

Emotionality and Psychological Well-being: The Mediating Role of Emotion Crafting

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Pathways towards Desired Emotions

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Preface

This thesis is a part of my three-year educational bachelor program in psychology at NTNU. The motivation for writing about this subject arose from pure curiosity and inspired me to apply principles from emotion crafting to my daily life. I believe the research field is shifting towards a new direction within positive psychology, and I want to be a part of that change. What drew my attention in the first place, is the key element of emotion crafting: how individuals not only passively respond to emotional stimuli, but actively engage in their own emotional world.

The literature review and writing of the thesis was done independently, with guidance from supervisor, Jolene van der Kaap-Deeder. I would personally like to thank her for being especially patient, available at all times and providing supportive feedback along the way. I am truly grateful for the support I have received, especially for her guidance that led me to explore well-being through temperament. Writing the bachelor thesis has given me important knowledge not just about the themes, but how to conduct psychological research in a proper manner. Regarding the mediation analysis, I would also like to thank Gulsen Guldeste for offering important insights on how to interpret data. Lastly, a big thank you goes to Jo Fosby Jaavall for motivating and encouraging me to finish this bachelor project by providing helpful feedback every step of the way. Overall, I am thankful for the opportunity I have received, and all the research experience gained from writing this thesis. I now feel more enlightened about temperamental emotionality, psychological well-being and of course, the flourishing effect of emotion crafting. I hope the reader will find this thesis fulfilling.

Abstract

The research field in psychology has recently begun to investigate the prominent role of positive emotions in the prediction of well-being. Inspired by self-determination-theory, build-and-broad theory and positive emotion regulation is the promising, yet unexplored, concept of emotion crafting. In the pursuit of happiness, biological contributors, such as temperament has also been considered important. This study aimed at investigating the prominent effects of emotion crafting by examining whether it mediates the relation between temperamental emotionality and psychological well-being. 116 participants ($M_{Age} = 29$, $SD = 11.87$, 58% female) completed an online survey that measured temperament, emotion crafting and psychological well-being. Results indicated that there was no relation between emotionality and psychological well-being. Emotion crafting had no mediating effects; however, it was found to have a strong positive association to well-being. First these findings illustrate that emotionality not necessarily exert beneficial effects on psychological well-being. Second, they also indicate the importance of investigating the proactive positive emotion regulation in the prediction of individuals' mental health.

Keywords: Emotion Regulation, Well-being, Temperamental Emotionality, Emotion Crafting

As a product of evolutionary adaptation, when changes occur rapidly, individuals are prone to interact with the environment through different emotional responses. There are also biologically based contributors, such as temperament, to these specific response tendencies which also could relate to one's overall well-being. Further, in the conception of well-being, the ability to regulate emotions is considered crucial. A great amount of research has been conducted on emotion regulation and its psychological outcomes; however, this research has been almost exclusively related to the regulation of negative emotions. Although informative, these studies are lacking in which they only reflect one side of the emotion continuum, therefore neglecting the possible importance of positive emotions. For this reason, it is argued that one might gain further from changing the perspective and focus on the prominent role of positive emotions in life. In addition, earlier studies have almost exclusively focused on reactive emotion regulation, not the proactive role of individuals.

Hence, the relatively new term *emotion crafting* is therefore focusing on the proactive role of individuals in regulating emotions. By assessing the concepts within emotion crafting, one therefore might actively engage with, and thereby gain increased awareness of, the mechanisms which contribute to positive emotions. Inspired by positive psychology tradition, research studies investigating emotion crafting might provide individuals with useful tools on how to capture and perpetuate positive events. Further, findings from such studies might also foster beneficial outcomes for one's mental health.

Previous research has suggested individual differences in temperament as a possible predictor of psychological well-being. However, the mechanism behind this relation is yet to be explored. This study will therefore investigate whether the relation between individual differences in temperament and psychological well-being is mediated by emotion crafting.

The Role of Emotionality in Well-being

Among the consequences of the well-known nature versus nurture debate within psychology, is the general agreement that there are both environmental and biologically based mechanisms which guides a particular behavior. It is also known that individuals differ in response tendency in relation to environmental stimulation. This response tendency, also referred to as *temperament*, could offer implications for the interpretation of emotions. The affective component of temperament, known as emotionality, generally refers to the "intensity" people experience their emotions.

