

# Emotion/History Seminar MECS1000

Quotes and questions that relate to the reading from Barker, C. and Jane, E. (2016) *Cultural Studies. Theory and Practice*. London, Sage.

Quote 1: 'The first decade of the 21<sup>st</sup> century has seen an enormous growth in studies of happiness led by the positive psychology movement... There is even a new interdisciplinary scholarly journal named the *Journal of Happiness Studies*' (Barker and Jane, 2016: 155).

## Questions

1. In your group discuss how you as individuals define happiness. Are there differences within your group? What is happiness based upon?
2. What role does the media play in relation to promoting happiness? Give examples
3. What role might power play in relation to the promotion/definition of happiness?

Quote 2: 'Cultural studies writers are sceptical that happiness can be independent from culture. They argue that the very concept of happiness is a culturally particular social construction established through cultural practices (Kitayama et al. 2000 cited in Barker and Jane, 2016: 156).

## Questions

1. How might the concept of culture be a social construction? Can you think of examples?

**Quote 3: ‘...cultural notions of happiness move around the world. For example, Asian cultures where notions of happiness were traditionally collective in orientation were now being layered with western individualist ideas. Notions of happiness are also historically specific’ (Barker and Jane, 2016: 157).**

**Questions**

1. Can you think of examples where happiness might be historically specific?

**Watch the videos in relation to emotions**

<https://youtu.be/xXYhua4lwoE> (Emotion and portrayals 9.22)

**Questions:**

1. The film highlights many different ideas about emotion – including different definitions and disciplines. What role might the media play in relation to our understandings of emotion?
  
  
  
  
  
  
  
  
  
  
2. Is happiness always a good thing?
  
  
  
  
  
  
  
  
  
  
3. How would you define emotional intelligence? Why is it important?