



Emotions during Mother-Daughter Disagreements in Belgium and Japan

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Adolescence as a period of...



...change and
reorientation



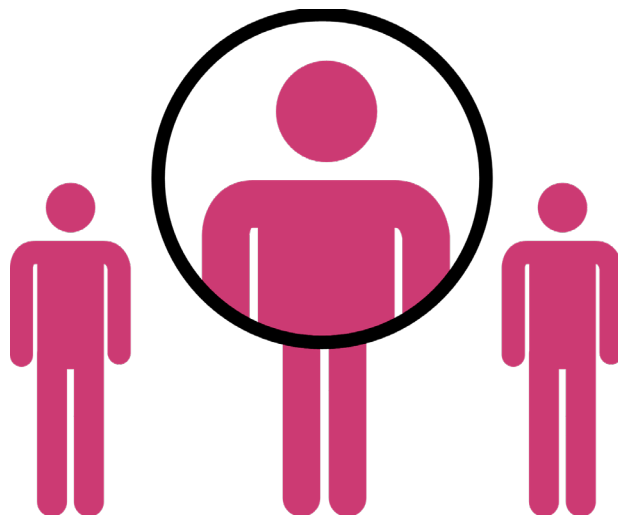
...strong emotions and
escalating conflict

However, ideas about relationships vary across cultures (and so may adolescence).

Relationship Models in the West and East

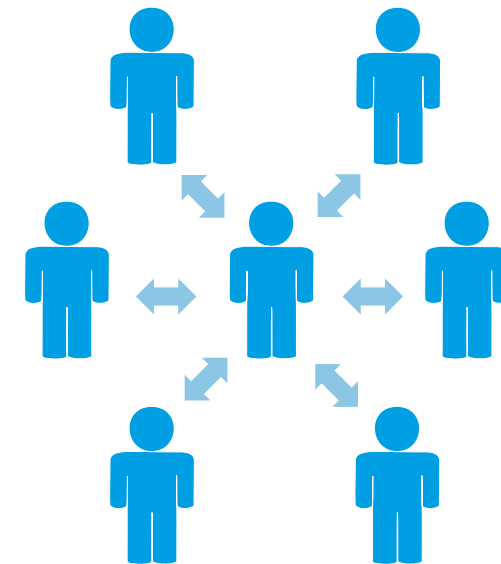


Western Cultures



Autonomy
Individual Needs
Self-Assertion

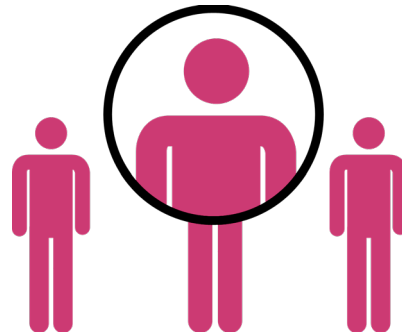
East-Asian Cultures



Relatedness
Relational Harmony
Perspective Taking & Adjustment

**Disagreements may be marked by
different emotional states depending
on cultural ideas about relationships.**

Western Cultures

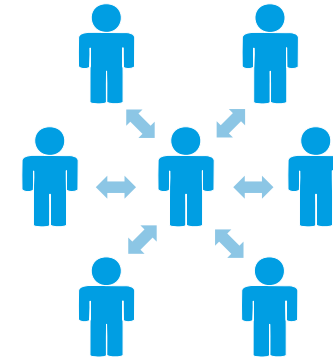


Autonomy



Self-Focused Emotions
Escalation



East-Asian Cultures



Relatedness



Other-Focused Emotions
De-escalation

-  Mother-Daughter interactions are characterized by emotional states that fit and support cultural relationship models.
-  More culturally typical interactions are related to better relationship and individual outcomes.

KU LEUVEN

162 Belgians
81 dyads

102 Japanese
51 dyads



Tokyo Woman's Christian University



- Mothers & 13-15 year old Daughters
- Both born in Belgium / Japan
- Dutch / Japanese as a native language

1

Pre-Visit Questionnaire (online & at home)

- Current areas of disagreement in couple
- **Relationship characteristics:** Relationship satisfaction, Self-Construal, ...

