



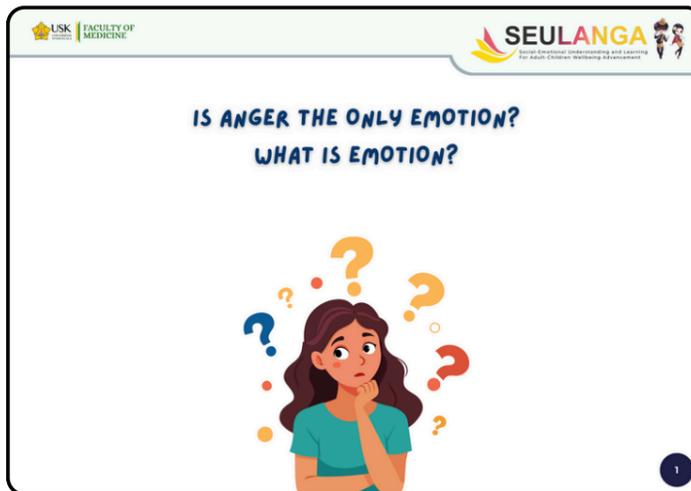
3rd Session

Self-Emotions and the Emotions of Others

Social-Emotional Understanding and Learning
For Adult-Children Wellbeing Advancement



<https://www.safecommunitiessafeschool-indonesia.org>



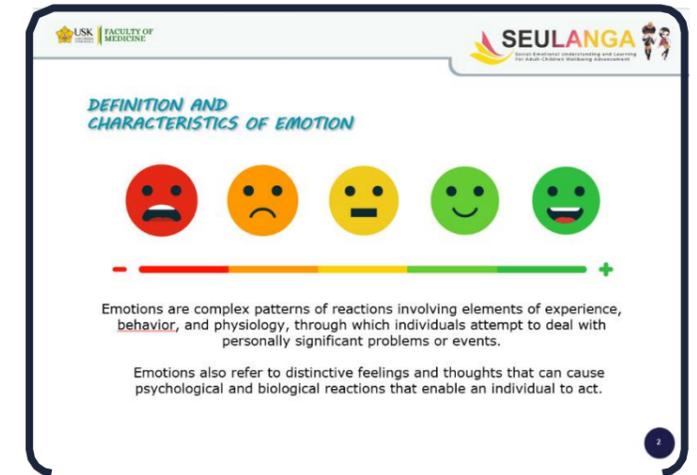
WHAT IS EMOTION?

- ***“How are you all doing today?”***
- ***“What do you think is interesting after listening to the previous material?”***
- ***“Is anger the only emotion?” (wait for students' answers and do not immediately give justification or inform students that their answers are wrong)***
- ***“I am very happy to hear your opinions on this matter. We will discuss emotions in today's material. It turns out that emotions are not only limited to anger.”***
- ***“Does anyone know what emotions mean?”***

IS ANGER THE ONLY EMOTION? WHAT IS EMOTION?



