

**Daily Emotion Crafting and Subjective Well-Being:  
The Mediating Role of Basic Psychological Need Satisfaction**

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## **Preface**

This thesis marks the end of my bachelor's degree in psychology at the Norwegian University of Science and Technology. The chosen research questions and hypotheses stem from my curiosity for individuals autonomous functioning. This study is part of a larger research project called "Emotion Crafting: A Proactive View on Adolescents Pathways towards Desired Emotions", which aims at broadening the existing research concerning proactive emotion regulation.

I want to thank my supervisor Dr. Jolene Van der Kaap-Deeder for her guidance and support. Her input has helped me with the writing process and my understanding of the theme. I also want to thank Jo Fosby Jaavall for guidance regarding my academic and creative writing, and Gulsen Guldeste for help with information regarding the analyses and the dataset. Lastly, I want to thank my friends and family for their support and care.

Writing this thesis has been time-consuming and challenging, but at the same time very rewarding. The process has provided me with more thorough knowledge on how to conduct a research project, and a deeper understanding of the thesis theme. I hope my thesis reflects the enthusiasm and the joy I have experienced while immersing in the theme and in the study design. I hope you find this thesis interesting and rewarding to read.

## **Abstract**

Based on the Self-Determination Theory, the present study examines the relation between individuals engagement in emotion crafting and their subjective well-being, by investigating basic psychological need satisfaction as a possible mediator. The sample consisted of 115 respondents ( $M = 29$ ;  $SD = 11.87$  ; 61% female) who filled out a daily evening questionnaire for one week assessing their daily experiences.

Analyses based on aggregated data showed that individuals who demonstrated higher levels of emotion crafting also experienced more vitality, with experienced need satisfaction acting as a mediating process in this relation. Current findings add to the novel research concerning individuals proactive role in emotion regulation, indicating the importance of agency and the basic psychological needs for promoting individuals' wellness.

*Key words: Emotion Crafting, Basic Psychological Need Satisfaction, Well-being, Vitality, Self-Determination Theory, Daily Diary*

In everyday life people meet complex stressors that challenge their psychical and psychological homeostasis. How individual's choose to react and tackle these diverse obstacles are crucial for their functioning and the promotion of wellness (Ryan & Deci, 2018). Individual's capacity to regulate the positive and negative emotions they experience have great importance for this promotion (Brans et al., 2013; Gross et al., 2006). Most studies have focused on negative emotion regulation and found its relation to multiple well-being indices (Gross, 2014). Less research focuses on positive emotion regulation and its outcomes, with studies showing positive emotion regulation to be crucial for well-being (Garland et al., 2010).

However, less is known of the proactive role in positive emotion regulation. Individual's do not only react to emotion loaded stimuli but have an active role in their experiences and the things they chose to undertake. To fill this gap Van der Kaap-Deeder et al. (2022) introduced the concept of emotion crafting. This research found emotion crafting to relate positively to multiple well-being indicators. This study aims at building on this literature by examining need satisfaction as a mechanism in-between this relation. Emotion crafting builds on theories of agency such as Self-determination Theory (SDT).

This study tests SDT's explanatory role for wellbeing through the basic psychological need's satisfaction. The knowledge of active promotion of well-being and flourishing is an issue of great societal interest, leading to empowerment for individual's to take control of their own emotional lives and promoting a more top-down regulation (Van der Kaap-Deeder et al., 2022). The current research, therefore, aimed to advance knowledge on individual's active role in their own emotional experiences. Proposing emotion crafting promotes subjective well-being, and that need satisfaction mediate this relation.

### **Pursuing Positive Emotional Experiences**

Emotion regulation can be defined as the process where individuals identify, experience, deal with, and express their emotions (Gross, 2002). Individuals can downregulate or upregulate both their positive and negative emotional experiences (Brondino et al., 2020). The existing research concerning emotion regulation is well-explored and primary focuses on negative affect and maladaptive emotion regulation. Maladaptive emotion regulation (e.g., suppressive emotion regulation) can be shown when meeting emotional experiences with avoidance or control and has been largely connected to ill-being and psychopathology (Carl et al., 2013; Vansteenkiste & Ryan, 2013). Adaptive emotion regulatory such as (e.g., integrative emotion regulation) is characterised by better cognitive- and social functioning, a higher level of psychological and physical well-being as well as more academic success

(Gross, 2014; McLaughlin et al., 2011). Frequent use of up regulation strategies of positive affect is associated with higher levels of happiness and life satisfaction.