2

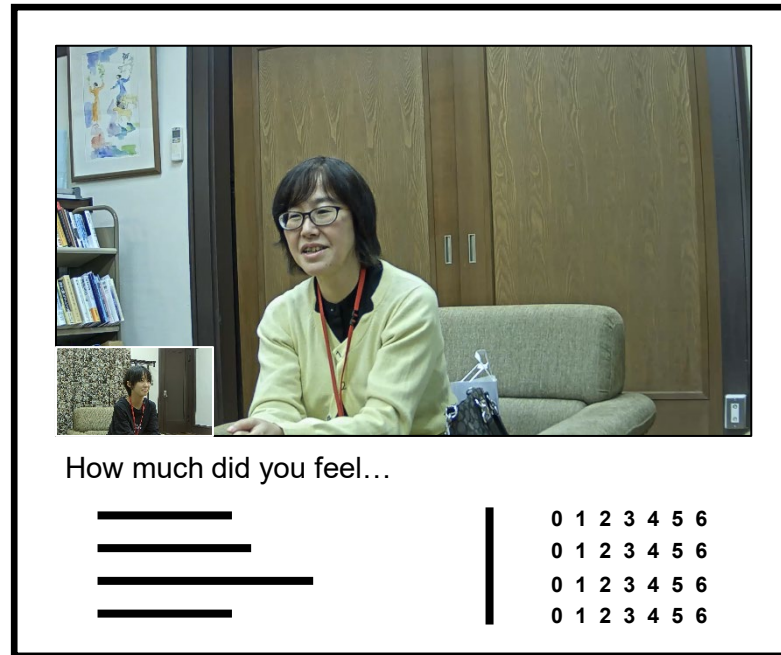
10-minute disagreement interaction

- Topic chosen from list of areas of disagreement
- All interactions were videotaped

3

Post-Interaction Assessment

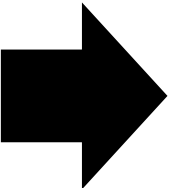
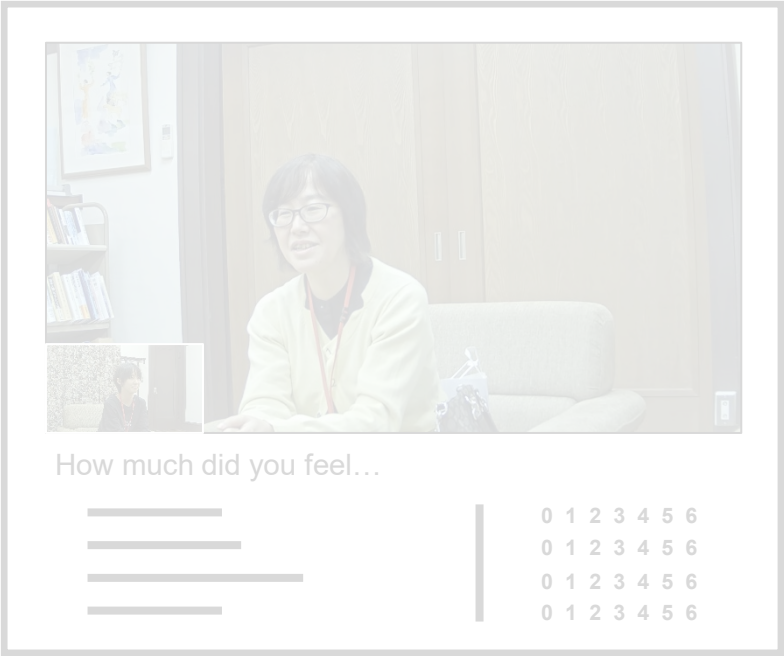
- **Interaction & Relationship characteristics:** Interaction Satisfaction, Self-Construal...
- **Emotion Ratings:** 11 discrete emotions every 30 seconds



Discrete Emotions

($N = 11$; 20 time-points)

