Have and Show Emotions

Research report

Cuba

Scientific project management  Dr. Maya Götz

Implementation in Cuba  Eileen Sanabria

Analysis and report  Judith Schwarz, Simone Gruber, Hannah Steinberg, Monika Eder
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. The Cuban sample comprised 397 questionnaires and induced the following results:

- In Cuba as well as in other countries joy is the emotion most frequently experienced.
- In country comparison Cuban children are the happiest ones.
- Cuban children seldom experience fear.
- In comparison, Cuban children are particularly proud of themselves.
- Cuban children are emotionally expressive: they demonstrate their feelings of pride, grief, fear and anger more openly than others.
- Cuban girls show their feelings of fear, grief and anger more often than Cuban boys.
- Feeling emotions like pride and envy decreases with age among Cuban children.
- Older children laugh more often and younger children are more often sad.
- Cuban 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.
- Especially older children demand more emotions of TV characters.
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 while 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, it is not possible to formulate representative statements for most of the countries. Only the results of the German sample can be considered as representative for the Federal Republic of Germany. Based on the wider age distribution, however, a greater reliability of the results can be expected in countries with more than 300 respondents.
In Cuba, 397 children and preteens participated in the study with the amount of girls and boys evenly distributed.

<table>
<thead>
<tr>
<th>Age category</th>
<th>Boys (n=198)</th>
<th>Girls (n=199)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 9 years</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>(n=158)</td>
<td>(n=78)</td>
<td>(n=80)</td>
</tr>
<tr>
<td>10 – 12 years</td>
<td>15%</td>
<td>15%</td>
</tr>
<tr>
<td>(n=119)</td>
<td>(n=60)</td>
<td>(n=59)</td>
</tr>
<tr>
<td>13 – 15 years</td>
<td>15%</td>
<td>15%</td>
</tr>
<tr>
<td>(n=120)</td>
<td>(n=60)</td>
<td>(n=60)</td>
</tr>
</tbody>
</table>

III. 1: Distribution of the total sample by countries

III. 2: Sampling distribution – Cuba
2. Results

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?”

Cuban children are the happiest ones

With respect to the emotion joy, the international comparison shows that Cuban children and preteens rank in the upper range in terms of all categories. In no other country more children experience feelings of joy. In addition, the Cuban respondents often answer that they express this feeling. On top of that, the children assume that their parents would approve their showing of joy. Nearly 90% of the Cuban children and preteens state that TV has triggered feelings of joy at least once.

---

1 In the following, the results of the Cuban 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 (*).  
2 The detailed questionnaire can be found in the appendix.
Girls laugh more

A gender comparison reveals that by tendency girls express joy more frequently than boys and that they laugh more often, although there is no gender difference with respect to the frequency of experiencing joy.

Older children laugh more often

Age-differences become apparent significantly in the category “laughing” as well as in the emotional experiences. Nearly 80% of all 6- to 9-year-olds state having laughed out loud at least once in the past seven days. Among the 13- to 15-year-olds, by contrast, more than 90% laughed out loud in the previous week. Younger children, however, experience joy more often than older ones. Additionally, only 80% of the
respondents in the 13 to 15 age group stated that past TV experiences had triggered feelings of joy, whereas TV caused much more fun in the other age categories.

![Graph showing differences in experiencing and showing the emotion “joy” by age.](image)

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?”

**Cuban children seldom experience fear**

The country-comparison reveals that Cuban children experience fear less frequently than the respondents of other countries.\(^3\) No other country attains lower results in this category. In contrast to the emotion “joy”, the Cuban respondents show their fear less frequently than they do actually experience it. Beyond that, almost two-thirds of the Cuban respondents have already experienced fear as a consequence of watching

---

\(^3\) Only the evaluation of fear uses the top-three items of the four-point Likert-Scale.
TV. On the top of that, only a small percentage of children think that their parents would approve the expression of this emotion.

Beyond that, almost half of the children state that they had had a nightmare from watching something on TV at least once. With this result, Cuban ranks first in the international comparison. 234 children and preteens answered the question which show or movie made them feel anxious. In this context *Child’s Play* (n=29) was most often mentioned followed by *Wrong Turn* (n=16), *Final Destination* (n=7), and *CSI/Ouija/The Ring* (n=6).4

---

4 Some children wrote down more than one show/movie. But for the analysis only the first mention was taken into account.
**Girls show fear more often**
The gender comparison reveals that boys experience and show fear less often than girls. Moreover, girls experience fear from watching TV marginal more frequently than boys.