According to Buss and Plomin (1984) emotionality is associated with distress and reflects a general propensity one possesses to become easily upset. The emotionality dimension is captured by three distinct indicators: distress, fearfulness, and anger. For some, this temperamental trait is considered evolutionary beneficial, for instance in relation to the world of business: “Hotheaded” leaders being easily provoked by sudden environmental changes and therefore scaring off their peers. However, as will be discussed later on, earlier research has stressed the many repercussions of high temperamental reactivity, and how it could possibly influence mental health.

Research studies conducted by Van Beveren and colleagues (2016) found associations between temperamental reactivity, emotion regulation strategies and depression symptoms in youth. Their results stressed how people high in negative emotionality operated with maladaptive regulation strategies and therefore might be more at risk to develop depression. In addition, positive emotionality was negatively related with symptoms, and is considered important for resilience (Van Beveren et al., 2016).

Furthermore, research has also found that individual differences in affective temperament influence the development of emotion regulatory processes (Yap et al., 2007). These emotion regulation processes are important because by adjusting emotional experiences, one might feel better or behave a certain way (Tamir, 2016). It is for this reason that emotion regulation has been linked to well-being. In other words, if temperamental reactivity is closely linked to regulatory processes, individuals could be more vulnerable to develop mental illness due to their emotionality. It is important to distinguish between emotionality, the tendency to become easily upset, and emotion regulation, the mechanisms in which people engage in to navigate or manipulate emotional states. Even so, the previous study demonstrates how these concepts are closely linked and how both could contribute to the prediction of depression.

In the temperament and depression association, earlier research suggests that due to high emotional reactivity, people find it difficult to navigate through stressful events and therefore fails in utilizing effective coping strategies (Elovainio et al., 2015). On one hand, this research provides a valuable framework for understanding how biologically rooted traits could influence ill-being. On the other hand, these studies also illustrate a major gap in psychology research, as mentioned earlier: it solely focusses on depression, therefore prioritizing the dysfunctional aspect of individual’s mental health. Hence, it would be interesting to investigate how temperament, more specifically low scores on emotionality and/or the positive emotionality dimension might influence well-being.

Notably, a study conducted by Stanton and Watson (2015) provided some evidence for how joviality, a component of positive emotionality, is strongly related to well-being. However, it is worth mentioning that this study was also conducted within a psychopathologic framework, and therefore mostly emphasize how emotionality is linked to depressive symptoms. Thus, lack of studies on contentment/happiness in relation to temperament illustrates the need for further research on these subjects.

In relation to well-being, there has been research considering which factors determine one's general happiness. Lyumbormirsky and colleagues (2005) posit that individuals genetical compositions could offer an explanation to what degree people experience happiness. Further, while not mentioning emotionality explicitly, it is assumed that both affective and temperamental traits play a significant role in the pursuit of happiness, due to their high contribution to heritability. Contrary to findings from other studies (Van Beveren et al., 2016; Yap et al., 2007) stating that emotion regulation strategies might be crucial in this relation, this research is not considering the direct mechanisms in which these genes (temperamental traits) influence well-being. However, research concerning well-being in children, stated high emotionality was negatively correlated with happiness (Holder & Klassen, 2009).

The studies mentioned above all encaptures the important correlation between temperament and well-being, although using somewhat different formulations of the latter. Among researchers there are multiple interpretations of the well-being concept, but this current study will operate with *psychological well-being*. Psychological well-being has been conceptualized within 6 different dimensions: self-acceptance, the ability to grow and develop as a person, the belief that life has a purpose, positive relations with others, a sense of autonomy, and dealing with challenging events in life (Ryff & Keyes, 1995). Therefore, hedonic, eudaimonic, and subjective well-being are all encapsulated in the overall definition of psychological well-being. Interestingly, there has been generated a great amount of research considering the contributors of well-being. In fact, studies arising from the behavioral genetics' domain demonstrated how genes accounted for 35% of the variance in well-being (Bartels, 2015).