Most people aim to increase positive emotions and decrease negative ones (Gross et al., 1999, 2002, 2006, 2007, 2014). Individual's experience of positive emotions signal well-being and can guide their behaviour (Fredrickson, 2001). Dozens of studies within the field of positive psychology have linked positive emotions to numerous well-being indicators, E.g., psychological growth (Sheldon & Houser-Marko, 2001), physical health (Rasmussen et al., 2009), and mental health (M. Tugade & Fredrickson, 2004). Existing research has also suggested that positive emotions also have long lasting consequences (Fredrickson, 2001). The more positive emotion people experience the more problem focus coping they engage in, which in turn increase positive emotions over time (Fredrickson & Joiner, 2002). Positive emotions can broaden individuals' perspective, thoughts, and actions, therefore leading to better functioning (Fredrickson, 1998). Over time positive emotions can contribute to people long term well-being (Brondino et al., 2020).

The overall balance of time a person experience positive versus negative emotions has been shown to predict their judgement of own subjective well-being (Diener et al., 2009; Fredrickson, 2001). Where individuals who experience more positive emotions report higher well-being. Individual well-being concerns more than the momentary experience of psychological health and life satisfaction. Well-being is not simply a subjective experience of positive affect, but also an organismic function, which entails the detection of presence or absence of vitality, psychological flexibility, and a deep inner sense of wellness (E. L. Deci & Ryan, 2000; Ryan et al., 1995; Ryan & Frederick, 1997).

Ryan & Frederick (1997) conceptualize subjective vitality as a positive toned experience of aliveness and having energy available to or within the regulatory control of one's self. In line with early theorizing, subjective vitality connects to individuals healthy functioning and well-being (Ryan & Deci, 2001). Existing literature has provided evidence for adaptive functioning of subjective vitality ((E. L. Deci & Ryan, 2008) (e. g., individual's who rapport more vitality are more active, attentive, and productive. They are better at maintaining self-control and coping with stress, they rapport better mental health and wellness). The presence and absence of vitality is considered an important marker for wellness (Ryan & Deci, 2001). Subjective vitality is shown to be related to higher positive affect and lower negative affect (Ryan & Frederick, 1997).

People sometimes engage in strategies that increase and enhance their positive emotional experiences (M. M. Tugade & Fredrickson, 2007). By maintaining and enhancing

these individuals promote healthy coping, optimism, and life satisfaction. Individuals do not only passively respond to emotion loaded stimuli but can also purposely and actively initiate and direct their emotional experiences (Van der Kaap-Deeder, et al., 2022). Knowledge of this is useful for understanding and provides the possibility for more awareness surrounding how individuals can enhance their own quality of life. Filling this gap, Van der Kaap-Deeder et al., (2022) introduced the concept of emotion crafting. Emotion crafting refers to proactive behaviour that is deliberately and self-intended, which aims to increase positive feelings, where individuals that have a desire to experience more positive emotions can actively create them (Van der Kaap-Deeder, et al., 2022).

Theories of agency, such as SDT (E. L. Deci & Ryan, 2000) are central for the conceptualization of emotion crafting (Van der Kaap-Deeder, et al., 2022). Awareness and action is the components of emotion crafting. This entails individuals' awareness of present opportunities, that can have an increasing or maintaining effects on their positive emotional experiences. E. g., activities or situations individuals can engage in or people we can spend time with and individuals' active contribution and engagement. An individual is considered to show a high level of emotion crafting when they are aware of which social relationships promote the experience of positive emotions, and therefore makes active choices to devote time to spend with them (Van der Kaap-Deeder, et al., 2022). Another way individuals can demonstrate high levels of emotion crafting is through engaging in activities they find enjoyable, which is subjective. Taking part in these activities, can often include interpersonal relations and social groups (e. g. different sports activities or hobbies).