Ill. 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 differences in terms of experiencing and showing feelings of fear. In particular older children state that they often experience fear whereas the youngest respondents feel fear least often. However, there are fewer differences with respect to showing this emotion – and older respondents express fear even less often than the younger ones. In all three age groups about 60% of the respondents refer to feelings of fear caused by watching TV.
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.

**Cuban demonstrate their feelings of grief more openly**

The international comparison demonstrates that Cuban children and preteens experience sadness more often than respondents from some of the other countries. Moreover, Cuban children show their feelings of grief more openly and cry more often than others. Beyond that, three out of 10 assume that the expression of sadness is approved by their parents. Almost every second one already experienced sadness as a consequence of watching TV.
III. 10: Differences in terms of experiencing and showing the emotion “sadness” by countries (n > 300) – agreement

**Girls cry and show grief more often**

The gender comparison reveals that girls show their feelings of sadness more often and cry more often than boys. Moreover, girls experience sadness more frequently and assume more often than boys that their parents approve the expression of this emotion. Beyond that, previous TV events triggered feelings of sadness more often among girls than among boys.

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

**Younger children are more often sad**

The age comparison reveals that younger children experience grief more often than older ones. Interestingly there is no age difference with respect to the frequency of
showing sadness. With increasing age, however, decreases the frequency of crying. Beyond that, the 13- to 15-year-olds in particular refer to emotionally charged TV events more often than respondents of other age groups.

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?”

Cuban children show their feelings of anger more openly

Similar to the emotion “sadness”, the Cuban children and preteens experience anger rather rarely. However, they demonstrate their feelings of anger more openly than the respondents from other countries. The parents´ approval of showing this emotion is considered low, but it is still higher than the international average.
III. 13: Differences in terms of experiencing and showing the emotion “anger” by countries (n > 300) – agreement

Girls show more anger

The gender comparison reveals that girls show their feelings of anger more often than boys, although there is no gender difference with respect to the frequency of experiencing anger.

III. 14: Differences in terms of experiencing and showing the emotion “anger” by gender – agreement

Anger: an emotion for the older ones

The age comparison shows that older respondents experience and express anger more often than 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.

II. 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 were asked about 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.

Cuban children are the proudest

Regarding the frequency of experiencing pride, Cuban children and preteens rank on the first place in the international comparison. While only about 20% of the Malaysian respondents experience this emotion often or permanently, almost 80% of the Cuban respondents report about having experienced this emotion. If the Cuban participants experience pride, the emotion is related to their abilities, things or people on TV, or
their family. The country comparison also reveals that Cuban children and preteens show their pride in the way they experience it. On top of that, more than 90% of the Cuban participants state that their parents would approve or very much approve showing this emotion. No other country attains higher results in this category.

Boys are prouder than girls

Unlike with the emotions “fear” or “sadness” boys are not just prouder than girls, but they also demonstrate their feelings of pride more often than girls.
Pride: an emotion for the younger ones
Comparing the age groups we can see that with advancing age pride is experienced less frequently and also shown less often. Furthermore, the experience of pride triggered by TV events, decreases with advancing age.

![Graph showing differences in experiencing and showing pride by age](image)

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.

Cuban children are scarcely envious
The international country comparison reveals that Cuban children and preteens experience envy less often than respondents of other countries. Similar to the
emotion “anger”, the Cuban participants demonstrate their feelings of envy openly. Cuban children especially envy other people’s material possessions, things or people they see on TV, or friends.

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

**Envy decreases with advancing age**

The age comparison reveals that feelings of envy are more frequently stated by younger participants than by older ones. Beyond that, younger children show their
feeling of envy more often than older respondents. With advancing age, the assumption that parents would accept showing feelings of envy decreases too.

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. More than half of the Cuban 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. Therewith, Cuba ranks in the upper mid-range.