Earlier research has emphasized temperament in relation to aspects of well-being and depression, and to some extent elaborated further on the mechanisms behind it, such as emotion regulation. Although this relation has been firmly documented, there is further need to investigate the underlying process in which emotionality is linked to well-being.

The Mediating Role of Emotion Crafting

For years, the adaptation of negative emotions (i.e., fear and distress) was considered evolutionary beneficial. Therefore, previous research has almost exclusively focused on the regulation of negative emotions, thereby neglecting the possible role of regulating positive emotions. Buss and Plomin's (1984) operationalization of emotionality generally assumes that individuals passively react to emotional stimuli. However, little attention is given to the individuals active role in generating, prolonging, and regulating own emotions.

Savoring strategies is considered essential to obtain and increase positive emotional experiences (Tugade & Frederickson, 2007). Interestingly, the broaden-and-build theory offers an explanation to why savoring also might relate to well-being. The prolonging of positive emotions can help broaden the array of thoughts and emotions, and this mindset-expansion further cultivates useful skills and personal resources (Frederickson, 2001). In addition, drawing upon the principles of directing attention, savoring also facilitates the ability to be present in the moment, thereby nurturing positive emotions (Quoidbach et al., 2010). Practicing and cultivating the experience of positive emotions is, not surprisingly, also related to well-being; Tugade and Frederickson (2007) emphasize how hedonic well-being, like experiencing positive emotions on a daily basis, could possibly offer long-term beneficial outcomes, such as eudaimonic well-being.

Moreover, highlighting the importance of regulating positive emotions, *emotion crafting* can be interpreted as an extended branch of emotion regulation. Inspired by self-determination theory, emotion crafting differs from emotion regulation in which it elaborates further on autonomy; individuals perceived inner control. The concept of emotion crafting therefore embodies the active role of the individual and can be defined as one's ability to actively pursue positive emotions (van der Kaap-Deeder et al., 2022). In their further elaboration of emotion crafting, savoring is also considered crucial. However, also in this case, stressing the role of the individual (i.e., perceived control) by assessing the concept of savoring beliefs; the *belief* that one is actually able to savor moments (Bryant, 2003).

Van der Kaap-Deeder and colleagues (2022) also state that emotion crafting encompasses elements of awareness, for instance being aware of different opportunities which contribute to the activation of positive emotions and acting in favor of these opportunities. To illustrate, knowing what kinds of activities that might foster positive emotions, such as boosting one's self-esteem, and actively engage in them by for example exercising.

In line with the awareness and activation-prospect, the theory of need crafting further extends the concept of emotion crafting; by adding the importance of actively generating optimal conditions for need-satisfaction in relation to mental health (Laporte et al., 2021). The theory emphasizes the role of the individual to *create* environments where the basic psychological needs is fulfilled.

For instance, engaging in challenging tasks and seeking conditions for intellectual growth, and thereby increasing one's own potential (i.e., the need for competence). Until now, the concept of emotion crafting has remained somewhat elusive, however these theories provide implicit evidence to the possible functionality of emotion crafting.

In their prediction of well-being, earlier research failed to consider the possible mediating role of emotion crafting. However, there are some prominent indicators on how emotion crafting might relate to both temperament and psychological well-being.

According to Lyubormirsky and associates (2005) happiness is guided by three factors, one of them is indeed genetically influenced, but the second contributor signify the possible role of happiness-related *activities*. Although not mentioning emotion crafting explicitly, the current idea employs the activation element in the pursuit of positive emotions. The researchers also posit how these activities are intentional, meaning that people actively choose to engage in them (Lyubormirsky et al., 2005). The engaging in, and selection of different activities actually draws upon concepts within emotion crafting by emphasizing the active role of the individual. In addition, stating that intentional activities might foster happiness, also indirectly imply how emotion crafting is related to well-being. While emotion crafting and psychological well-being might be overlapping constructs, one can argue that they in fact complement each other. For instance, effective emotion crafting might be the key to achieve greater psychological well-being. Hence, there might be beneficial to examine their relation further.