### **The Mediating Role of Need Satisfaction**

SDT is a leading theory regarding human motivation, explaining the conditions which drive the promotion of healthy positive growth and well-being (Deci & Ryan, 2000, 2000, 2001, 2018). The theory is a broad organismic-dialectical metatheory in the humanistic existential domain, and has been connected to promotion of learning, performance, experience, and psychological health (E. Deci & Ryan, 2015). Viewing individuals through a holistic lens, where their immediate and subjective experiences are essential. The individuals are agents in their own lives with the ability of self-determination, engaging in activities and pursuing connections and interpersonal relations in social groups. Awareness is valuable in facilitating the choice of behaviour that are consistent with ones needs, values and interests (Deci & Ryan, 2000; Schultz & Ryan, 2015).

Within SDT, three basic psychological needs are assumed to be essential and innate across cultures (Chen et al., 2015). The need for autonomy, competence and relatedness serve

as goals driving human behaviour, and their satisfaction is required for individuals optimal functioning (Deci & Ryan, 2000; Laporte et al., 2021; Vansteenkiste et al., 2020). When these needs are satisfied to an adequate degree, evenly over the life span, result in individuals optimal functioning and growth and subjective wellness. (Chen et al., 2015; Ryan & Deci, 2000, 2008).

The need for autonomy entails the extent to which individuals experience a sense of psychological freedom in their thoughts, actions, and feelings. When this need meets satisfaction, individuals sanction their choices and actions, as they are experienced as something self-endorsed and authentic (Laporte et al., 2021) The need for relatedness concern individuals experiences of interpersonal relationships as something that is mutual and meaningful, gaining social support. Satisfaction of this need is shown by mutual expression of care and concerns for others (e, g., family, friends, and other loved ones). (Laporte et al., 2021). The need for competence involves experiencing one's abilities and potential, with a sense of mastery and adequacy. When this need is satisfied a feeling of control and capability is experienced when meeting challenges (Laporte et al., 2021)

Essential in the understanding of the basic psychological needs are, that they are conditioned to both predict negative and positive outcomes. Frustration of them would result in ill-being and compromise individuals health, while when the needs are satisfied, they serve a strengthening and flourishing role for wellness and optimal functioning (Ryan & Deci, 2000). Individuals report more positive affect, life satisfaction and vitality, when their basic needs are satisfied (Ryan & Deci, 2018, s. 201; Vansteenkiste et al., 2020). The concerning literature has replicated these findings and found them to be stable over time.

The SDT differentiate between different levels of autonomy or quality with regards to the different emotion regulation styles (Benita, 2020). SDT taxonomy of emotion regulation does not center the accomplishments of emotion goals, but weather people are motivated to openly and nonjudgmentally explore their emotions once they arise (Benita et al., 2020). Emotions are not just obstacles in individuals life but serve an important role as inputs that helps individuals make choices and guides the following action. Awareness represented by self-reflection and volitional sharing helps individuals understand their positive and negative emotions. By reflecting over the nature of situations guides their choices and action. SDT empezes the important role of awareness and integrative processing in healthy self-regulation (Deci & Ryan, 2000). These components are central in the satisfaction of the basic psychological needs and are core elements for proactive emotion crafting (Deci & Ryan, 2000).

The existing literature on SDT indicate a strong link between emotion regulatory processes and peoples need feel a sense of agency regarding their emotions (Deci & Ryan, 2000). Less is known about SDT relation to the proactive emotion regulation of positive emotional experiences. Emotion crafting is embedded within theories of agency such as SDT sharing the view of individuals active contribution in forming their own life. Van der Kaap-Deeder et al. (2022) proposed that individuals naturally are inclined to seek and foster their environment and situations, as a means to contribute to their positive emotional experiences. Individuals awareness and action captures the extent to which they are pursuing emotion goals, possibly enhancing their own flourishing and optimal well-being (Van der Kaap-Deeder et al., 2022).

### **The Present Study**

Grounded in SDT, the purpose of this study was to shed light on the mechanism behind the effects of emotion crafting on well-being. Specifically, building on the existing literature connecting emotion crafting to well-being indicators (Van der Kaap-Deeder et al., 2022), this study examined the mediating role of need satisfaction. This study will investigate actual emotion crafting relation to subjective well-being, and if basic psychological need satisfaction is a mediator. This study proposes that individuals who demonstrate higher levels of actual emotion crafting also enjoy higher subjective vitality. First, it was expected that actual emotion crafting would be positively related to subjective vitality (Hypothesis 1). Additionally, it was expected that need satisfaction would intervene in the positive relations between actual emotion crafting and subjective vitality (Hypothesis 2).