DEFINITION AND CHARACTERISTICS OF EMOTION



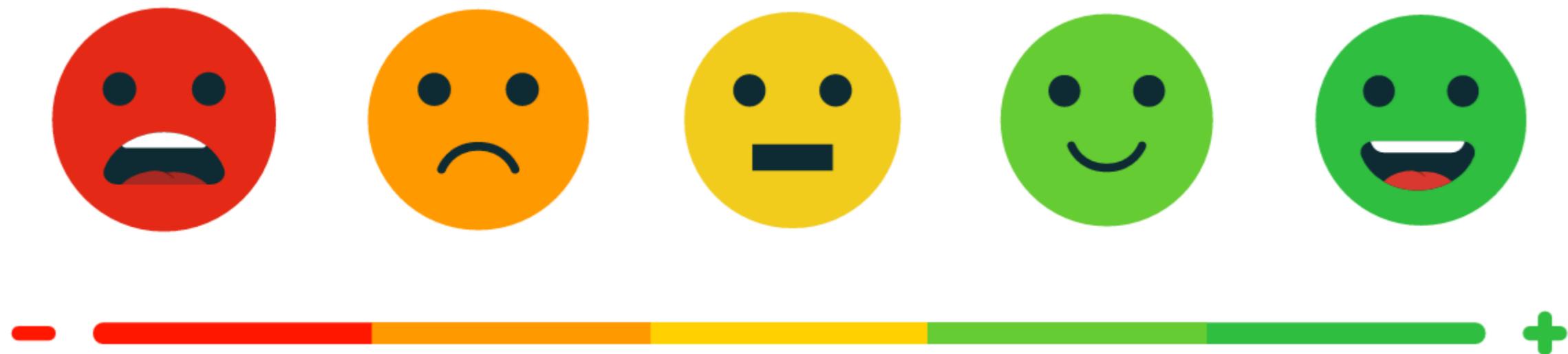
DEFINITION AND
CHARACTERISTICS OF EMOTION

Emotions are complex patterns of reactions involving elements of experience, behavior, and physiology, through which individuals attempt to deal with personally significant problems or events.

Emotions also refer to distinctive feelings and thoughts that can cause psychological and biological reactions that enable an individual to act.

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UNDERSTANDING SELF-EMOTION



- Self-emotional awareness is the ability to recognize, understand, and manage the feelings or emotions we experience.
- This includes being aware of what we feel, why we feel it, and how those feelings affect our thoughts and actions.
- This ability is important for improving emotional well-being and relationships with others.

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Emotions do not only originate from an individual's internal perceptions, but also from responses to external stimuli. A common misconception among the general public is that emotions are synonymous with anger. Whereas, in fact, there is a wide variety of emotions. There are six basic emotions, namely:

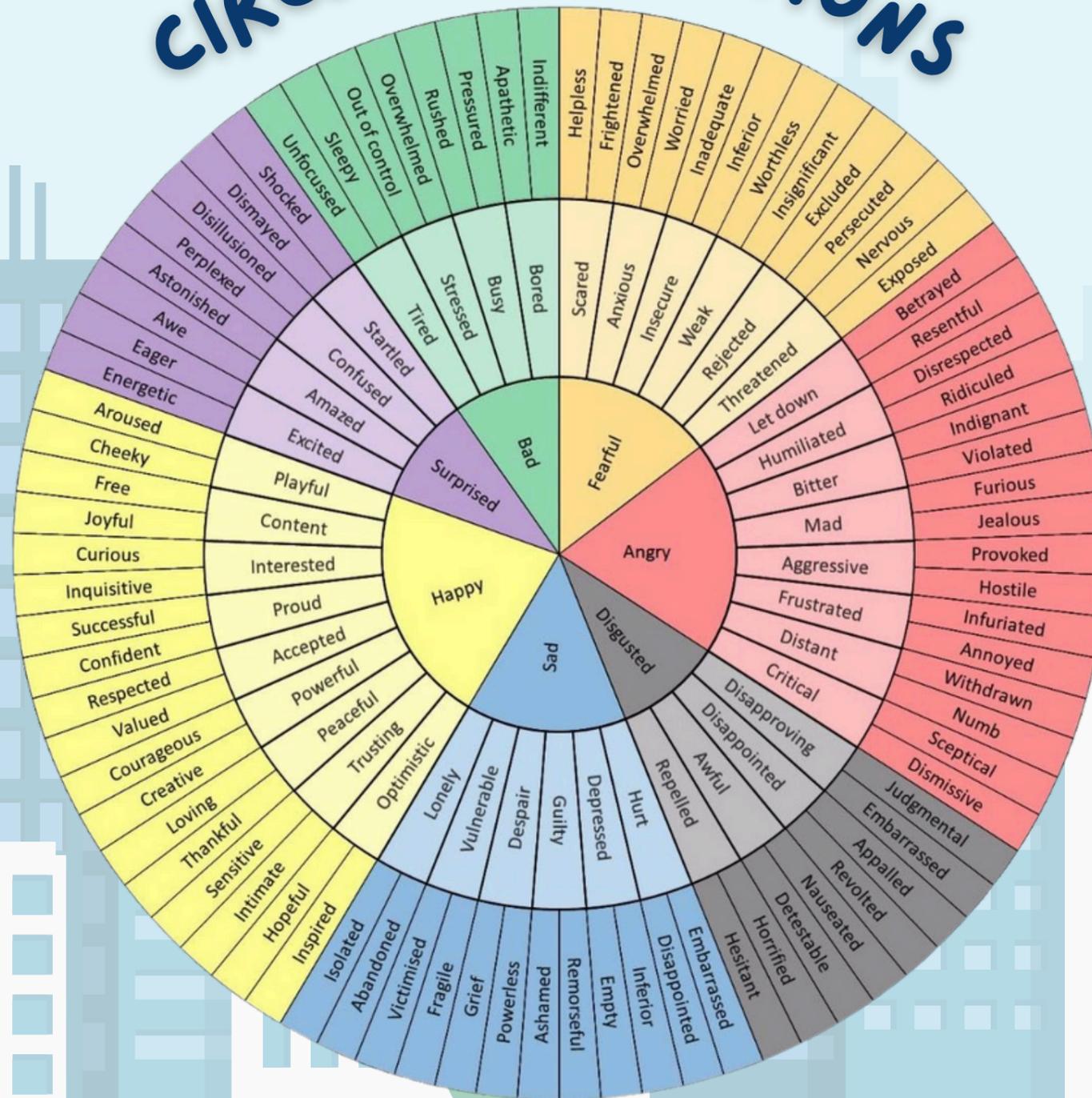
- Happiness: behaviors and reactions include smiling, joking, speaking in a lively tone, and using a higher pitch.
- Sadness: behaviors include crying, moving sluggishly, and showing little enthusiasm.
- Fear: behaviors and reactions include rapid heartbeat, anxiety, discomfort, and tension.
- Disgust: behaviors include frowning and avoidance.
- Anger: behaviors include shouting, yelling, and speaking in a high-pitched and loud tone.
- Surprise: behaviors include wide eyes, raised eyebrows, jumping, and screaming.

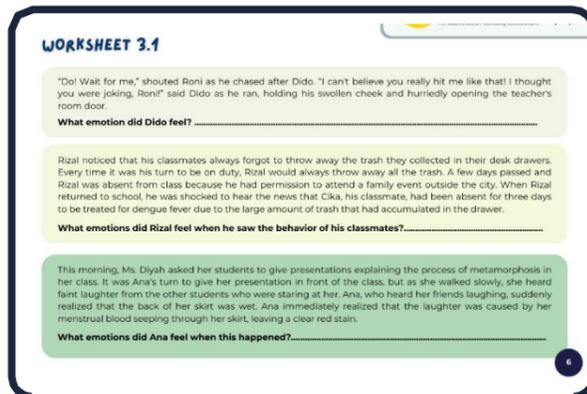
SIX BASIC EMOTIONS

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- 4 Disgust: behaviors include frowning and avoidance.
- 5 Anger: behaviors include shouting, yelling, and speaking in a high-pitched and loud tone.
- 6 Surprise: behaviors include wide eyes, raised eyebrows, jumping, and screaming.

CIRCLE OF EMOTIONS





INSTRUCTIONS

- Open Worksheet 3.1.
- In this worksheet, there are several examples of scenes, and you are asked to determine what emotions the characters in the worksheet are feeling.
- You can also open the circle of emotions section to see what emotions the characters are experiencing. The emotions identified are those in the third circle.
- The time limit for this task is 5 minutes.