*“Indicate how much you
remember
experiencing each feeling.”*



Fear
Hurt
Annoyed
Concern
Sympathy
Feeling Liked
Love

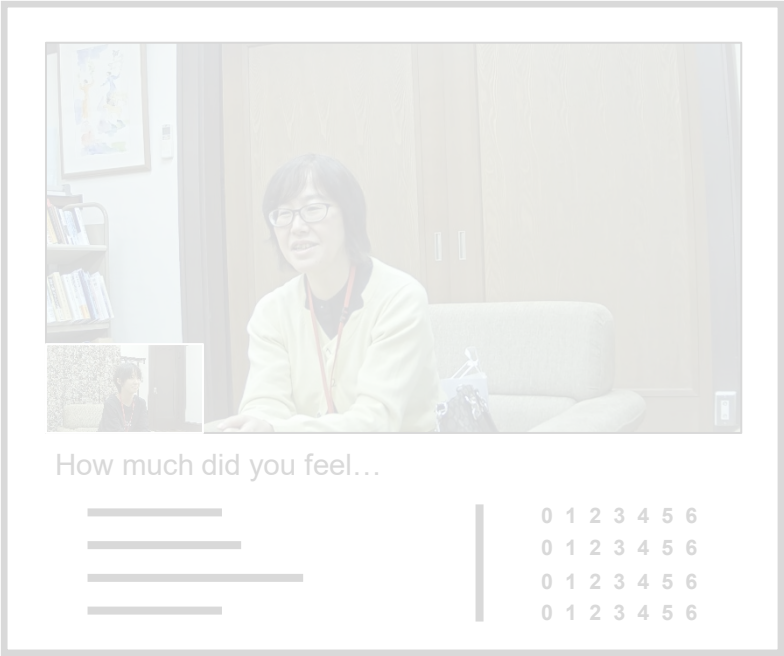
Discrete Emotions

(*N* = 11; 20 time-points)

“Indicate how much you remember experiencing each feeling.”

Emotion Factors

(*N* = 7)

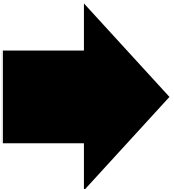



Discrete Emotions
($N = 11$; 20 time-points)

“Indicate how much you remember experiencing each feeling.”



Emotion Factors
($N = 7$)





		Mother	Daughter
		Fear	Annoyed
		Fear	Sympathy
		Annoyed	Sympathy
		Love	Annoyed
		Annoyed	Hurt
		Hurt	Hurt
		Concern	Annoyed
		Annoyed	Fear
	

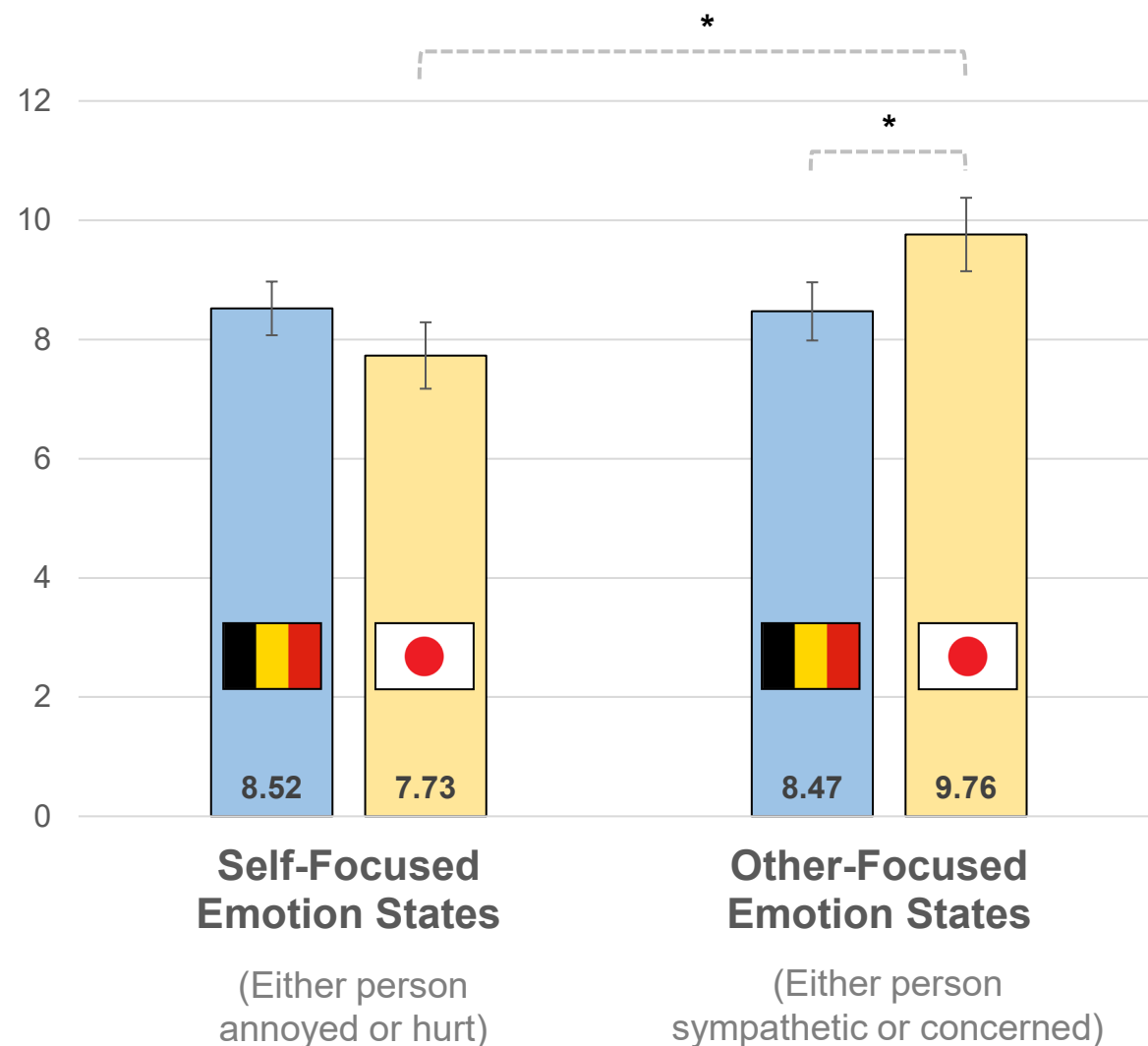
Identify most dominant emotion per timepoint

