Have and Show Emotions

Research report





Bosnia

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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. 5,190 children and preteens from 17 countries were surveyed. Moreover, it was of interest how the social expectance is assessed. The Bosnia sample comprised 406 questionnaires and induced the following results:

- In Bosnia as well as in other countries joy is the emotion most frequently experienced.
- But in comparison to other countries it gets apparent that Bosnian children are less joyful although they laugh the most.
- Bosnian children are often sad and angry, but they are less envious in comparison with children from other countries.
- In comparison, Bosnian children are more proud than children from other countries.
- Bosnian girls experience and show their feelings of joy, fear and grief more often than the Bosnian boys.
- Feeling emotions like envy and pride increases with age among Bosnian children.
- Older children cry more often than younger ones.
- Bosnian 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.

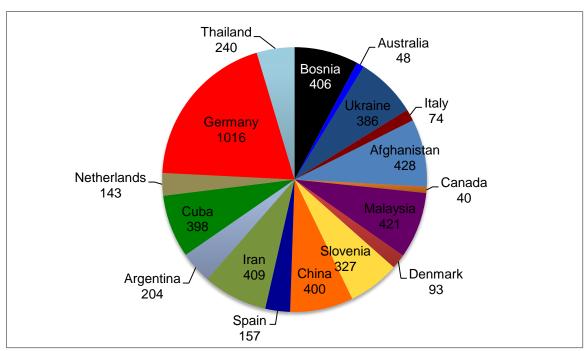
1. Objective and sample

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 when 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 for most of the countries no representative statements can be made. Only the results of the German sample can be considered as representative for the Federal Republic of Germany. However, based on the wider age distribution a greater reliability of the results can be expected in the countries with more than 300 respondents.



III. 1: Distribution of the total sample by countries

In Bosnia, 406 children and preteens participated in the survey with the amount of girls and boys evenly distributed.

Age category	Boys	Girls
	(n=203)	(n=203)
10 - 12 years	23%	23%
(n=185)	(n=93)	(n=92)
13 - 15 years	27%	27%
(n=221)	(n=110)	(n=111)

III. 2: Sampling distribution - Bosnia

2. Results¹

2.1 Emotion "joy"

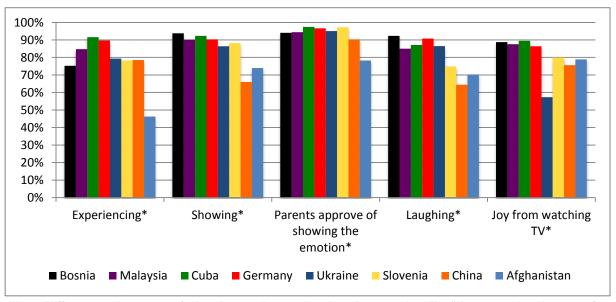
The first emphasis of the questionnaire was put on the emotion joy. All items in the questionnaire were rated on a 4-point Likert scale. Participating children and preteens were asked about their recent experiences of joy: "How often did you feel really happy in the past 7 days?" and "Was there a moment 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?"2

Bosnian children are less joyful but laugh the most

With respect to the emotion "joy", the international comparison shows that Bosnian children and preteens rank in the upper range in almost all categories. This means that Bosnian respondents often answer that they express joy, although they do not experience joy as often as children from other countries. Just Afghanistan attains lower values in this category. Compared to other children, Bosnian respondents, however, report to laugh the most often in the past seven days. On top of that, the Bosnian children assume that their parents would approve their showing of joy. Nearly 90% of the Bosnian children and preteens state that TV has triggered feelings of joy at least once.

¹ In the following, the results of the Bosnian 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

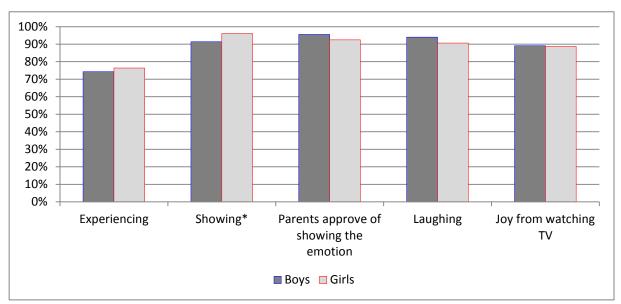
^{(*).}The detailed questionnaire can be found in the appendix.