- Let's look at the first question:

"Do! Wait for me," shouted Roni as he chased after Dido. "I can't believe you really hit me like that! I thought you were joking, Roni!" said Dido as he ran, holding his swollen cheek and hurriedly opening the teacher's room door. What emotion did Dido feel? **(Answer: resentment or anger)**

- Second question:

Rizal noticed that his classmates always forgot to throw away the trash they collected in their desk drawers. Every time it was his turn to be on duty, Rizal would always throw away all the trash. A few days passed and Rizal was absent from class because he had permission to attend a family event outside the city. When Rizal returned to school, he was shocked to hear the news that Cika, his classmate, had been absent for three days to be treated for dengue fever due to the large amount of trash that had accumulated in the drawer. What emotions did Rizal feel when he saw the behavior of his classmates? **(Answer: resentment, anger, disappointment, disgust)**

- Third question:

This morning, Ms. Diah asked her students to give presentations explaining the process of metamorphosis in her class. It was Ana's turn to give her presentation in front of the class, but as she walked slowly, she heard faint laughter from the other students who were staring at her. Ana, who heard her friends laughing, suddenly realized that the back of her skirt was wet. Ana immediately realized that the laughter was caused by her menstrual blood seeping through her skirt, leaving a clear red stain.

What emotions did Ana feel when this happened? **(Answer: embarrassment, sadness, anger).**

- **Note: if there are different emotional responses, ask students to explain their choices and explain that emotions can vary and that all are acceptable and valid with the right reasoning.**
- Conclusion: "Everyone's understanding of emotions can be different, but to know for sure, we need to ask ourselves and ask the people whose emotions we want to know."
- The emotions we feel are not wrong. However, we must learn to show the appropriate reaction to the emotions we feel.

WORKSHEET 3.1

“Do! Wait for me,” shouted Roni as he chased after Dido. “I can't believe you really hit me like that! I thought you were joking, Roni!” said Dido as he ran, holding his swollen cheek and hurriedly opening the teacher's room door.

What emotion did Dido feel?

Rizal noticed that his classmates always forgot to throw away the trash they collected in their desk drawers. Every time it was his turn to be on duty, Rizal would always throw away all the trash. A few days passed and Rizal was absent from class because he had permission to attend a family event outside the city. When Rizal returned to school, he was shocked to hear the news that Cika, his classmate, had been absent for three days to be treated for dengue fever due to the large amount of trash that had accumulated in the drawer.

What emotions did Rizal feel when he saw the behavior of his classmates?.....

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What emotions did Ana feel when this happened?.....

REACTIVE AND RESPONSIVE REACTIONS

There is difference between reactive and responsive

<p>Reactive Reacting spontaneously and driven by emotions</p>	<p>Responsive Validating feelings, thinking before acting, being aware when responding to situations.</p>
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An example situation
You get a disappointing test score.

<p>Reactive Reaction You immediately get angry, blame the teacher, or feel useless.</p>	<p>Responsive Reaction You feel disappointed, but try to calm down by validating your feelings. You then analyze the mistakes you made, create a better study plan, and talk to your teacher to ask for advice.</p>
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REACTIVE RESPONSE AND RESPONSIVE REACTIONS

- There is a difference between being reactive and responsive.
- **Reactive response** are:
 - **Spontaneous:** When you feel certain emotions, such as anger, sadness, or frustration, a reactive response is to act immediately without thinking twice. For example, you immediately yell at your friend when you feel annoyed, or cry uncontrollably without trying to find a solution.
 - **Driven by emotion:** This reaction is completely dominated by the emotion you are feeling. The emotion seems to “take control” of you, causing you to act impulsively and without careful consideration.
- **Responsive reactions** are
 - **Think before you act:** When you feel emotions, responsive reactions involve trying to understand and manage those emotions first. You will try to calm down and figure out what you are really feeling.
 - **Based on self-awareness:** Responsive reactions are based on good self-understanding. You realize that emotions are natural, and you have the ability to manage them.
- A simple example is when you get a disappointing test score. **Reactive response:** You immediately get angry, blame the teacher, or feel useless. **Responsive reactions:** You feel disappointed, but try to stay calm. You then analyze the mistakes you made, create a better study plan, and talk to the teacher to ask for advice.
- The best approach to recognizing and understanding emotions is to be **responsive**. We can respond to the emotions we feel, but without being reactive (overreacting) to them. One way to be responsive in understanding emotions is to validate them.