How comparable were the interactions between cultures?

- Differences in **most frequently discussed topics**, but no differences overall
- No differences in **intensity** of discussed conflict topics, or **satisfaction** with the interaction
- Topics rated as **more intense also more likely to be discussed** during the lab visit

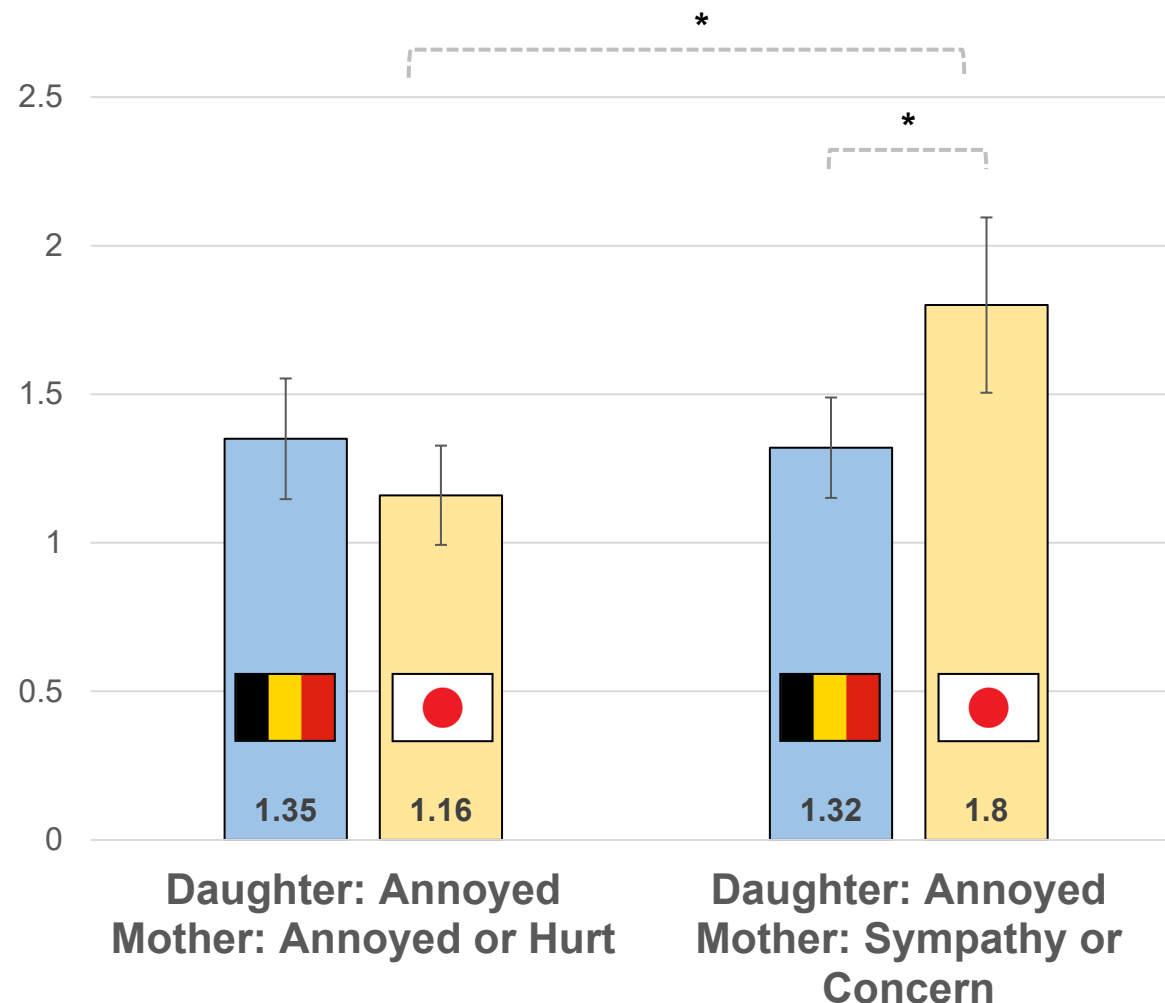
			
Chores	23%	Recreation and interests	20%
Recreation and interests	11%	Chores	14%
Personal Freedom	10%	Looks	14%
Relationship with siblings	10%	Manners and keeping agreements	11%
Money	9%	Activities with friends	7%
...