### **Method**

#### **Sample**

This study was a part of a bigger research project conducted by the Emotion Crafting group and supervised by Prof. Dr. Jolene Van der Kaap-Deeder. The ten psychology students following the project were asked to recruit 14 participants each by convenience sampling, making the planned sample size of 140 participants. Individuals under the age of 18 or with any psychiatric, developmental or substance abuse disorders, or with substantial visual or hearing impairment was excluded. The study included a baseline assessment and a diary assessment, every morning and evening for a week (seven days). There were 128 individuals who agreed to participate in the stud, of which a total of 116 respondents completed the baseline survey.

Across the seven days of data collection the average number of respondents per daily measurements was just shy of 96,  $M = 95.79$ , ranging from 77 to 108. The sample consisted



of 61% (71) women and 39% (45) men. The average age was 29 years, ranging from 18 to 62 years old,  $SD = 11.87$ . With regards to the highest completed educational level, 49% was college students or collage educated, 49% had completed upper secondary high school or vocational school, and the last 2% had completed primary school. Finally, 40% of the participants reported they were single, 36% were married/had a cohabitant, 22% had a boyfriend/girlfriend, and 2% were divorced.

### **Procedure**

Data collection was performed in March 2022. During a home visit every participant was provided with an information letter and signed informed consent. The project was presented as a study of emotions from day to day, with focus on positive emotional experiences. The participants received a link through their mail to “nettskjema” on March the 12<sup>th</sup> for a baseline assessment. The following week starting 14<sup>th</sup> of March, the daily assessment started and span over a seven-day period. The participants received links to “nettskjema” at 20:30 in the evening and were given one hour to respond.

During the week the response was monitored and if the participants failed to respond, a reminder email was sent, where they were given an additional hour to submit. Responses after this time limit were not included. The time invested for the daily questionnaire was expected to be 7-10 minutes. This study did not require approval from the Regional Committees for Medical and Health Research Ethics (REK) since the study is not considered to be medical or health research. Because personal data was obtained in this study, approval from The Norwegian Centre of Research Data (NSD) was requested and obtained (reference number: 334714).

### **Measures**

#### **The Actual Emotion Crafting Scale.**

Positive emotion regulation was assessed by the actual emotion crafting scale, consisting of 12 items. Daily experienced emotion crafting was assessed through statements such as “Today, I deliberately did as many activities as possible which make me feel good” and “Today, I sought out people who I feel good around”. The statements were rated on a 5-point Likert-scale, ranging from 1 = “completely disagree” to 5 = “completely agree”. Scores throughout the week were aggregated to give an overall score of actual emotion crafting. Both subscales showed a strong Cronbach`s alpha, where the action subscale consisted of 8 items,  $\alpha = .89$ . The awareness subscale consisted of 4 items,  $\alpha = .90$ . These findings are consistent with Van der Kap-Dedeer et al., findings, where the original EC scale showed strong evidence for good internal structure and validity (Van der Kaap-Deeder, et al., 2022).

### **Need Satisfaction.**

To measure basic need satisfaction the diary version of the basic psychological need satisfaction and need frustration scale was used (Mabbe et al., 2018). The scale consists of 12 items total, but only the need satisfaction items were included (6 items). The items tap into the satisfaction of autonomy, which is measured by 2 items “Today, I felt a sense of choice and freedom in the things I undertook.”, relatedness, 2 items, “Today I felt confident that I could do things well.”, and competence, 2 items, “Today I felt confident I could do things well.”. Participants were asked to rate how the statements were true for them that day on a 5-point Likert scale ranging from 1 = “not true at all” to 5 = “very true”. The Cronbach’s alpha for autonomy, relatedness and competence was respectively,  $\alpha = .67, .79, .78$ .

### **Subjective Vitality Scale.**

Well-being was assessed with the subjective vitality scale (Ryan & Frederick, 1997). The Norwegian diary version was used and consists of three items total (Solberg et al., 2012). The scale assesses feelings of energy and vitality through statements such as “Today, I felt alive and vital.” and “Today, I felt energized.”. Participants were asked to indicate how true each statement was for them each day at the evening assessment. Using a 7-point Likert scale ranging from 1 = not true at all to 7 = very true. The scale had a good internal consistency with a Cronbach’s alpha of,  $\alpha = .91$ .