REACTIVE RESPONSE AND RESPONSIVE REACTIONS

There is difference between reactive and responsive

Reactive

Reacting spontaneously and driven by emotions

Responsive

Validating feelings, thinking before acting, being aware when responding to situations.

An example situation

You get a disappointing test score.

Reactive Reaction

You immediately get angry, blame the teacher, or feel useless.

Responsive Reaction

You feel disappointed, but try to calm down by validating your feelings. You then analyze the mistakes you made, create a better study plan, and talk to your teacher to ask for advice.



EMOTIONAL VALIDATION

Emotional validation is about recognizing, understanding, and expressing acceptance of the emotions that you and others are feeling.

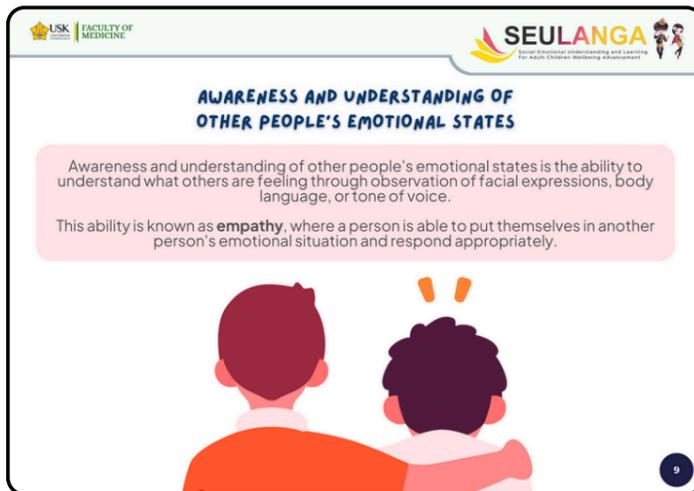
Here are some ways to validate emotions:

Tell yourself what you are feeling
(naming and noticing)

"I'm angry..."
"I'm upset because..."
"I'm sad because..."

EMOTIONAL VALIDATION

- Emotional validation is about recognizing, understanding, and expressing acceptance of the emotions that you and others are feeling.
- Here are some ways to validate emotions:
 - Give yourself your full attention by doing something simple but effective, such as calming down, listening, and talking.
 - Acknowledge, reflect on, and accept the emotions you are feeling.
 - Tell yourself, *"Right now, I am feeling (the emotion you are experiencing)."*



AWARENESS AND UNDERSTANDING OF OTHER PEOPLE'S EMOTIONAL STATES

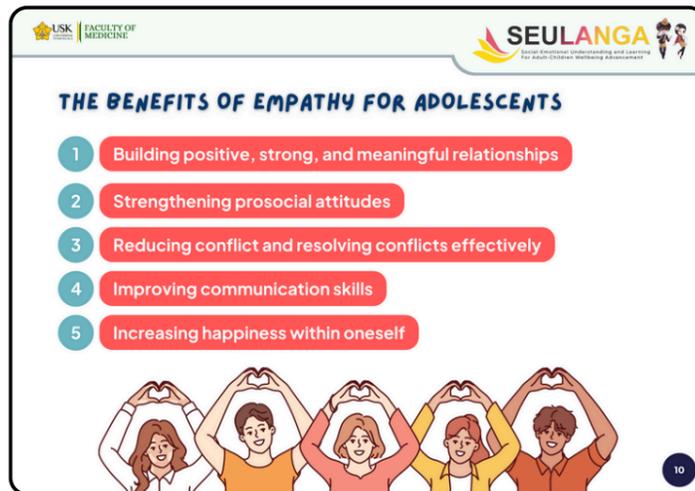
- Previously, we discussed material on understanding our own emotions. Now, we will discuss material on understanding the emotions of others.
- Awareness and understanding of other people's emotional states is the ability to understand what others are feeling through observation of facial expressions, body language, or tone of voice.
- This ability is known as **empathy**, where a person is able to put themselves in another person's emotional situation and respond appropriately.