![Graph of daily viewing time by country](image)

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 Cuba 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 fear and anger. Despite marked differences in levels between the countries, this ranking is similar to other countries like Slovenia, Bosnia or Germany.
Boys want to see anger and envy

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

Older children want TV characters to show more emotions

The comparison of different age groups reveals that with advancing age children wish to see TV characters which show their emotions openly. For example, among the 6- to 9-year-olds 10% want TV characters to depict fear, among the 13- to 15-year-olds this number increases to more than 40%. Only the depiction of joy and pride by the TV characters is more wished by younger than older ones.
Ill. 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 Cuban sample comprised 397 questionnaires with boys and girls evenly distributed.

The results showed that joy is the emotion most frequently experienced by Cuban children and preteens. This emotion is also among the emotions most frequently experienced by the respondents from other countries. However, Cuban children are the happiest ones. Unlike with other countries, not fear but pride is the second most frequent emotion felt by children in Cuba. Children and preteens in Cuba are particularly proud of themselves and seldom experience fear. Moreover, the country comparison revealed that the Cuban participants demonstrate their feelings of pride, grief, fear and anger more openly than respondents from other countries. In consequence Cuban children can be described as emotionally expressive. With respect to showing emotions, the Cuban sample showed that girls have a higher willingness to show emotions like joy, fear or sadness than boys.

For Cuban children and preteens, TV is related to a feeling of joy. Yet they also experience that TV can cause pride and fear. Four out of 10 children from Cuba can refer to a nightmare caused by a TV event. In addition, Cuban participants by tendency wish that their TV characters would show more emotions than they themselves experience. This wish increases with advancing age.

Ill. 26: Overview of „Having and Showing Emotions“ – Cuba
Cuestionario sobre la experiencia con las emociones y su demostración

Vamos preguntarte sobre ciertos sentimientos y sobre la televisión. Necesitamos que consideres con mucho cuidado cuán seguido tu experimentas ciertos sentimientos. No importa si es en casa, la escuela o con tus padres y amigos, lo importante es que seas honesto!!

Primero cuéntame un poco de ti:  
soy niña □  
soy niño □  
tengo ______ años  

---

**Felicidad**

¿Cuán seguido te sentiste realmente feliz en estos últimos 7 días?

<table>
<thead>
<tr>
<th>Nunca</th>
<th>rara vez</th>
<th>bastante seguido</th>
<th>permanentemente</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Cuánto le mostraste a otros que te sentiste realmente feliz?

<table>
<thead>
<tr>
<th>Nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Cuánto les gusta a tus padres que les muestres cuando estás realmente feliz?

<table>
<thead>
<tr>
<th>No les gusta para nada</th>
<th>no les gusta mucho</th>
<th>les gusta bastante</th>
<th>les gusta muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

En los últimos 7 días: Hubo algún momento en el que realmente tuviste que reír a carcajadas?

<table>
<thead>
<tr>
<th>Ninguno</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Te pones realmente feliz, de vez en cuando, por algo que ves en la TV?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

---

**Miedo**

¿Cuán seguido tuviste miedo en los últimos 7 días?

<table>
<thead>
<tr>
<th>Nunca</th>
<th>rara vez</th>
<th>bastante seguido</th>
<th>permanentemente</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Cuánto le mostraste a los otros que realmente sentiste miedo?

<table>
<thead>
<tr>
<th>Nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Cuánto les gusta a tus padres que les muestres cuando sentís miedo?

<table>
<thead>
<tr>
<th>No les gusta para nada</th>
<th>no les gusta mucho</th>
<th>les gusta un poco</th>
<th>les gusta muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Sentís realmente miedo, de vez en cuando, por algo que ves en la TV?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

¿Qué programa o película te hizo sentir miedo?

Título:  

¿A veces tenés pesadillas a partir de algo que viste en TV?

☐ Si  ☐ No
### Cuestionario sobre la experiencia con las emociones y su demostración

#### Tristeza

¿Cuán seguido te sentiste **triste** en los últimos 7 días?

<table>
<thead>
<tr>
<th>Nunca</th>
<th>alguna vez</th>
<th>bastante seguido</th>
<th>permanentemente</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto le mostraste a otros cuando te sentiste realmente **triste**?

<table>
<thead>
<tr>
<th>Nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto les gusta a tus padres que les muestres cuando te sientas realmente **triste**?