### **Statistical analysis**

The analyses were conducted using IBM SPSS Statistics (Statistical Package of the Social Sciences) version 27. First, reliabilities for all the subscales were calculated. Second, the preliminary analysis conducted included correlations and descriptive statistics for the entire sample on the study variables. Third, to examine the background variables effect on the mediator and outcome variable, a multivariate analysis of variance (MANCOVA) was performed. Lastly the primary analysis was conducted using a mediation model in PROCESS macro version 4.0. The model was used to examine the hypotheses, and ran actual emotion crafting as predictor for vitality, via basic psychological need satisfaction. Both the direct effect and the indirect effect was examined, while bootstrapping using 5000 draws.

## Results

### Descriptive Statistics and Preliminary Analysis

Descriptive statistics and Pearson's correlations among the study variables can be found in **Table 1**. The analysis found actual emotion crafting, need satisfaction and vitality all were positively correlated with one other. Next, the relation between the background variables and need satisfaction (i.e., the mediator) and vitality (i.e., the outcome) was examined through a MANCOVA. With gender and marital statuses as fixed factors, and age and education as covariates. No significant effects were found for gender, Wilks'  $\Lambda$ ,  $F(2, 107) = 0.45$ ,  $p = .635$ , marital status, Wilks'  $\Lambda$ ,  $F(6, 214) = 0.77$ ,  $p = .597$ , age, Wilks'  $\Lambda$ ,  $F(2, 107) = 2.489$ ,  $p = .089$ , and educational level, Wilks'  $\Lambda$ ,  $F(2, 107) = 1.22$ ,  $p = .299$ . The findings indicated no further need for controlling of any variables in the primary analysis

**Table 1.**

*Descriptive Statistics and Pearson's Correlation Between the Study Variables*

<i>Measures</i>	<i>M</i>	<i>SD</i>	<i>Range</i>	<i>1</i>	<i>2</i>
1. Actual EC	3.48	0.66	1-5	-	
2. Need Satisfaction	3.63	0.58	1-5	.64***	-
3. Vitality	4.38	1.03	1-7	.64***	.71***

*Note.*  $N = 120$ . EC = Emotion Crafting.

\*\*\* $p < .001$

### Primary analysis

To investigate daily emotion crafting's relation to subjective well-being, and if the relationship is mediated by need satisfaction, a simple mediation model was conducted using PROCESS. The analysis included actual emotion crafting (i.e., the independent variable), vitality (i.e., the outcome), and need satisfaction (i.e., the mediator). Results can be found in **Table 2** and *Figure 1*. First, results showed an initial positive relation between actual emotion crafting directly to vitality (path c). Path a (i.e., emotion crafting on need frustration), and path b (i.e., need satisfaction on vitality) where both significant. Finally, when need satisfaction entered the relationship between actual emotion crafting and vitality, the direct effect reduced from  $b = 1.00$  to  $b = 0.49$  indicating that the mediator (path ab) explains 51% of the relation. Hence, need satisfaction is considered as a partial mediator for actual emotion crafting on vitality.

**Table 2.**

*Mediating Role of Need Satisfaction in the Relations Between Emotion Crafting and Vitality*