Greater focus on other-focused emotions in Japanese interactions



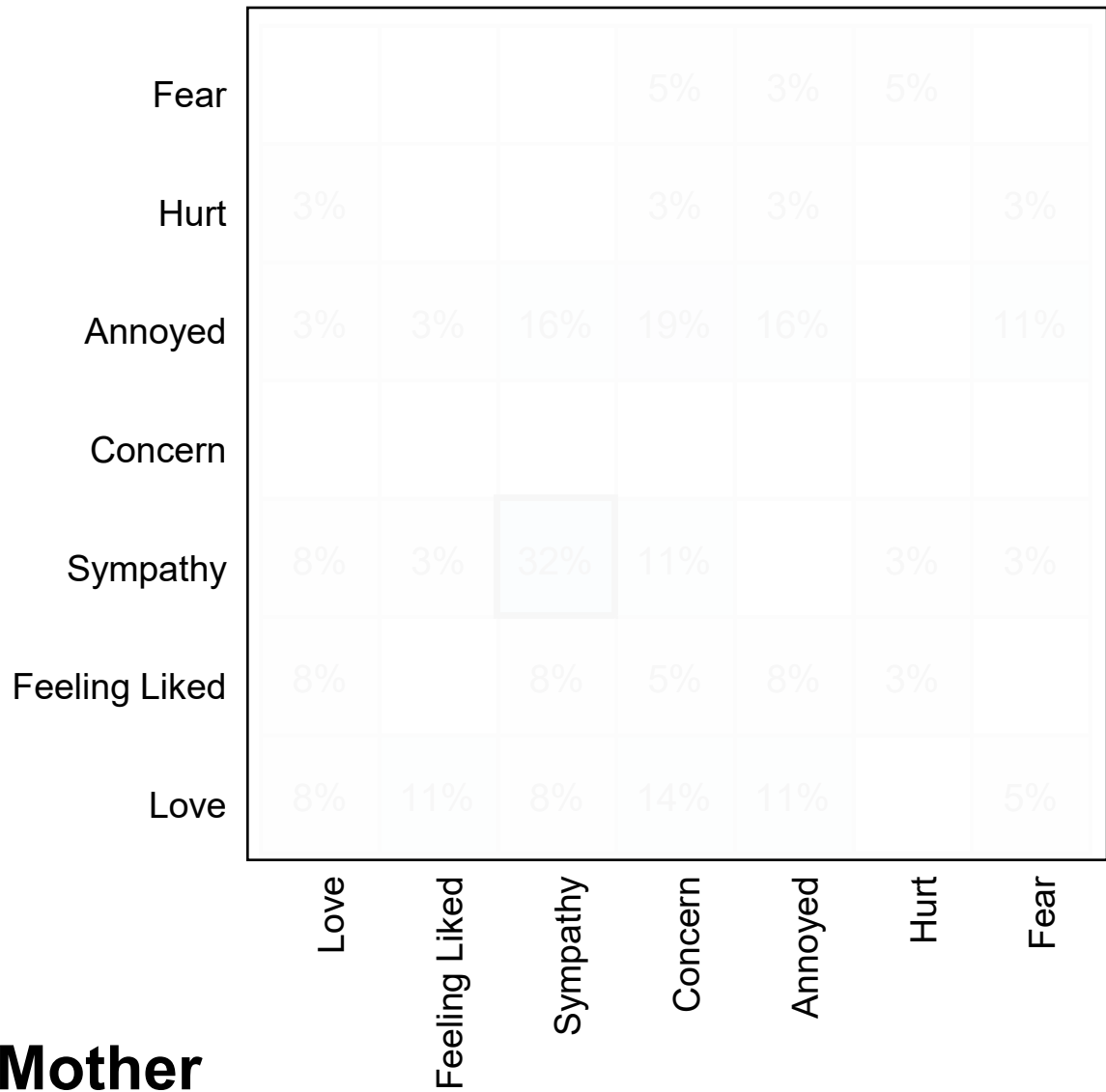
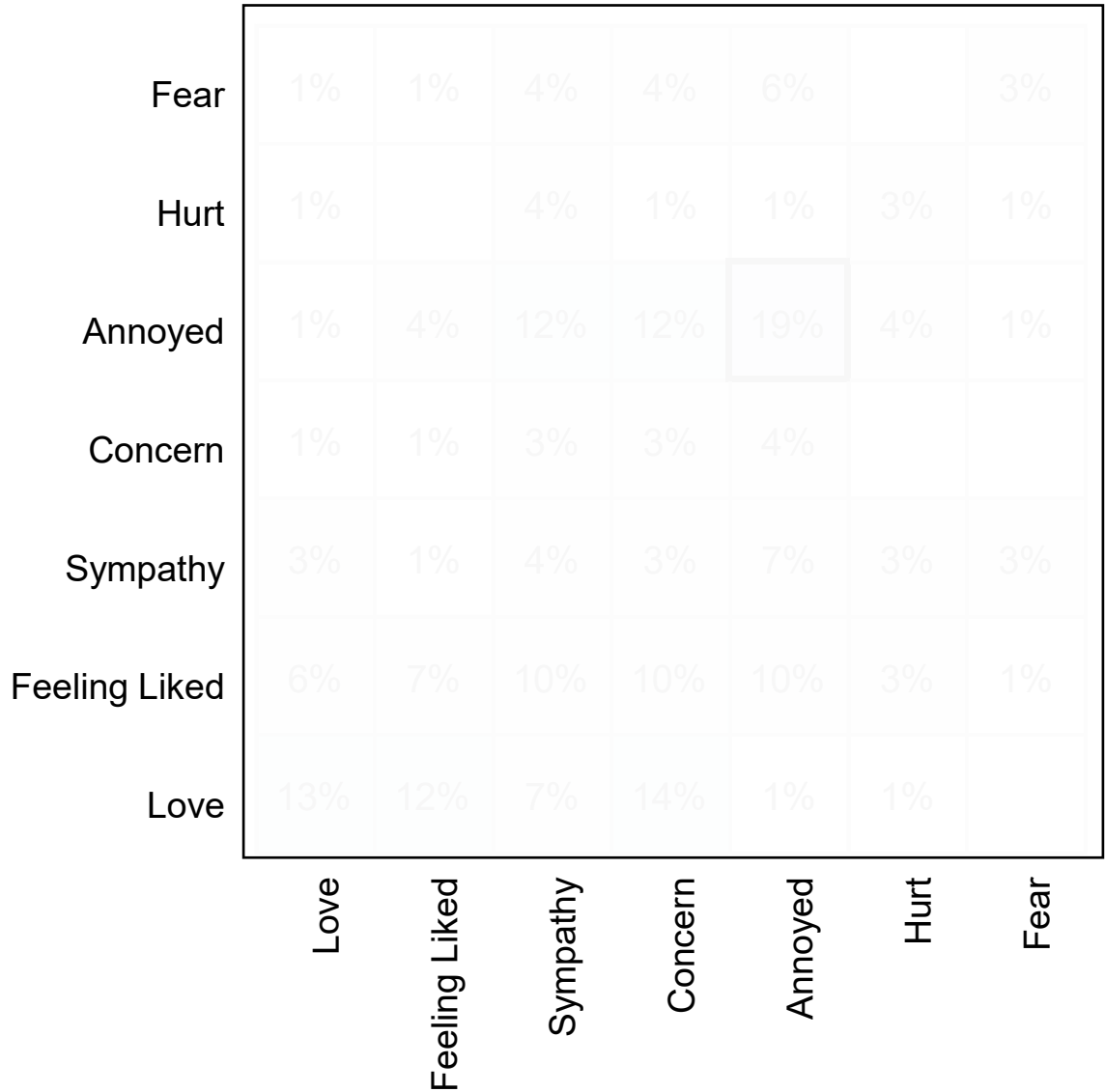
- No differences in frequency of **self-focused states** between Belgian and Japanese interactions
- However, **other-focused states** significantly more frequent in Japanese interactions than in Belgian interactions