AWARENESS AND UNDERSTANDING OF OTHER PEOPLE'S EMOTIONAL STATES

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THE BENEFITS OF EMPATHY FOR ADOLESCENTS

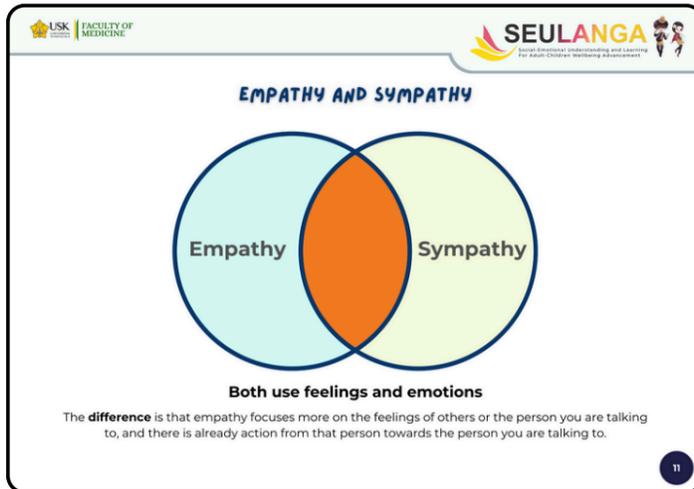
Empathy is very important for adolescents because it has many benefits, including:

- **Building positive, strong, and meaningful relationships:** adolescents who have empathy will help adolescents to better understand and feel the feelings of others so that they can build more meaningful relationships.
- **Strengthening prosocial attitudes:** empathy can help teenagers become more tolerant of others.
- **Reducing conflict and resolving conflicts effectively:** when teenagers have the ability to understand other people's feelings, they can minimize conflicts with others.
- **Improving communication skills:** empathy involves the ability to understand and respond to other people's feelings, thereby developing better communication skills.
- **Increasing happiness within oneself:** showing empathy to others also brings happiness and satisfaction to oneself.

THE BENEFITS OF EMPATHY FOR ADOLESCENTS

- 1 Building positive, strong, and meaningful relationships
- 2 Strengthening prosocial attitudes
- 3 Reducing conflict and resolving conflicts effectively
- 4 Improving communication skills
- 5 Increasing happiness within oneself