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

Girls experience and show more joy

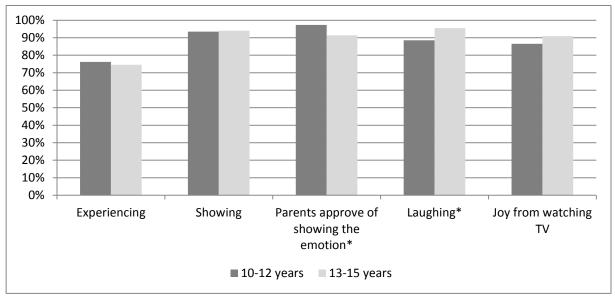
A gender comparison reveals that by tendency girls experience and show joy more frequently than boys. Yet boys assume more often than girls that their parents approve expressing this emotion. Moreover, boys refer to laugh more often in the past seven days than girls.



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

Older children laugh more often

Age-differences become apparent significantly in the category "laughing" as well as in the emotional experiences triggered by TV. More than 90% of all 13- to 15-year-olds state having laughed out loud at least once in the past seven days. But younger ones assume more often than the older respondents their parents' approval of showing this emotion.



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

2.2 Emotion "fear"

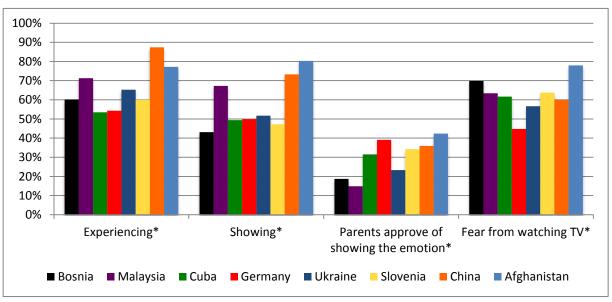
The next set of questions focused on the emotion fear. All items in the questionnaire were rated on a 4-point Likert scale. Participating children and preteens were asked about their recent experiences of fear: "How often did you feel anxious in the past 7 days?" We also wanted to know how they deal 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?"

Bosnian children show fear least

The country-comparison reveals that Bosnian children experience fear less frequently than the respondents of some other countries.³ In contrast to the emotion "joy", the Bosnian respondents show their fear less frequently than they do actually experience it. The international comparison reveals also that Bosnian children and preteens

³ Only the evaluation of fear uses the top-three items of the four-point Likert-Scale.

express their fear the least. Only a small percentage of children think that their parents would approve the expression of this emotion. On top of that, more than two-thirds of the Bosnian respondents have already experienced fear as a consequence of watching TV. Only Afghanistan attains higher results in this category.



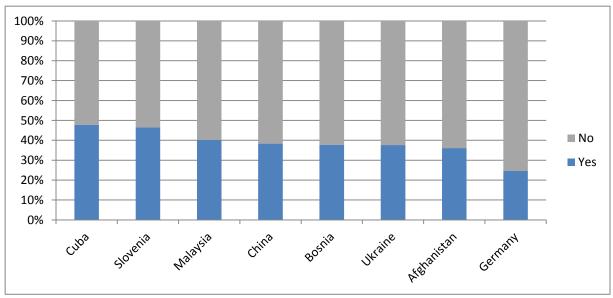
III. 6: Differences in terms of experiencing and showing the emotion "fear" by countries (n > 300) – agreement

Beyond that, almost four out of ten children state that they had had a nightmare from watching something on TV at least once. With this result, Bosnia ranks on fifth place in the international comparison. 243 children and preteens answered the question which show or movie made them feel anxious. In this context *Paranormal Activity* (n=47) were most often mentioned followed by *Scary Movie/Wrong Turn* (each n=10), *The Ring/Friday the 13th* (each n=9), and *Semu* (n=8).⁴