In relation to temperament, earlier research has provided some insights to how genes might influence happiness. Studies demonstrate that genes influence well-being indirectly, by navigating what kinds of environments and experiences one chooses to seek out (Lyubormirsky et al., 2005). It appears that, the temperamental trait of emotionality, being highly heritable and could therefore act as a predetermined "set point" to the utilization of emotion crafting. Consequently, emotionality could possibly provide a *regulatory* framework to individuals active involvement in the pursuit of positive emotions.

Accounting for temperament in children, Holder and Klassen (2010) provided implications for future research, declaring the benefit of assessing how temperament influences the selection of happiness-seeking strategies. Although not elaborating further on these strategies specifically, it could possibly also relate to the action component of emotion crafting. For example, intentionally seeking out the activities which contribute to pleasant feelings.

Although insightful, maybe the literature above further emphasizes the need to integrate emotion crafting as an extended member of the emotionality and well-being association? In line with this inquiry, gaps in previous research could be addressed by considering the possible mediating role of emotion crafting.

The Present Research

Despite the vast research on temperament in relation to well-being, less is known about the possible effects behind this association. Although previous research has examined the link between temperamental affective traits and mental health, no study has considered the possible role of individuals active engagement in creating positive emotions, and thereby influencing their state of well-being. For this reason, the current study aims to gain a greater understanding of the relation between emotionality and psychological well-being by accounting for the concept of emotion crafting. First, it was expected to find a moderately, strong negative relation between the emotionality indicators and psychological well-being (Hypothesis 1). Second, I sought to investigate whether emotion crafting (both the awareness and action component) would explain this relation further by acting as a mediator between emotionality and well-being (Hypothesis 2). Underlying the second hypothesis is the assumption that emotionality may act as a suppressor, thereby making emotion crafting challenging to utilize and further affect psychological well-being.

This research is also aimed to investigate the possible prominent effects of emotion crafting, by assessing the direction of influence in relation to temperament and well-being. Towards a new auspicious and innovative perspective in positive psychology, the current study will therefore examine the following question: is the relation between individual differences in temperament and psychological well-being mediated by emotion crafting?

The survey was distributed first through a paper-form informative letter about the experiment and a declaration of consent, following baseline and daily questionnaires presented through e-mail. The morning assessment needed to be submitted by 10.am, and the evening assessment had a deadline at 10:30 PM. In the final sample, only 116 (95%) fully completed the baseline survey, whereas 6 (5%) only filled out the daily measures. Results were assessed anonymously, and the personal information was kept only within the research-period. The data were conducted from March 12th to the 30th, as a part of a bachelor project course supervised by Prof. Dr. Jolene van der Kaap-Deeder. This study is constituted within a broader project funded by the Research Council of Norway, *Emotion crafting: A Proactive View on Adolescents' Pathway towards Desired Emotions*, focusing on antecedents and outcomes of emotion crafting.

In order to gather identifying information about participants, the project (reference number: 334714) applied for and obtained an approval from the Norwegian Centre of Research Data (NSD). The Regional Committees for Medical and Health Research Ethics (REC) have also evaluated the project and stated that it can be carried out without their approval.

Measures

The baseline survey consisted of several scales accounting for different construct within psychology, but only questions regarding temperament, emotion crafting and psychological well-being was assessed in the current study.

Temperament

The Emotionality, Activity and Sociability survey by Buss and Plomin (1984) were used to assess participants temperament. The survey was later translated to Norwegian by Ane Nærde (2004). In the questionnaire consisting of 20 items, participants were supposed to express their agreement in statements such as “I am easily frightened” or “Every day events make me troubled and fretful”. The degree of agreement was measured through a Likert - type scale (1 = not typical, 5 = very typical). The emotionality dimension was further divided into three facets: fearfulness, distress, and anger. The internal consistency of each facet was found to be adequate, with a Cronbach alpha > .50.

Emotion crafting

The Emotion Crafting Scale (ECS) was assessed to measure awareness of and the prolonging of positive emotions. Van der Kaap-Deeder and colleagues (2022) formulated a questionnaire capturing the broad concept of emotion crafting. The baseline questionnaire consists of 12 items, ranging from awareness which factors that cause positive feelings (4 items) and self-initiated behavior that makes one feel better (8 items).

