

Pía Valenzuela

THE VALUE OF EMOTIONS BASED ON MAGDA B. ARNOLD AND BARBARA L. FREDRICKSON THEORIES

Questo libro rivoluzionario esplora le basi filosofiche e psicologiche delle emozioni positive, illuminando il loro profondo impatto sul benessere umano.

DESCRIZIONE

This book conducts a philosophical analysis of two influential psychological perspectives on emotion research: Arnold's appraisal theory of emotions and Fredrickson's broaden-and-build theory of positive emotions. The overarching aim is to illuminate the intrinsic value of (positive) emotions within the framework of human flourishing.

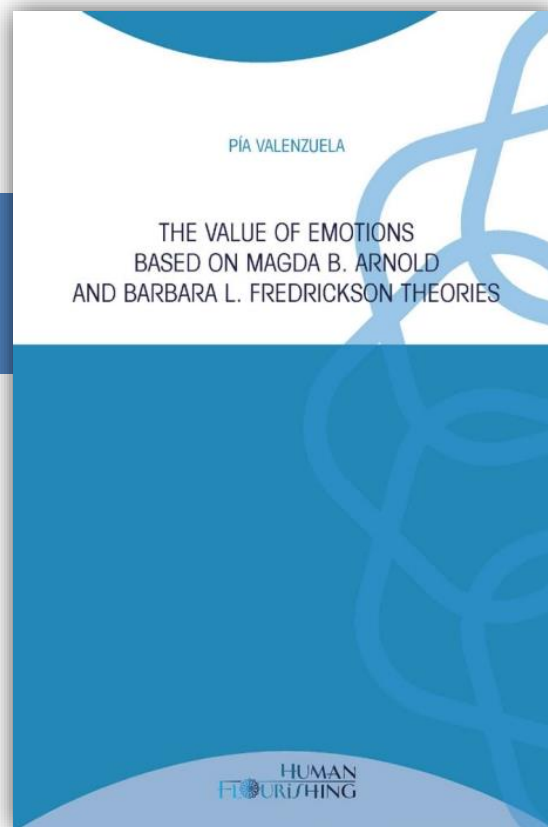
In contemporary scholarship, there is a growing acknowledgment that flourishing depends not only on objective, meaningful activities and circumstances, as emphasized by Aristotle, but also on subjective personal life evaluations, where emotional well-being plays a crucial role. This recognition sets the stage for the comprehensive exploration that follows.

The study delves into Magda Arnold's theory, addressing fundamental questions about the nature and unique role of emotions, the meaning of positive emotions, and their relationship to flourishing. Critical elements of Arnold's theory, including appraisal, self-ideal, referentiality, emotional education, and conative and physiological aspects, are explored. Arnold's distinctive contribution lies in coining the term "appraisal" and integrating psychological, neurophysiological, and philosophical perspectives on emotion.

The analysis of Barbara Fredrickson's conceptualization of positive emotions as discernible pleasant affective states, such as love, joy, gratitude, and serenity, comprehends her broaden-and-build hypothesis. It underscores the impact of positive emotions on flourishing, focusing on love as a central emotion that broadens thought-action repertoires, fostering perceptions of social connection and self-expansion.

This research aims to harmonize the philosophical insights from Arnold's work with the latest updates from Fredrickson's research, presenting an avant-garde perspective on how emotion contributes to flourishing. The analysis, rooted primarily in phenomenological insights, extends beyond the boundaries of the authors' theories.

In conclusion, the book offers a nuanced understanding of the intricate relationship between emotion and flourishing, contributing a unique perspective to contemporary discussions in the field.



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Pía Valenzuela, nata a Santiago, Cile, attualmente insegnante di etica presso l'Universidad Panamericana in Messico. Ha esperienze di insegnamento in etica applicata presso diverse istituzioni in Slovenia e Cile. Prima della carriera accademica, si è dedicata alla ricerca sulla legge naturale, contribuendo attivamente a progetti come "Intellectual History of International Law: Religion and Empire" presso l'Università di Helsinki. Ha poi spostato il suo interesse verso la psicologia morale, positiva e filosofica, con un focus sulla relazione tra emozione, virtù e benessere. Partecipa a diverse organizzazioni professionali e contribuisce attivamente alla ricerca presso la Pontificia Università della Santa Croce a Roma e il gruppo di ricerca "Human Flourishing". È anche associata agli studiosi di Magda Arnold.