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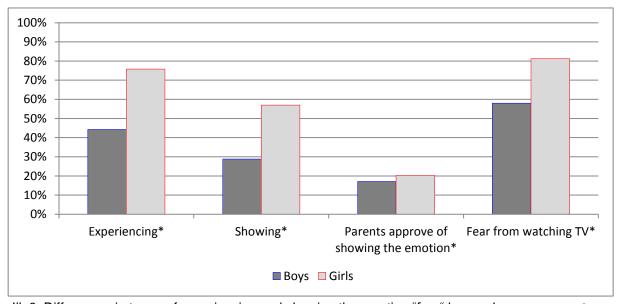
⁴ Some children wrote down more than one show/movie. But for the analysis only the first mention was taken into account.



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

Girls experience and show fear more often

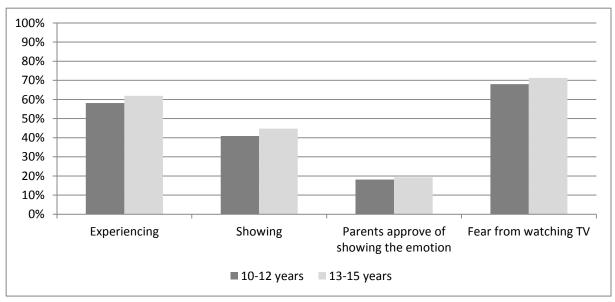
The gender comparison reveals that girls experience and express fear more often than boys. Moreover, girls experience fear from watching TV more frequently than boys.



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

Feelings of fear increase with advancing age

The analysis of the single age groups reveals that the older ones experience and show fear more often than the younger respondents – but these are only small differences. In both age groups about 70% of the respondents refer to feelings of fear caused by watching TV.



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

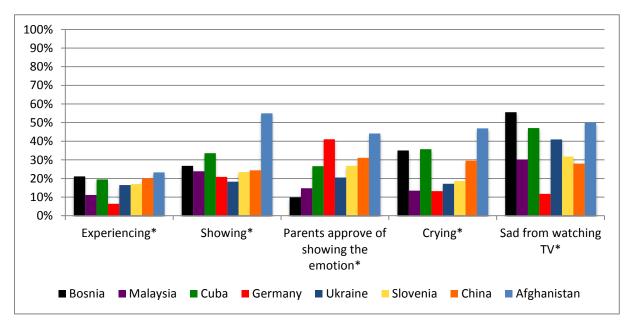
2.3 Emotion "sadness"

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

Bosnian children are often sad and cry often

The international comparison demonstrates that Bosnian children and preteens experience sadness more often than the respondents from other countries, except Afghanistan. The willingness to show this emotion to others, however, ranks in the upper mid-range, although the Bosnian children and preteens assume that the expression of sadness is not approved by their parents. Beyond that, three out of 10 Bosnian children state that they had cried in the past seven days. In this context, Bosnian respondents name mostly grief as reason for this emotional outburst,

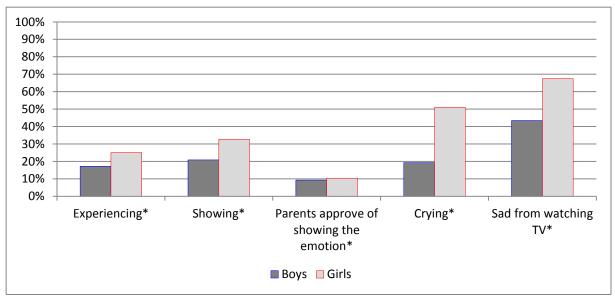
followed by anger and pain. More than 50% of the Bosnian children and preteens state that TV has triggered feelings of grief at least once. No other country attains higher results in this category.