The English questionnaire was translated to Norwegian by an independent researcher speaking both Norwegian and English fluently (van der Kaap-Deeder et al., 2022). The participants were asked, through a 5-point Likert-scale (1 = *disagree*, 5 = *strongly agree*), their agreement on statements such as “I seek out people I feel happy with” and “I am aware off activities that gives me a good feeling”. The two subscales equally had adequate internal consistency with a Chronbach’s alpha of .70.

Eudaimonic well-being

Psychological Well-being Scale (Ryff & Keyes, 1995) was employed to asses participants eudaimonic well-being. Two subscales, consisting of 6 items, were selected: Purpose in Life (items 1-3) and Personal growth (item 4-6). Participants read, and agreed to statements related to the first subscale, such as “Some people go through life without purpose, but not me”, and the second subscale, “To me, life has been a process with learning, changes and growth”. The response was measured through a 7- point Likert-scale (1 = *Strongly disagree*, 7 = *Stronlgy agree*).

Previous research conducted by van der Kaap-Deeder and colleagues (2022) found both subscales to be reliable ($\alpha = .60$). In the current study Purpose in Life demonstrated poor internal consistency with a Cronbach’s alpha of .33.

Statistical Analyses

The first hypothesis was assessed through a correlation analysis, and later linear regression to examine the relation between mainly emotionality and psychological well-being. The second hypothesis was examined through hierarchical multiple regression, and later a Sobel test to investigate mediation between the variables. First, a MANCOVA analysis was conducted to check for effects of background variables (age, marital status, gender, education, etc.). Second, the hierarchical multiple regression controlled for age, before adding facets of emotionality to the second model and lastly emotion crafting as the mediator. In order to perform a Sobel test, there was further need for a linear regression with emotion crafting as outcome, and emotionality and age as predictors. The current study used the data program, SPSS for all statistical analyses and an online website calculator for the Sobel-test.

Results

Preliminary Analysis

Initially, a MANCOVA analysis was performed to examine the relation between the background variables (i.e., age, sex, education, marital status) and the outcome variables (emotion crafting and well-being). The analysis showed a significant multivariate effect for age in relation to emotion crafting ($p < .01$). Hence, I controlled for age in the main analysis.

Additionally, to examine the relation between the study variables, emotionality, emotion crafting and psychological well-being, Pearsons correlation analysis were conducted. First, only one facet of emotionality related to the outcome, with higher levels of distress relating to less well-being. Moreover, there was found a significant negative correlation between emotion crafting, fearfulness, and distress. In contrast, emotion crafting correlated positively with psychological well-being. There was one significant correlation between the background variable and study variables, in which age only related to fearfulness (see Table 1).

Table 1

Descriptives of and Correlation Between all Study Variables

<i>Measure</i>	<i>M</i>	<i>SD</i>	1	2	3	4	5	6
1. Age	29	11.87	-					
2. Fearfulness	2.48	.75	-.24**	-				
3. Distress	2.48	.87	-.10	.71**	-			
4. Anger	2.45	.73	.05	.22*	.43**	-		
5. EC	3.96	.50	.16	-.27**	-.24**	.04	-	
6. Well-being	5.46	.73	.03	-.18	-.21*	.00	.33**	-

Note. EC = emotion crafting; ** $p < .01$, * $p < .05$

Primary Analysis

To investigate whether emotion crafting mediated the relation between the emotionality indicators and psychological well-being, a hierarchical multiple regression was conducted. In a first step, it was examined whether emotionality and subsequently emotion crafting could improve the prediction of psychological well-being, while controlling for age. The first block with age as a background effect, was not significant, as shown in Table 2. The second block included the three facets of emotionality, leading to a non-significant increase in R^2 . Further, there was found a significant increase in R^2 when implementing emotion crafting to the third and final block explaining 13.2% of the variance in psychological well-being.

To summarize, the hierarchical regression indicated that neither age nor emotionality related to the outcome, only emotion crafting.

Table 2

Hierarchical Regression Analysis with Emotionality and Emotion Crafting predicting Psychological Well-being, controlling for Age.