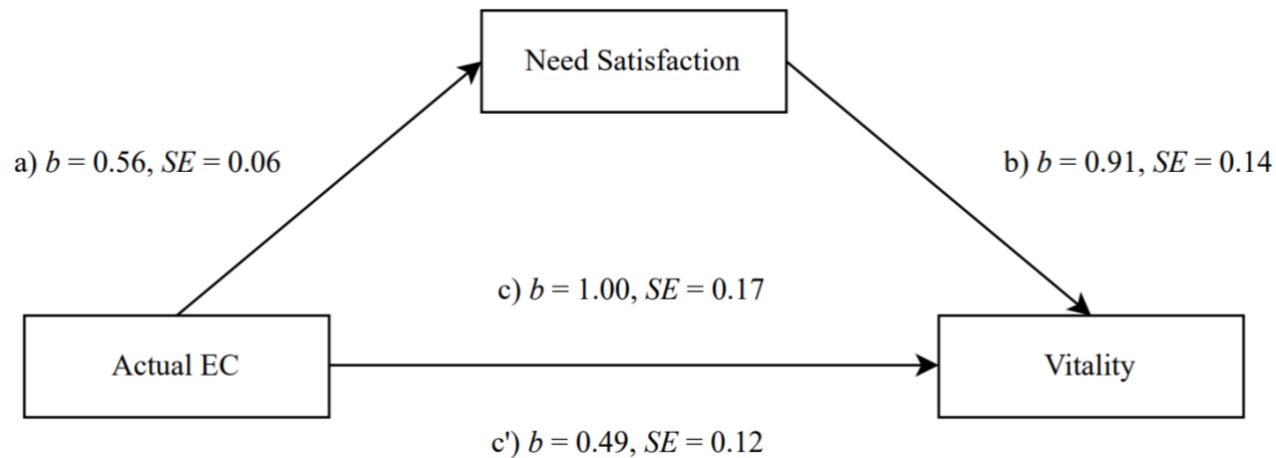
Outcome	c-path		c'-path		a-path		b-path		ab-path	
	b (SE)	95% CI	b (SE)	95% CI	b (SE)	95% CI	b (SE)	95% CI	b (SE)	95% CI
Vitality	1.00 (0.11)***	0.78, 1.21	0.49 (0.12)***	0.24, 0.73	0.56 (0.06)***	0.44, 0.68	0.91 (0.14)***	0.63, 1.19	0.51 (0.07)***	0.20, 0.46

Note. CI = Confidence interval. Coefficients shown are unstandardized path coefficients (*b*) with standard error (*SE*). The a-path is the relation between actual emotion crafting and need satisfaction; the b-path is the relationship between need satisfaction and vitality; the c-path is the initial relationship between actual emotion crafting and vitality; and the c'-path is the relation between actual emotion crafting to vitality when path b is taken into account.

\*\*\* $p < .001$

Figure 1. Mediation Model Depicting the Relation from Actual Emotion Crafting to Vitality via Need Satisfaction

ab)  $b = 0.51, SE = 0.07$



Note. EC = emotion crafting, Coefficients shown are unstandardized path coefficients (*b*). All coefficients were significant at the  $p < .001$  level. The a-path is the relation between actual emotion crafting and need satisfaction; the b-path is the relationship between need satisfaction and vitality; the c-path is the initial relationship between actual emotion crafting and vitality; and the c'-path is the relation between actual emotion crafting to vitality when path b is taken into account.

## **Discussion**

### **Summary and Interpretation of Results**

The existing literature states that the way we regulate our positive emotions are crucial for individual's optimal functioning and health (Bryant, 2002, 1989, Garland et al., 2010, Gross, 2002). Individuals do not only react and regulate their emotional experiences, but can actively and intentionally seek and create them (Van der Kaap-Deeder, et al., 2022). Engaging in emotion crafting fosters growth and optimal functioning. Van der Kaap-Deeder et al., 0 (2022) investigated the outcomes from emotion crafting and found that multiple well-being indicators were related positively (e. g., Vitality, Life satisfaction, Eudaimonic well-being). This study builds on this research (Van der Kaap-Deeder, et al., 2022.) by examining need satisfaction as a possible mechanism between emotion crafting and well-being indicator vitality.

### ***Emotion Crafting's relation to Optimal Functioning***

In line with the first hypothesis, results showed that emotion crafting related positively to vitality. As mentioned, these finds are consistent with Van der Kaap-Deeder et al., (2022) research on emotion crafting outcomes. Also, the finds reflect the vast literature concerning positive emotion regulation and its crucial role for individuals optimal functioning and health (e.g., (Garland et al., 2010). The existing literature and these finds suggest that individuals who demonstrate higher levels of emotion crafting also enjoy higher levels of subjective well-being. It is important to differentiate between well-being and ill-being as they are separate dimensions (Headey et al., 1984). The individuals reporting absence of subjective vitality does not imply presence of ill-being or suffering of health effects.

