

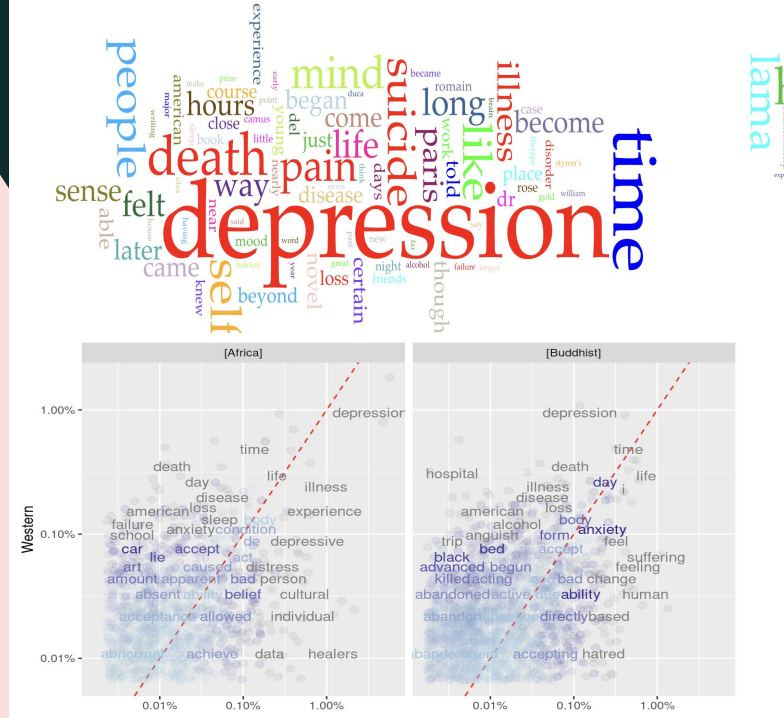
For the text analysis assignment, I looked at the relationship between **culture and emotions**, with a focus on depression. This topic is particularly interesting because it explores how cultural factors can influence the experience and expression of depression, which we discussed in my colloquium called Emotions. My focus was on Western, Eastern, and African societies.

## Cultural Variations

- Seen as a medical condition.
- **Eastern Perspective:**
- Viewed as a personal weakness or imbalance.

## Western Societies:

- Focus on diagnosing and treating depression as an illness.  
**Eastern Societies**
- Spiritual practices like meditation are emphasized.



By analysing the graph to the left, I was able to look at the language that is used in different societies when expressing depression

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