<i>Variable</i>	<i>B</i>	<i>SEB</i>	β	<i>R</i> ²	ΔR^2
Block 1				.00	
Age	.00	.01	.03		
Block 2				.06	.02
Age	.00	.01	-.01		
Fearfulness	-.05	.13	-.05		
Distress	-.19	.12	-.22		
Anger	.11	.10	.11		
Block 3				.13**	.77**
Age	-.00	.01	-.03		
Fearfulness	-.01	.13	-.01		
Distress	-.14	.12	-.17		
Anger	-.07	.10	.07		
EC	.43	.14	.29**		

Note. EC = emotion crafting; ** $p < .01$

In order to fully investigate the mediation model (see figure 1; path a), a linear regression analysis was conducted to calculate whether fearfulness, distress and anger (i.e., the independent variables) related to emotion crafting (i.e., the mediator). As stated in table 3, while controlling for age, emotionality was unrelated to emotion crafting. A Sobel test was run to investigate whether emotion crafting played a mediating role between fearfulness, distress and anger, and psychological well-being. Despite the significant relation between well-being and emotion crafting (see Table 2), the Sobel test indicated that the latter did not exert mediating effects ($Z_{\text{Fearfulness}} = 1.05$, $Z_{\text{Distress}} = 1.25$, $Z_{\text{Anger}} = 1.33$, $p > .001$).

Table 3

Hierarchical Regression Analysis with Emotionality predicting Emotion Crafting, controlling for Age

<i>Variable</i>	<i>B</i>	<i>SEB</i>	β	<i>R</i> ²	ΔR^2
Block 1				.03	
Age	.01	.00	.16		
Block 2				.11	.08
Age	.00	.00	.01		
Fearfulness	-.01	.09	-.15		
Distress	-.11	.08	-.19		
Anger	.10	.07	.15		

Discussion

Given the scarcity of research regarding the mechanisms behind temperament and psychological well-being, the aim of this study was to gain a deeper understanding of this relation by investigating one possible mechanism. It was expected that there would be a relation between emotionality and psychological well-being, and that this relation would be mediated by emotion crafting. A core theoretical underpinning of this hypothesis was that the assumed suppressive effects of emotionality on emotion crafting, would limit the utilization of effective strategies for prolonging positive emotions and therefore negatively affect well-being.

The results from the correlational analysis showed associations between all emotionality indicators and well-being whereas fearfulness and anger did not significantly relate to the outcome, only distress demonstrated a significant negative direction with psychological well-being. However, despite the significant correlation between distress and well-being, follow-up analyses controlling for age and examining the role of all three emotionality indicators at once showed that there was no relation between emotionality and psychological well-being. Therefore, the first hypothesis regarding this relation was not confirmed.

Contrary to studies from previous research, the emotionality and well-being relation did not occur, and there could be several possible reasons for this finding. Among some, the possible explanation for this occurrence is the assessment of different temperament scales.

For this reason, the outcome (i.e., psychological well-being) might depend on how one chooses to operationalize temperament.

For instance, temperament could be purposed along a continuum, such as measuring scales within different temperamental traits, or temperament could be assessed by breaking down individuals' affective characteristics into certain temperament "type"/styles. Naturally, if some temperamental dispositions include further "key" elements which indirectly could relate to well-being, it presumably promotes affirmative evidence for this association.

In addition, it is worth mentioning that the findings in this study did demonstrate strong evidence for the expected relation between emotion crafting and well-being. Interestingly, this provides evidence for the possibly effective role of emotion crafting. The implementation of emotion crafting could indeed compliment findings from previous research. While "happiness related strategies" is vaguely described as, for instance fitting one's activities to match own personal resources (Lyubormirsky et al., 2005), emotion crafting provides a more comprehensive theoretical framework regarding *how* one might influence happiness.

On a different note, the next step in the analysis was to examine the possible mediating role of emotion crafting, even though the direct effect between emotionality indicators and psychological well-being was not significant. Baron and Kenny (1986) provided a "recipe" for mediation analysis, first stating how one should find a direct effect between the predictor and outcome before proceeding with the analysis. However, some argue that this "condition" is not necessary in order to find a mediation (Pardo & Roman, 2013). Sometimes both the predictor and outcome each relate to an external factor, explaining the overall variance. So, emotion crafting is still considered important because it could demonstrate an indirect effect between emotionality and psychological well-being.