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

Girls cry and experience grief more often

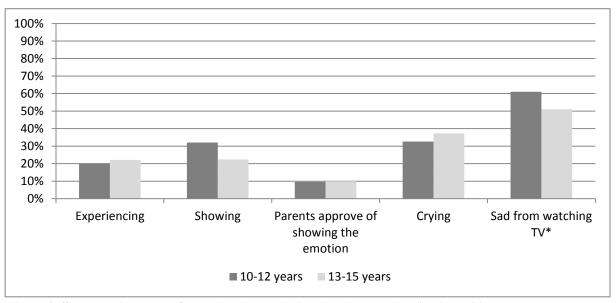
Similar to the emotion "fear" the gender comparison reveals that girls experience the feelings of sadness more often and cry more often than boys. The reasons why girls and boys cry are feelings of grief, pain and anger. Only a small percentage of boys and girls think that their parents would approve the expression of this emotion.



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

Older children cry more often

The age comparison reveals that the willingness to show grief decreases with advancing age, although the respondents of all age groups experience sadness with almost equal frequency. The older ones, however, refer to cry more often than the younger children. Beyond that, the 10- to 12-year-olds in particular refer to emotionally charged TV events more often than respondents of other age group.



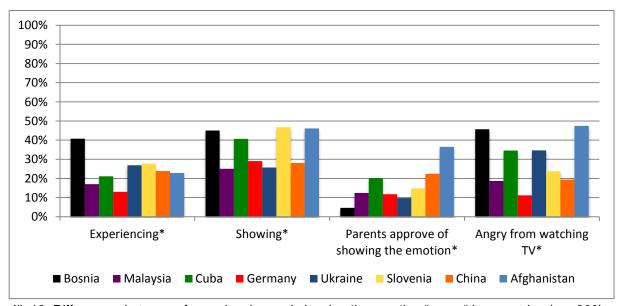
III. 12: Differences in terms of experiencing and showing the emotion "sadness" by age - agreement

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?"

Bosnian children experience anger most of all

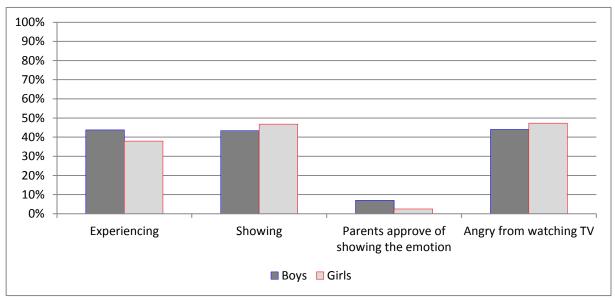
Bosnian children and preteens experience anger more often than the respondents from other countries. This applies also to the expression of the emotion where the Bosnian participants rank in the upper range. Interestingly the parents' approval of showing this emotion is considered very low.



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

Boys experience anger more often

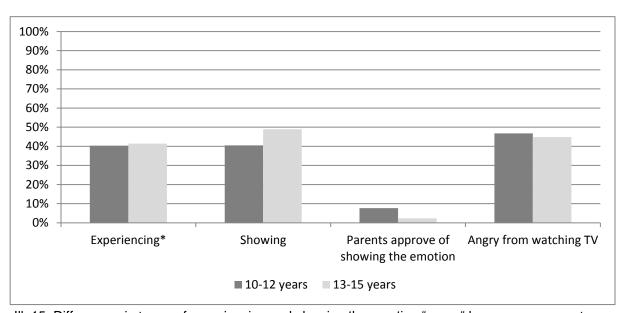
The gender comparison reveals that by tendency, girls express anger more frequently than boys, although boys experience feelings of anger marginally more often.



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

Older children experience anger more often

The age comparison shows that the older respondents express anger more often than the younger ones, although older children and preteens consider their parents' approval of showing this emotion to be very low. One reason may be the growing awareness of the negative connotation of this emotion and the required control of feelings of anger.



