# The role of context in Mexican Emotional Regulation via DRAI

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# Display Rules

- Different procedures for the management of affect displays
  - Social contexts, roles.
  - Socially learned (probably early in life).

    Ekman & Friesen, 1969

  - Mechanisms that explain emotion <u>expression</u> management, beyond suppression or inhibition.

    Matsumoto, Yoo, Hirayama & Petrova, 2005

**As it is, Amplifying, Deamplifying, Neutralizing, Qualifying and Masking**

**It is its Knowledge that is assessed by DRAI**

# Masking

- Cover the felt affect as completely as possible by dissimulating it with another affect.

- Smile only in order to hide one's true feelings.

- First evidence (Friesen, 1972).

- Evidence in Children (Cole, 1986;  Davis, 1995). *Disappointing gift* paradigm developed by Saarni (1984).

- Gender differences in children (Shennum and Bugental, 1982).

# Worldview about masking emotions in Mexicans

- Labyrinth of Solitude (Paz, 1959-1986).

- Psychology of the Mexican, Discovering Ethnopsychology ( Díaz-Guerrero, 1990).

- Under the Grip of Culture, Psychology of the Mexican 2 ( Díaz-Guerrero, 2003).
  - Interpersonal relationships
  - Self modification

- Simpatia: avoidance of conflict (Triandis, Marin, Lisansky & Betancourt, 1984).

# Method

- 178 participants (70.8% females and 29.2% males), with a Mean age of 31.41 years (sd = 14.27 years). All of them born and raised in Mexico.

- DRAI in Mexico
  $\alpha = 0.9916$

- Overall ANOVA (gender x <u>emotion x context</u> x target) was computed for Masking.

- One way ANOVAS for anger, contempt, disgust, fear, happiness, sadness and surprise.
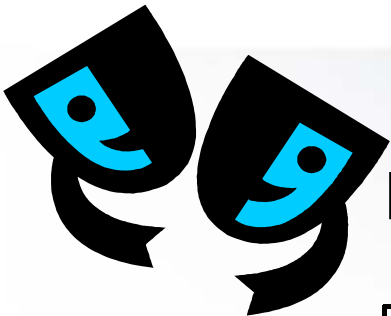
**Respuestas Posibles:**

A - **Demuestra más de lo que siente.**
B - **Expresándolo como lo siente.**
C - **Demuestra menos de lo que siente**
D - **No demuestra nada.**
E - **Demuestra la emoción mientras sonríe al mismo tiempo.**
F - **Esconde sus sentimientos con una sonrisa.**
Otro - **Otro**

8. Qué cree **usted que debería de hacer** si está interactuando con
**Una amiga cercana.**

| A. Está en **casa** y usted siente las siguientes emociones *hacia ella.* | | B. En un **restaurante** en plena vista muy cerca de otros, y usted siente las siguientes emociones hacia ella. | |
|---|---|---|---|
| **(1) Coraje** | _____ | **(1) Coraje** | _____ |
| **(2) Desprecio** | _____ | **(2) Desprecio** | _____ |
| **(3) Asqueado** | _____ | **(3) Asqueado** | _____ |
| **(4) Miedo** | _____ | **(4) Miedo** | _____ |
| **(5) Felicidad** | _____ | **(5) Felicidad** | _____ |
| **(6) Tristeza** | _____ | **(6) Tristeza** | _____ |
| **(7) Sorpresa** | _____ | **(7) Sorpresa** | _____ |
| *\* Marque aquí si no puede contestar esta pregunta.* | _____ | *\* Marque aquí si no puede contestar esta pregunta.* | _____ |

# Results

The overall ANOVA indicates that the effect of Context by Emotion was significant at $p = 0.0277$ with $F_{(6, 164)} = 2.3852$.

Table 1. Emotion Masking, Private vs Public Context in a Mexican sample (ANOVAS).

| Emotion | F | d f | p | Public Mean | sd | Private Mean | sd |
|---------|-------|--------|-----------|-------|-------|-------|-------|
| Anger | 62.68 | 1, 354 | < 0.0005 | 0.696 | 1.636 | 0.551 | 1.340 |
| Contempt | 23.73 | 1, 354 | < 0.0005 | 0.882 | 1.757 | 0.792 | 1.506 |
| Disgust | 13.33 | 1, 354 | < 0.0005 | 0.960 | 2.225 | 0.893 | 1.894 |
| Sadness | 171.37 | 1, 354 | < 0.0005 | 2.016 | 3.386 | 1.775 | 2.910 |
| Fear | 0.37 | 1, 354 | | 1.118 | 1.981 | 1.129 | 2.080 |
| Happiness | 3.34 | 1, 354 | | 0.612 | 1.399 | 0.579 | 1.372 |
| Surprise | 0.37 | 1, 354 | | 0.792 | 1.742 | 0.781 | 1.616 |
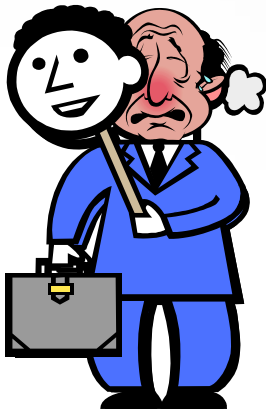
Note: n = 178.

# Conclusion

The worldview indicates that Mexicans mask, this study shows that this is true for certain emotions (negative) and also indicates that the context (public or private) plays an important role.