Yet, as mentioned earlier, the findings also stated that emotion crafting did not mediate the relation between emotionality and psychological well-being, also implying that there was no relation between emotionality and emotion crafting. A possible explanation for this finding lays in the key features significant for each concept: temperament is considered a highly *reactive* mechanism (due to its biological underpinnings), meanwhile one of the most important aspects of emotion crafting is awareness. Therefore, where temperament accounts for one's passive emotional repertoire, emotion crafting captures the proactive role of individuals in emotional experiences. In addition, no mediating effects could further indicate that the directions of influence between temperament and psychological well-being is too complex that emotion crafting let alone explain this association.

Although as mentioned earlier, there are prominent evidence linking positive emotionality to well-being (Stanton & Watson, 2016), the findings from this study were not consistent with previous research. There are reasons to believe that the complex relation between temperament and well-being is occasionally, depending on the conceptualization of temperament, challenging to actually confirm. One can argue that since temperament is deeply embedded within biological predestined compositions (i.e., genes), emotionality therefore consists of solely automatic emotional response tendencies. This is an important notice because temperament does not account for the impact of environmental learning experiences, hence, it should not be assessed within the prediction of happiness (Garcia, 2011).

Further, previous research concerning temperamental outcomes have mostly focused on indicators of ill-being and psychopathology stating that high emotionality might make individuals more prone to develop depression (Van Beveren et al., 2016). An important notice is, there are different views when it comes to the conceptualization of well-being, and especially whether *less* well-being and ill-being should be considered as two distinct dimensions in mental health or if they are two opposite views along the same continuum. For this reason, ill-being such as depression might not necessarily correlate with less psychological well-being. Thus, it might be the case that temperament, more specifically emotionality, is especially essential in the explanation of detrimental psychological functioning.

Strengths and Limitations

Of course, within all research fields it is necessary to address some of the strengths and limitations concerning both the implementation of methodological principles and shortcomings about the study in general. First, it is important to emphasize that this current study is cross-sectional, meaning that one can only draw conclusions about relations between variables. The testing for causation is simply beyond the scope of this paper, therefore one cannot assume how for instance, emotion crafting affects psychological well-being and vice versa. Despite testing for background effects, there could also be other variables that was not accounted for, which could have affected the results. For instance, some of the questions required deep focus and some circumstances could have interrupted this concentration and further affected how the participants answered the survey. However, this is not considered a prominent limitation when the sample size is larger.

Meanwhile, a considered strength of this study is the usage of well-established measures, both for temperament and psychological well-being. Although the emotion crafting scale is partly obscure, it holds a strong reliability measure implying high internal consistency. Also, all questions were measured quantitatively (multiple choice) thereby accounting for anonymity, which can provide honest answers and protection of identify.

In addition, the sample of this study could be considered problematic due to its homogeneity. A majority of the participants is female, and the mean age is below 30, which is quite young, and can limit the generalizability of the current findings to specific groups within the population. Although this sample is not necessarily considered small, it could benefit from recruiting more participants thereby also include an even distribution of gender and a broader age range. It would also be interesting to investigate whether these findings also apply in other populations or cultures. Interestingly, findings from previous research illustrate how well-being and happiness differ across cultures (Suh, 2007).

As mentioned earlier, because the participants were recruited through social networks, convenient sample is not considered representable. There are several reasons for this notion, partly because one has a propensity to seek out people who are similar to themselves. This could generate a confirmation bias from the researcher's point of view, hoping to find results that verify already prior beliefs about an outcome. Also, recruiting friends or significant others who is familiar with the concepts (i.e., other psychology students) within the research program, might influence their response to the questionnaire in a way that induce social desirability bias.

A quite considerable limitation was the length of the baseline questionnaire. Participants reported how the numerous, and sometimes repetitive questions, affected overall motivation in answering the survey. Although repetition is sometimes necessary in order to gain reliable answers, this could also provoke frustration and confuse participants. However, a possible strength of this study is that the questionnaire was conducted online providing greater accessibility. Therefore, easy access to the survey might foster further motivation and increase response rate.