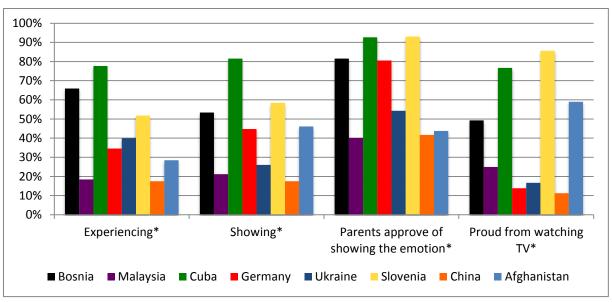
III. 15: Differences in terms of experiencing and showing the emotion "anger" by age- agreement

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 about were asked 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.

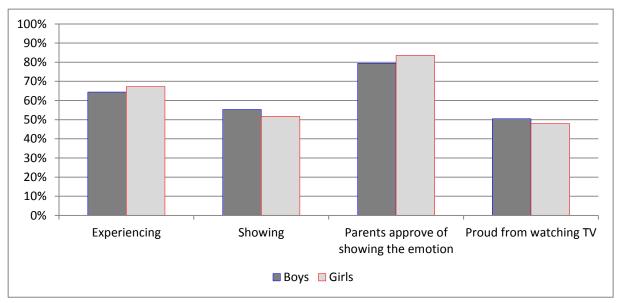
Bosnian children are proud

Regarding the frequency of experiencing pride, Bosnian children and preteens rank higher than the international average. While only about 20% of the Malaysian respondents experience this emotion often or permanently, almost 70% of the Bosnian respondents and almost 80% of the Cuban participants report about having experienced this emotion. If the Bosnian participants experience pride, the emotion is related to their abilities, their own character or their family. The country comparison also reveals that Bosnian children and preteens show pride less often than they experience it, but they still do significantly more often than the respondents from other countries. On top of that, more than 80% of the Bosnian 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

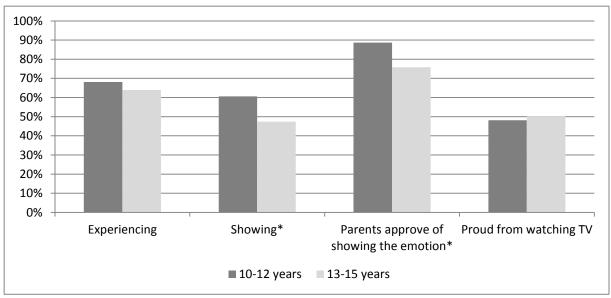
There are no significant gender differences with regard to the emotion "pride".



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 pride is experienced less frequently and also shown less often with advancing age. Furthermore, the older the respondents get, the lower their faith that their parents would approve showing their feelings of pride.



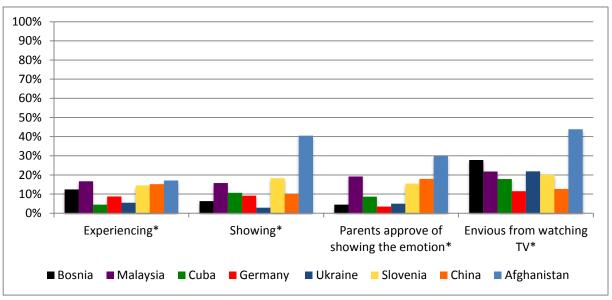
III. 18: Differences in terms of experiencing and showing the emotion "pride" by age - agreement

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.

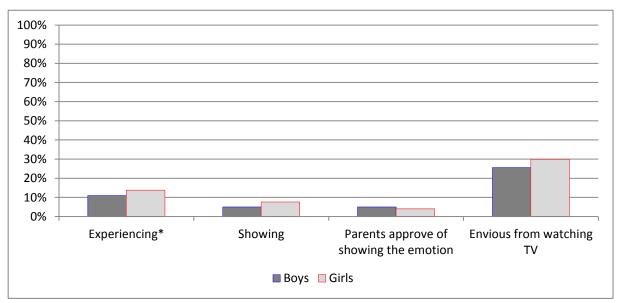
Bosnian children show envy less often

The international country comparison reveals that Bosnian children and preteens range in the middle when it comes to the experience of envy. Regarding the frequency of showing envy, the Bosnian participants rank in the lower mid-range, only Ukraine has a lower result in this category. Bosnian children especially envy other people's possessions, celebrities or other families.