In the existing literature it is apparent that a lot of research focuses on regulation of both positive and negative affect, and their outcomes. Emotional experiences are more complex than the direct implications that individuals who experience high levels of positive affect have better life satisfaction and well-being, and that those who experience high levels of negative affect suffer health effects (Billings et al., 2000). Existing literature has indicated that too much positive emotions or when situation inappropriate, they can be an indicator for maladaptive functioning (Gruber, 201; Van der Kaap-Deeder, et al., 2022; Villanueva et al., 2021). This study focuses on positive emotional experiences alone and does not take into consideration the experience and regulation of negative emotions. There can be strengths in this study's specific investigation, but also limitations, E. g., when individual's experience distress, positive emotions are shown to cooccur with negative emotions (Billings et al., 2000; Folkman & Moskowitz, 2000). Evaluating individuals experience of positive affect

alone, excluding negative affect can influence this study's ability to look at well-being indices. Both are important in the understanding of people who suffer health effects or thrive and flourish (Billings et al., 2000).

### ***The Mediating Role of Need Satisfaction***

In line with the second hypothesis, need satisfaction was shown to mediate the effect of emotion crafting on vitality. This is consistent with earlier research suggesting basic needs as mechanisms behind emotion regulation and well-being indices (e.g. Benita et al., 2020) . Although there are some differences between emotion crafting and adaptive emotion regulation, they also have some similarities and are moderate positively related (Van der Kaap-Deeder, et al., 2022). Experienced emotion crafting seems to be associated with autonomy and psychological freedom, individuals feel freedom in choice and competent in their daily undertakings. Experiencing mutual meaningful social relations, promoting growth and flourishing. However, need satisfaction does not fully capture the mechanisms behind these relations, implying a clear need for further investigation of these relations and possible underlying mechanisms. As mentioned previously this study did not take negative outcomes into considerations, nor the frustration of the basic needs. The satisfaction and the frustration of the needs is preferable to investigate as separate dimensions. Considering that the absence of need satisfaction is not equivalent to high scores on need frustration.

### **Strengths and Limitations**

The present study employed a cross-sectional design, thereby precluding causal inferences (Taris & Kompier, 2003). The participants were recruited through convenience sampling, restricting the accuracy of generalizing the findings and the ability of drawing certain conclusions. Due to recruitment among the bachelor students' acquaintances, the sample was relatively homogenous. There was an overweight of respondents in the age group 21 – 25 years, and an overrepresentation of female college educated respondents. The study would benefit from a more diverse sample with a more even gender distribution, for both the ability of generalizing the results and for exploring gendered differences. The risk of volunteer bias is present, as the ones who are willing to partake may be different from those who do not (Meltzoff & Cooper, 2018). Alongside, selection bias may be present, where one selects participants with similar characteristics or views as one self (Meltzoff & Cooper, 2018). Resulting in a sample that may not be representative to other characteristics or views. There was no reward for participation, excluding the non-motivated participants.

Grounded in the self-report nature of the study, the participants may be affected by social desirability bias (Donaldson et al., 2002). This may contribute to conscious or

unconscious forms for error which can affect the study's validity (Nederhof, 1985). To help minimize the effects of social desirability bias the study was digital and anonymous. The use of self-report questionnaires does not give objective measurement of the conditions in everyday lives (Schwarz et al., 1998). E. g., whether individuals' self-perception taps into the degree of emotion crafting they experience. One can suggest the need for measuring objective indicators of the subjective experience (Schooler & Schreiber, 2004). Further, the usage of self-report questionnaire is a cost effective and time saving data collection method that makes it possible to conduct daily diary design (Schwarz et al., 1998).

Repetition of the same measurements over seven days gave more stable reliable data on the participants, especially considering the implication of a mediation model\*. The respondents become familiar with the items, which could influence their motivation to answer properly and repetitively. During the week of data collection, the participants can become more aware of the experiences they are asked to report, which might result in an excessive focus on the concepts that's not representative for their everyday lives. The diary study design is time consuming for the volunteers and may cause stress (Meltzoff & Cooper, 2018). The aim of the design was that the measurements would be a small addition to their regular routine. Respondents' weekday and weekend obligations/plans can affect respondents' ability to experience what they are asked to report. It would be favourable if more participants were able to answer during the weekend, as the response rate was distinctively lower than during the weekdays. The design had some inconsistencies concerning the usage of aggregated scores, as the study included data from participants who did not answer every day of data collection. Also, the background characteristics were measured during the baseline measurement, meaning that it could deviate from the diary part of the study.