In addition, it is worth mentioning that sometimes meaning can get lost in translation from English to Norwegian: this could be a possible source of response error. Participants are likely to provide neutral answers if they don't understand the contents of the question and can therefore potentially limit findings.

Nevertheless, as mentioned briefly above, a substantial limitation of the findings lays in the conceptual framework of well-being. There are several distinct views on what it means to be well psychologically, ranging from life satisfaction to positive or negative affect, implying that it is challenging to cover all aspects within the well-being domain (Ryff & Keyes, 1995). Besides, there are chances that some of these constructs may overlap when conducting statistical analyses, making it even difficult to generate, or find supporting evidence for specific theories.

Implications practice, theory, and future research

After acknowledging these limitations, the findings from this study have expanded existing literature regarding emotional functioning. The findings have also supplemented previous research by highlighting the role of emotion crafting in relation to psychological wealth. This approach to psychology, targeting the importance of positive emotions and its contents, is still growing within the research field and is it therefore encouraged that future research address this new perspective further. Previous research found a relation between temperament and well-being, this study emphasizes the complexity of this association by implementing a mediator, and thereby investigating one possible mechanism.

Contrary to previous research, the current findings did not provide supportive evidence for the relation between emotionality and psychological well-being. However, as briefly mentioned, this could be due to the different conceptualizations of well-being. Because the definitions of well-being often arise from different research traditions, researchers are sometimes only familiar to well-being indicators within their own field (Lucas et al., 1996). A natural next step for future research is therefore to combine different operationalizations of well-being and investigate the relation between these constructs. Nevertheless, the integration of different well-being indicators could possibly contribute to a greater explanation of the variance in well-being. When doing so, findings might harmonize even better and generate important theories regarding psychological outcomes.

Further, findings from the current study suggested that there was no mediation. However, because emotion crafting did relate to psychological well-being, there was found a possible indicator of positive functioning. Importantly, a direction for future research is to consider elaborating further on this relation and maybe investigate the directions of influence. Moreover, one should examine the exact causation by conducting longitudinal studies, therefore also eliminating confounding variables. Importantly, it might be beneficial to include a larger sample across different cultures to capture the extent of the emotion crafting and well-being association.

In addition, the relation between emotionality and well-being might be too complex for only one mediator. Due to its association with well-being, emotion crafting should be accounted for, but the addition of other mediators as well could be comprehensive for future research. Especially, one should consider including mediators that might be more associated with temperament; for instance, earlier studies has found a link between emotion regulation and emotionality (Yap et al., 2007). Interestingly, the principle of emotion crafting also encompasses emotion regulation (i.e., the active regulation of positive emotions). Hence, conducting mediational analysis with several mediators might deepen our understanding of the temperament and well-being association, but also grant emotion crafting the recognition it deserves as important in relation to psychological well-functioning.

Yet, future studies should also consider implementing other possible mechanisms that affect individuals' emotional experiences. In the current study, temperament was assessed, however, it might be beneficial to consider personality traits accounting for environmental influences. Temperamental emotionality, here emphasizing vulnerability to distress, could sometimes be associated as the origins of neuroticism (Barlow et al., 2014). Neuroticism could be considered as an extended branch of emotionality, given that environmental factors moderate one's biological reactivity which further leads to the development of apparent personality traits. Therefore, another direction for future research could be implementing neuroticism in the complex equation of emotion crafting and well-being.

Concluding remarks

Throughout the recent decade, studies on happiness-inducing mechanisms have been considered appealing within the psychology field. Hence, the current study sought to investigate whether temperament, and preferably emotion crafting had a significant role to play in the prediction of well-being. In conclusion, emotion crafting did not mediate the relation between emotionality and psychological well-being. There is still hope that future research might find this study rather useful: it was found a positive relation between emotion crafting and well-being. A great aspiration is that the current findings, especially the promising effects of emotion crafting, could nurture the up-and-coming direction of research regarding the "pursuit of happiness". Thus far, there is also a further need to investigate the interplay between emotionality and emotion crafting in the prediction of well-being. A fruitful approach to future research is also to consider unfolding the possible pathways in which emotion crafting strategies affects psychological well-being, stating this relation more clearly.

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