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

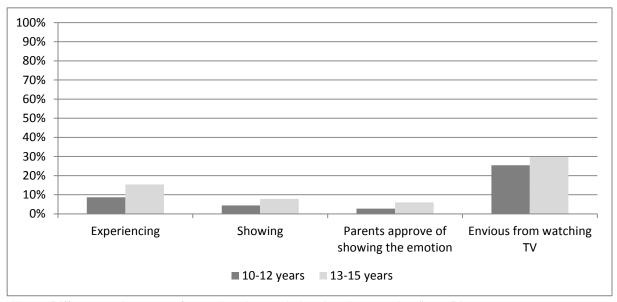
There are no significant gender differences with regard to the emotion "envy".



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

Envy increases with advancing age

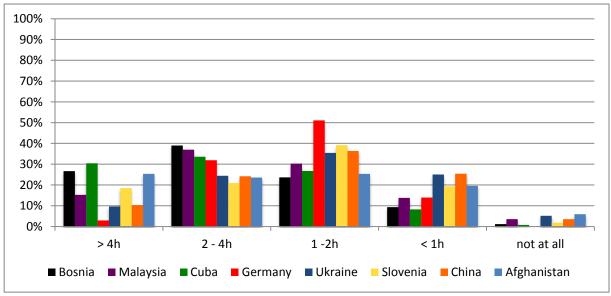
The age comparison reveals that feelings of envy are more frequently stated by the older participants than by younger ones. Moreover the older respondents show feelings of envy more often. The assumption that the parents would accept showing feelings of envy increases with advancing age.



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 the following answer options: daily, several times a week, once a week, rarely, or not at all. Seven out of 10 Bosnian 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 two to four hours a day in front of the TV. In no other country refer more children to watching TV every day.



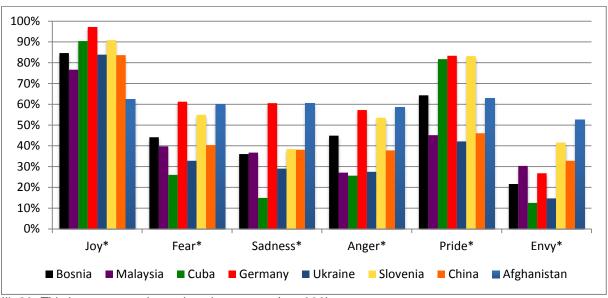
III. 22: Daily viewing time by country (n > 300) – agreement

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 Bosnia and in other countries of the international comparison wish to experience through TV characters. Second ranks the wish to experience pride, followed by the emotions anger and fear. Despite

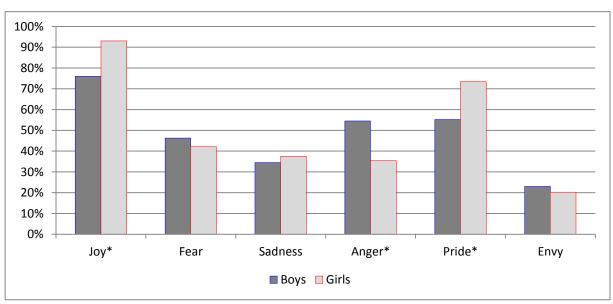
marked differences in levels between the countries, this ranking is similar to other countries like Germany or Ukraine.



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

Boys want to see anger and fear

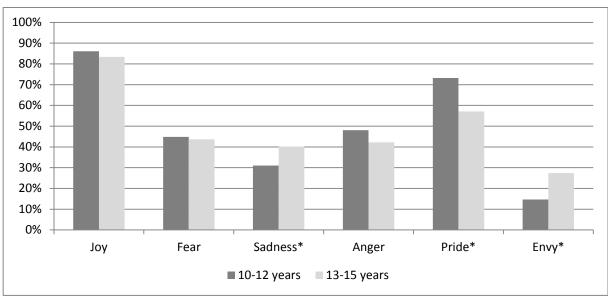
The gender comparison reveals that girls prefer the depiction of joy and pride by the characters in their favorite TV shows whereas boys like to see anger and fear.