Annoyance in daughters may be met with different emotions



- In both cultures, mothers felt **hurt or annoyed to the same degree** when daughters felt annoyed
- However, Japanese mothers were **more likely to feel sympathetic or concerned** when daughters felt annoyed

Daughter



Mother

Daughter



		Love	Feeling Liked	Sympathy	Concern	Annoyed	Hurt	Fear
Fear		1%	1%	4%	4%	6%		3%
Hurt		1%		4%	1%	1%	3%	1%
Annoyed		1%	4%	12%	12%	19%	4%	1%
Concern		1%	1%	3%	3%	4%		
Sympathy		3%	1%	4%	3%	7%	3%	3%
Feeling Liked		6%	7%	10%	10%	10%	3%	1%
Love		13%	12%	7%	14%	1%	1%	



		Love	Feeling Liked	Sympathy	Concern	Annoyed	Hurt	Fear
Fear					5%	3%	5%	
Hurt		3%			3%	3%		3%
Annoyed		3%	3%	16%	19%	16%		11%
Concern								
Sympathy		8%	3%	32%	11%		3%	3%
Feeling Liked		8%		8%	5%	8%	3%	
Love		8%	11%	8%	14%	11%		5%

Mother

% of dyads
with
attractor
state

Daughter



Fear	1%	1%	4%	4%	6%		3%
Hurt	1%		4%	1%	1%	3%	1%
Annoyed	1%	4%	12%	12%	19%	4%	1%
Concern	1%	1%	3%	3%	4%		
Sympathy	3%	1%	4%	3%	7%	3%	3%
Feeling Liked	6%	7%	10%	10%	10%	3%	1%
Love	13%	12%	7%	14%	1%		

$\chi^2 = 0.11, p = .737$

Hurt	3%			3%	3%		3%
Annoyed	3%	3%	16%	19%	16%		11%
Concern							
Sympathy	8%	3%	32%	11%		3%	3%
Feeling Liked	8%		8%	5%	8%	3%	
Love	8%	11%	8%	14%	11%		5%