<table>
<thead>
<tr>
<th>No les gusta nada</th>
<th>no les gusta mucho</th>
<th>les gusta bastante</th>
<th>les gusta muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Tuviste que llorar por algo en los últimos 7 días?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tuviste que llorar por ...
- dolor □
- rabia □
- pena □
- diversión □
- miedo □

¿Te pones realmente **triste**, de vez en cuando, con algo que ves en la TV?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Enojo

¿Cuán seguido te sentiste realmente **enojado** en los últimos 7 días?

<table>
<thead>
<tr>
<th>Nunca</th>
<th>alguna vez</th>
<th>bastante seguido</th>
<th>permanentemente</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto le mostraste a los otros que te sentías realmente **enojado**?

<table>
<thead>
<tr>
<th>Nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto les gusta a tus padres que les muestres cuando te sientas realmente **enojado**?

<table>
<thead>
<tr>
<th>No les gusta nada</th>
<th>no les gusta mucho</th>
<th>les gusta bastante</th>
<th>les gusta muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Te pones realmente **enojado/a**, de vez en cuando, por algo que ves en la TV?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Cuestionario sobre la experiencia con las emociones y su demostración

### Orgullo
¿Cuán seguido te sentiste orgulloso/a en estos últimos 7 días?

<table>
<thead>
<tr>
<th>Nunca</th>
<th>alguna vez</th>
<th>bastante seguido</th>
<th>permanentemente</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto le mostraste a otros que te sentías realmente orgulloso/a?

<table>
<thead>
<tr>
<th>Nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto les gusta a tus padres que les muestres cuando te sentís realmente orgulloso/a?

<table>
<thead>
<tr>
<th>No les gusta nada</th>
<th>no les gusta mucho</th>
<th>les gusta bastante</th>
<th>les gusta muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Te sentís realmente orgulloso/a de vez en cuando, por algo que ves en la TV?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿De qué sentiste orgullo?

Me sentí orgulloso de ____________________________________________

### Envidia
¿Cuán seguido te sentiste realmente envidioso/a de otros en los últimos 7 días?

<table>
<thead>
<tr>
<th>Nunca</th>
<th>alguna vez</th>
<th>bastante seguido</th>
<th>permanentemente</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto le mostraste a los otros cuando realmente sentís envidia de alguien?

<table>
<thead>
<tr>
<th>nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Cuánto les gusta a tus padres que les muestres cuando sentís envidia de alguien?

<table>
<thead>
<tr>
<th>nada</th>
<th>no les gusta mucho</th>
<th>bastante</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Te sentís realmente envidioso/a de vez en cuando, por algo que ves en la TV?

<table>
<thead>
<tr>
<th>Para nada</th>
<th>apenas</th>
<th>un poco</th>
<th>muchísimo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¿Qué envidiaste?

Envidié ___________________________________________________________
Cuestionario sobre la experiencia con las emociones y su demostración

Ahora queremos saber algo acerca de la manera en la que consumís televisión
¿Cuánto ves TV?
- Diariamente
- Muchas veces x semana
- Una vez x semana
- Rara vez
- Nada

¿Cuántas horas de TV ves por día?
- Más de 4 hs.
- De 2 a 4 hs.
- De 1 a 2 hs.
- Menos de 1 hora
- Nada

Por favor pensá en tu programa favorito de TV y en otros programas que ves en TV.
¿Te gusta cuando los personajes muestran honestamente que están realmente felices?
- No me gusta para nada
- No me gusta tanto
- Me gusta bastante
- Me gusta mucho

¿Te gusta cuando los personajes muestran honestamente que realmente sienten miedo?
- No me gusta para nada
- No me gusta tanto
- Me gusta bastante
- Me gusta mucho

¿Te gusta cuando los personajes muestran honestamente que están realmente tristes?
- No me gusta para nada
- No me gusta tanto
- Me gusta bastante
- Me gusta mucho

¿Te gusta cuando los personajes muestran honestamente que están realmente enojados?
- No me gusta para nada
- No me gusta tanto
- Me gusta bastante
- Me gusta mucho

¿Te gusta cuando los personajes muestran honestamente que están realmente orgullosos/os de ellas/os mismas/os?
- No me gusta para nada
- No me gusta tanto
- Me gusta bastante
- Me gusta mucho

¿Te gusta cuando los personajes muestran honestamente que sienten envidia de alguien?
- No me gusta para nada
- No me gusta tanto
- Me gusta bastante
- Me gusta mucho

Gracias por tu participación!!! 😊