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

Younger children want to see pride and anger

The comparison of different age groups reveals that younger children wish to see TV characters who show their emotions openly. In particular the emotions of pride, anger and joy, whereas the older respondents want to see feelings of sadness and envy.



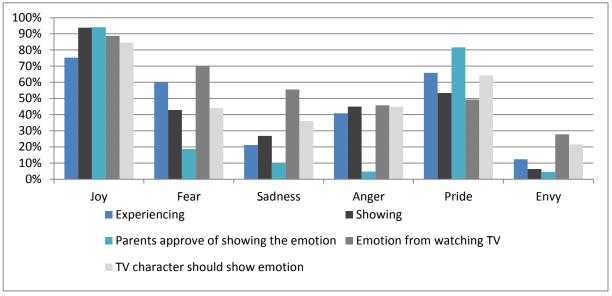
III. 25: TV characters and emotions by age - agreement

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 Bosnian sample comprised 406 questionnaires with boys and girls evenly distributed.

The results showed that joy is the emotion most frequently experienced by Bosnian children and preteens. In comparison to children from other countries, however, it gets apparent that Bosnian children are less joyful but laugh the most. Pride is the second most frequent emotion felt by children in Bosnia, followed by fear. The country comparison also revealed that the Bosnian children experience problematic emotions like sadness or anger more often than the participants from other countries. Beyond that, they were more proud of themselves than children of others countries. With respect to the expression of emotions, the Bosnian sample demonstrated that girls have a higher willingness than boys to show joy, sadness or fear.

For Bosnian children and preteens, TV is related to a feeling of joy. Yet they also experience that TV can cause fear. Four out of ten children from Bosnia can refer to a nightmare caused by a TV event. In addition, Bosnian 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" - Bosnia



Questionnaire on the experience with and showing of emotions



On the following pages we will ask you questions about certain feelings and about TV. Please consider carefully how often you experience certain feelings. No matter if at home, at school or in dealing with parents and friends – the important thing is that you are honest!

Let's talk about yo	ou first: i am a giri ⊔ a i	boy ⊔ and ram	years old.
Happiness			
How often did you fo	eel really <u>happy</u> in the past	7 days?	
Never	rather rarely	fairly often	permanently
0	0	0	0
How much did you s	show others that you feel re	eally <u>happy</u> ?	
Not at all	scarcely	a little bit	very much
0	0	0	0
How do your parent	s like it that you show them	n when you feel really <u>happy</u>	?
Don't like it at all	rather don't like it	rather like it	like it very
0	0	0	0
Please think of the p	past 7 days: Was there a mo	oment when you really had t	o laugh out loud?
Not at all	scarcely	a little bit	very much
0	0	0	0
Are you getting real	ly <u>happy</u> from time to time	from something you see on	TV?
Not at all	scarcely	a little bit	very much
0	0	0	0
Гоог			
Fear			
How often did you fo	eel <u>anxious</u> in the past 7 da	ys?	
Never	rather rarely	fairly often	permanently
0	0	0	0
How much did you s	show others that you feel a	nxious?	
Not at all	scarcely	a little bit	very much
0	0	0	0
How do your parent	s like it that you show them	when you feel <u>anxious</u> ?	
Don't like it at all	rather don't like it	rather like it	like it very much
0	0	0	0
Are you getting anx	ious from time to time from	something you see on TV?	
Not at all	scarcely	a little bit	very much
0	0	0	0
William alance an escar	:		
	ie made you feel anxious?		
Title:			
Do you sometimes of	get nightmares from somet	hing you saw on TV?	
☐ Yes	□ No		

