavior and emotions on TV

The last part of the questionnaire focused on TV viewing behavior. First we wanted to know how often children and preteens of different countries watch TV. Thus we asked: "How often do you watch TV?"; and offered answer options: daily, several times a week, once a week, rarely, or not at all. Almost half of the Spanish children and preteens state that they watch TV every day. In the next step we wanted to know more concretely "How many hours per day do you watch TV?" The children and preteens were offered the following categories: more than 4 hours, 2 to 4 hours, 1 to 2 hours, less than 1 hour, and not at all. The major part spends one to two hours a day in front of the TV. Therewith, Spain ranks in the lower range.

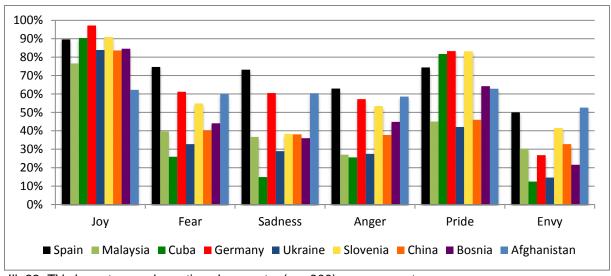


III. 22: Daily viewing time by country (n > 300) - agreement

#### TV characters should show their emotions

The last part of the questionnaire dealt with TV characters showing emotions. The children were asked "How do you like it when the characters show honestly that they feel really happy?" The same question was asked with respect to the other emotions: fear, sadness, anger, pride and envy. Again all items were rated on a 4-point Likert scale.

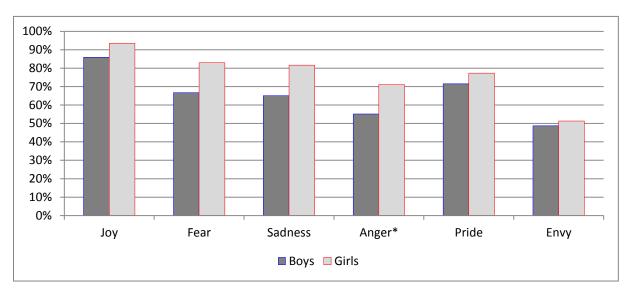
Joy is the emotion which the respondents in Spain and in other countries of the international comparison wish to experience through TV characters, followed by the emotions fear, pride and sadness. Despite marked differences in levels between the countries, this ranking is similar to other countries like Germany, Ukraine or Bosnia.



III. 23: TV characters and emotions by country (n > 300) – agreement

#### Girls want to see fear and sadness

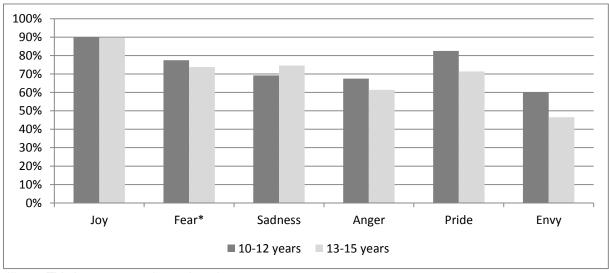
The gender comparison reveals that girls prefer the depiction of all emotions a bit more than boys. In particular the emotions fear, sadness, and anger are favored by girls.



III. 24: TV characters and emotions by gender – agreement

## Younger children want TV characters to show more emotions

The comparison of the two age groups reveals that the children of both age groups wish to see TV characters who show their emotions openly



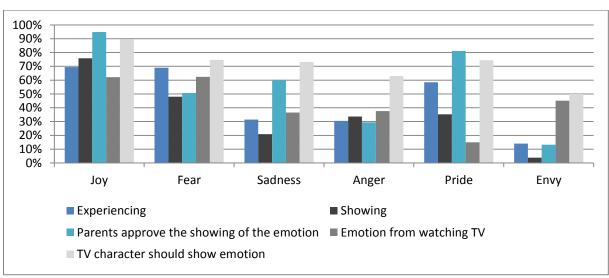
III. 25: TV characters and emotions by age - agreement

#### 3. Summary

5,190 children and preteens from 17 countries were surveyed with the aim of getting a better understanding of how emotions are experienced and shown in everyday life and while watching TV. The focus was on the emotions joy, fear, anger, sadness, pride and envy. The Spanish sample comprised 157 questionnaires with boys and girls evenly distributed.

The results showed that joy is the emotion most frequently experienced by Spanish children and preteens directly followed by fear. The country comparison revealed that the participants from Spain are less joyful than the respondents from other countries. However, Spanish children often experience fear. Pride is the third most frequent emotion felt by children in Spain. The country comparison also revealed that Spanish children demonstrate their feelings of grief more openly than participants from other countries. Beyond that, Spanish children experience problematic emotions like anger or envy more often than the participants from other countries. With respect to the expression of emotions, the Spanish sample demonstrated that girls have a higher willingness than boys to show joy, fear or sadness. Beyond that, girls experience envy more often whereas boys are prouder than girls.

For Spanish children and preteens, TV is related to a feeling of joy. Yet they also experience that TV can cause fear. Four out of 10 children from Spain can refer to a nightmare caused by a TV event. In addition, Spanish participants by tendency wish that their TV characters would show more emotions than they themselves experience or express.



III. 26: Overview of "Having and Showing Emotions" - Spain

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Traurigkeit				
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Hast du in den letzten	n 7 Tagen auch mal geweir	nt?		
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Wieso hast du geweir	nt? Aus ☐ Schmerz	☐ Wut ☐ Trauer	☐ Freude	☐ Angst
Wirst du manchmal se	o richtig <u>traurig</u> bei dem, v	was du im Fernsehen si	ehst?	
überhaupt nicht	eher nicht	eher	sehr	
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Wut				
Wenn du darüber nac	hdenkst, wie häufig warst	du in den letzten 7 Tag	jen so richtig <u>w</u>	<u>ütend</u> ?
überhaupt nicht	eher selten	eher häufi	g	ständig
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Wie finden es deine E	iltern, dass du zeigst, wen	n du so richtig <u>wütend</u>	bist?	
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Wirst du manchmal s	o richtig <u>wütend</u> über das	, was du im Fernsehen	siehst?	
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	r noch ein paar Dir	ige uber dich und	dem remsenvem	iaiten wissen.	
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# Vielen Dank fürs Mitmachen!!! ©

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