A considerable strength of the chosen approach is the application of instruments that are well grounded and validated, making a good foundation for the investigation of emotion crafting as it is a new concept in this field. The scales consisted of relatively few items, and all the subscales demonstrated satisfactory to high internal consistency, measured with Cronbach's alpha (Nezlek, 2012). Respondents can use the Likert scales for information on how to rate own experiences. One might consider the SVS scale consisting of a 7-point Likert scale to be high frequency, which can result in higher reporting of less meaningful events (Schwarz, 1999). The operationalization of the constructs should be understandable for the respondents (Meltzoff & Cooper, 2018). E. g., the usage of words such as "I feel Vital", as it is not a commonly used word in Norwegian (Solberg et al., 2012). The measurements used in this study may include concepts that can be unfamiliar for the participants, resulting in

challenges for some of them to give accurate responses (Schwarz et al. 1998). The translations of items may also affect the participants understanding.

### **Implications for Theory, Practice, and Future Research**

The implications for practice and theory can emerge in a diversity of domains. Theory wise, the aim was advancing the existing knowledge on emotion crafting and mechanism behind the relation to positive outcomes, by examining need satisfaction as a mediator (Van der Kaap-Deeder, et al., 2022). The potential implications for practice and society, is concerned with the results related to good health and well-being. Furthering the research on emotion crafting can contribute to knowledge of emotional experiences which has an impact on individuals thriving and flourishing. By promoting empowerment, giving individual's the tools to live autonomous and competent lives. Together with the existing and future research concerning emotion crafting, this knowledge can be applied in a top down approach for individual's jobs, education, family life, interpersonal relationships and their daily undertakings (Van der Kaap-Deeder, . et al., 2022.). Emphasizing the importance for need-supportive environment for individual's optimal functioning. Emotion crafting and the role of agency is meant as a note of empowerment for individuals, and should not be indicated as the opposite, blaming individuals for their negative experiences. E. g., suggesting individuals own fault in the emotions they experience.

Future research should further the investigation of mechanisms between emotion crafting and well-being indicators given the remaining significant direct effect of emotion crafting on vitality. These relations are imbedded in a larger model, facilitating the need to investigate if this claim of mediation has a reasonable chance of being informative. To illustrate, implementing mediators such as self-esteem, self-compassion, emotional intelligence, and resilience, as they are all clear indicators for well-being, and can shed light on new and improved aspects of emotion crafting. Multiple well-being indicators have been connected to emotion crafting (Van der Kaap-Deeder, et al., 2022), applying these in the investigation of need satisfaction as mediator or with other mediators could be beneficial (e.g. Life-satisfaction and eudemonic well-being,).

Future research should build on usage of a mediation method by including some form of experimental design alongside an intervention. Related to this study relatively short time frame (one week) of data collection, it would be interesting to investigate emotion crafting's extended associations, by implementing a longitudinal study design (Laporte et al., 2021). This study made use of aggregated scores for its investigation, further it could be beneficial to investigate the fluctuation of emotion crafting. Furthering the understanding of this



measurement can be attained through examining what implications low levels of actual emotion crafting can relate to. Further one can apply the planned emotion crafting scale in combination with the actual emotion crafting, which taps into how individuals plan their day and their emotional experiences. This could give more insight into awareness and action concerning the proactive viewpoint. Lastly, future research should implicate more representative samples across cultures and replicate this study or studies with similar hypothesis.

### **Concluding Remarks**

The aim of this study was to add to the existing knowledge of individuals active role in managing their own emotional experiences. Exploring the promotion of subjective well-being, by examining emotion crafting's role, and need satisfaction as a possible mechanism. The results were coherent with the existing literature, finding a positive relation between emotion crafting and well-being, and that need satisfaction serves a mediating role. Indicating that individuals who demonstrate higher levels of emotion crafting, live more autonomous lives, feel more competent, have meaningful interpersonal relationships, feel more energized, and enjoy higher levels of well-being. However, need satisfaction did not fully capture the underlying mechanisms. Therefore, future research is suggested to further investigate possible mechanisms between emotion crafting and well-being. Investigating this can produce more knowledge of how individuals can feel a sense of mastery and empowerment, hence take autonomous choices regarding their emotional lives. Promoting the enjoyment of higher levels of well-being, high functioning, and flourishing.

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