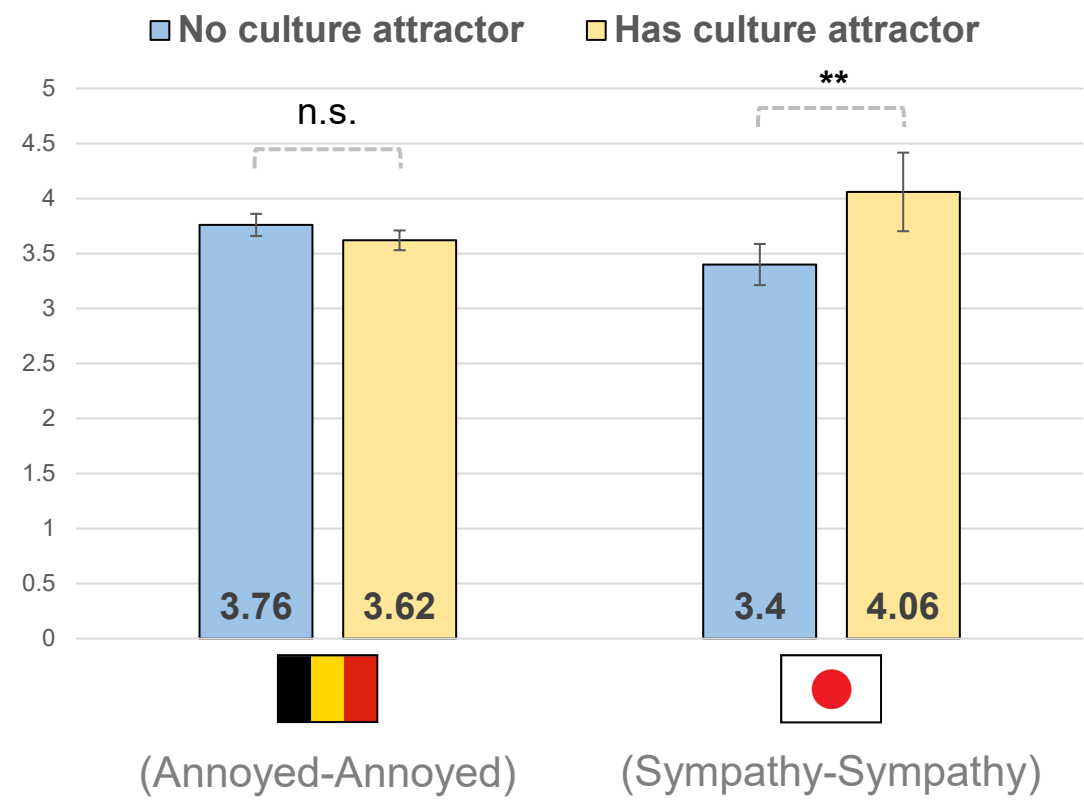
$\chi^2 = 15.64, p < .001$

% of dyads with attractor state

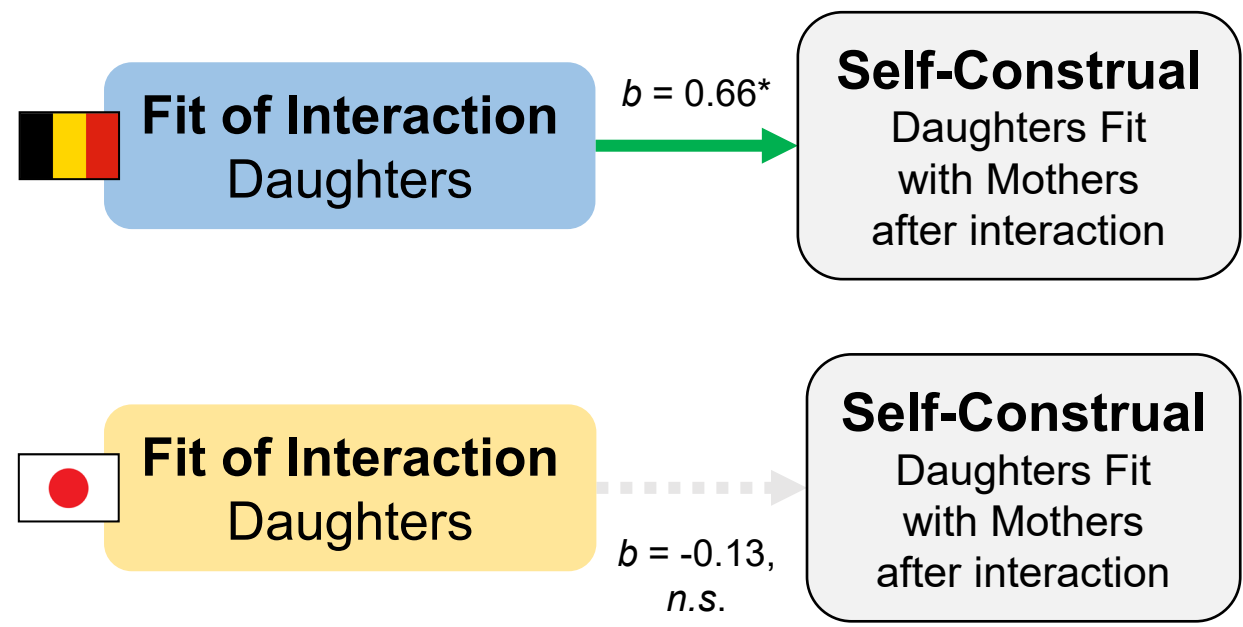
Mother

Love
Feeling Liked
Sympathy
Concern
Annoyed
Hurt
Fear

Culturally “typical” interactions and outcomes



Japanese couples report **higher satisfaction with the interaction** if they show a cultural attractor state



More typical interactions predict **greater fit in self-construal** for Belgian daughters *after the interaction*

What have we learnt?



Interactions center around emotional states that fit cultural relationship models



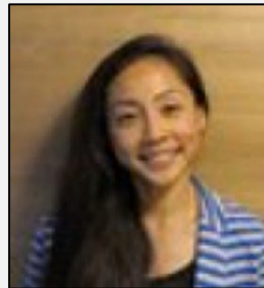
Experiencing culturally typical interactions predicted (some) beneficial outcomes

Thank you for your attention!

Collaborators



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