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Psychology Article

Name of the student:

Name of the professor:

Name of the university:

Research methodology used in study

The research methodology used in examining the motivations, emotions, and social psychology is secondary research methods which includes research through textbooks, journals, news articles, primary data collected. ⁵ 'Emotional intelligence and day-to-day emotion regulation processes: Examining motives for social sharing' a journal article is used in this study for reviewing and examining properly the ⁷ emotional intelligence and day to day emotional regulation process, emotions, motivation, social psychology. The study examines that the day to day emotional intelligence and regulating it relates to the undergraduate students (Choe & Read, 2019). The emotional regulation process includes five different ways, which includes ⁶ situation selection, situation modification, attention deployment, cognitive change and response modification.

Social factors that affects people or group to conform to the others action.

Conformity means changing one's own behavior to fit in the group or society. Many social factors cannot only a person but also a group to conform with the actions of others. The greatest part is played by the sharing of emotions and emotional intelligence people conform based on these reasons. Social factors like difficulty of the task given, the high or low differences between individuals, the size of the group, characteristics of the situation, a pattern followed or standards, complexity and sometimes motivation by others lead one or a whole group to conform with the actions of others.

How behavior and motivation is impacted by the presence of others.

The presence of someone can make someone nervous and can motivate someone it depends on situation. A person can conform to group, change his decision or act total opposite, can show negative behavior and can be demotivated in the presence of a manipulative person, a superior, or a person with different views (Hepper, Wildschut, Sedikides, Robertson & Routledge, 2020).

Someone's behavior and motivation can be affected in both positive and negative manner as this impact can lead to thoughts of the group is correct, pressure of performing things in a manner. A person can get a positive vibe or feel motivated in others presence if it leads to superiority, excelling in task, and regulating the emotions correctly.

The structure of brain that is involved in emotion and motivation.

The specific structure of the brain that is involved in emotion and motivation is the 'limbic system' of the brain, it has four main structures which builds a connection between the limbic system. It plays the important part or let's say it handles or controls an individual's emotion and motivation. It controls the emotional response, controlling the emotions, interpretation of the emotion which leads to motivation or demotivation and is a key to control all these feelings of an individual. Studies says emotional intelligence and sharing of emotion and motives behind it depends basically on limbic system and on its working.

Articles generalizability to various areas of psychology.

The journal article covers the area of psychology which deals with emotion, motivation, social responses of emotion and motives for sharing emotions. High attention is paid to emotional intelligence which shows the ability to regulate the different emotions of a person by different process. The article also shows how self-beliefs, and motivation works for an individual, how emotional disclosures, social motives, interpersonal relationships and emotions effects a person's psychology (Bucich & MacCann, 2019). Its article states the social factors and the presence of others which influences person or groups behavior, motivation, emotions, conformity.

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References:

Bucich, M., & MacCann, C. (2019). Emotional intelligence and day-to-day emotion regulation processes: Examining motives for social sharing. *Personality and Individual Differences*, 137, 22-26.

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Choe, S. Y., & Read, S. J. (2019). Perceived parental psychological control has indirect effects on aggression via need satisfaction and motivation for revenge. *Journal of social and personal relationships*, 36(9), 2857-2879.

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Hepper, E. G., Wildschut, T., Sedikides, C., Robertson, S., & Routledge, C. D. (2020). Time capsule: Nostalgia shields psychological wellbeing from limited time horizons. *Emotion*.

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