Sadness					
How often did you feel really <u>sad</u> in the past 7 days?					
Never	rather rarely	fairly often	permanently		
0	0	0	0		
How much did you s	How much did you show others that you feel really <u>sad</u> ?				
Not at all	scarcely	a little bit	very much		
0	0	0	0		
How do your parents	s like it that you show them w	hen you feel really <u>sad</u> ?			
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
Did you have to cry i	n the last 7 days?				
Not at all	scarcely	a little bit	very much		
0	0	0	0		
Why did you have to	cry? Because of pain□	anger□ sorrow□ fun□] fear□		
Are you getting really sad from time to time from something you see on TV?					
Not at all	scarcely	a little bit	very much		
O	0 0		0		
Anger					
_	el really <u>angry</u> in the past 7 d				
Never	rather rarely	fairly often	permanently		
0	0	0	0		
How much did you show others that you feel really angry?					
Not at all	scarcely	a little bit	very much		
0	0	0	0		
How do your parents like it that you show them when you feel really angry?					
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
Are you getting really <u>angry</u> from time to time from something you see on TV?					
Not at all	scarcely	a little bit	very much		
0	0	0	0		

How often did vou fee			
, , , , , , , , , , , , , , , , , , ,	I really <u>proud</u> in the past 7 dag	ys?	
Never	rather rarely	fairly often	permanently
0	0	0	0
How much did you sh	ow others that you feel really	proud?	
Not at all	scarcely	a little bit	very much
0	0	0	0
How do your parents !	like it that you show them who	en you feel really <u>proud</u>	?
Don't like it at all	rather don't like it	rather like it	like it very muc
0	0	0	0
Not at all	proud of yourself from time to scarcely	a little bit	very much
0	0	0	0
was proud of			
Envy	I really <u>envious of others</u> in th	no nast 7 days?	
now often did you lee	i really <u>envious or others</u> in th		
Novor	rather rarely		normanonth
Never	rather rarely	fairly often	permanently
0	rather rarely O ow others that you feel really	fairly often	
0	0	fairly often	0
O How much did you sh	ow others that you feel really	fairly often O envious of others?	0
O How much did you sho Not at all	ow others that you feel really	fairly often output envious of others? a little bit	very much
O How much did you sho Not at all O How do your parents I	ow others that you feel really scarcely	fairly often output envious of others? a little bit	very much
O How much did you sho Not at all O How do your parents I	ow others that you feel really scarcely Olike it that you show them who	fairly often cenvious of others? a little bit cen you feel really envious	very much
How much did you show the state of the state	ow others that you feel really scarcely like it that you show them who	fairly often output envious of others? a little bit output en you feel really envious rather like it	very much
How much did you show the state of the state	ow others that you feel really scarcely like it that you show them whe	fairly often output envious of others? a little bit output en you feel really envious rather like it	very much ous of others? like it very much
How much did you show the Not at all How do your parents In Don't like it at all Are you getting really	ow others that you feel really scarcely like it that you show them who rather don't like it envious of others from time t	fairly often envious of others? a little bit en you feel really enviourather like it otime from something	very much

Now we want to find out some things about your TV consumption. How often do you watch TV?				
Daily	several times a week	once a week	rarely	not at all
0	0	0	0	0
How many hours per day do you watch TV?				
More than 4 hours	2 to 4 hours	1 to 2 hours	less than 1 hour	not at all
0	0	0	0	0

Please think of your favorite TV show and all other shows you watch.					
How do you like it when the characters show honestly that they feel really happy?					
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
How do you like it wh	nen the characters show hone	estly that they feel really	anxious?		
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
Uew de veu like it wh	on the characters show hence	athy that they feel really	aad2		
now do you like it wr	nen the characters show hone	estry that they feel really	<u>sau</u> ?		
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
How do vou like it wh	nen the characters show hone	stly that they feel really	angry?		
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
How do vou like it wh	How do you like it when the characters show honestly that they feel really proud of				
themselves?					
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		
How do you like it when the characters show honestly that they feel really envious of others?					
Don't like it at all	rather don't like it	rather like it	like it very much		
0	0	0	0		

Thank you for your participation!!! ©