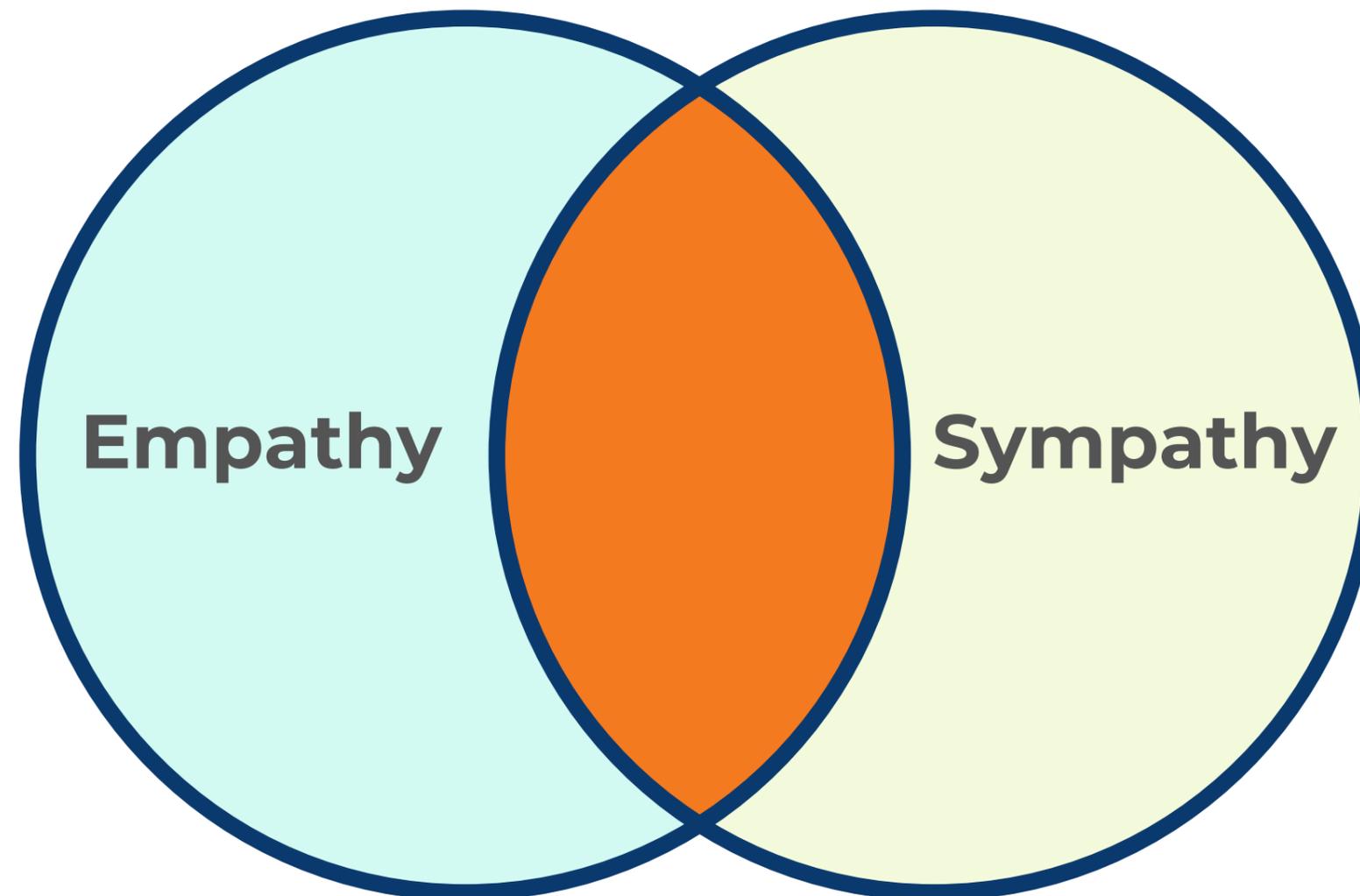




EMPATHY AND SYMPATHY

- Empathy is often misunderstood as sympathy.
- Both have similarities, as they involve the use of feelings.
- Empathy is different from sympathy, feelings of sympathy are often found in everyday life that describe a person's feelings towards others. The difference between empathy and sympathy is that empathy focuses more on the condition of the other person or the person being spoken to, and there is already action taken by that person towards the person being spoken to. Meanwhile, sympathy focuses more on one's own feelings towards others, while the feelings of others or the person being spoken to are less considered and no action is taken.

EMPATHY AND SYMPATHY



Both use feelings and emotions

The **difference** is that empathy focuses more on the feelings of others or the person you are talking to, and there is already action from that person towards the person you are talking to.

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EMPATHY REFLECTION FROM WORKSHEET 3.1

Understanding other people's emotions can be varied
This relates to how we perceive emotions.
To avoid misunderstandings when empathizing, it is necessary
to clarify the emotions we feel to the other person.



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EMPATHY REFLECTION

- Please refer to Worksheet 3.1., understanding other people's emotions can be varied.
- This is related to how we perceive an emotion.
- To avoid misunderstandings when empathizing, it is necessary to clarify the emotions we feel to the other person.

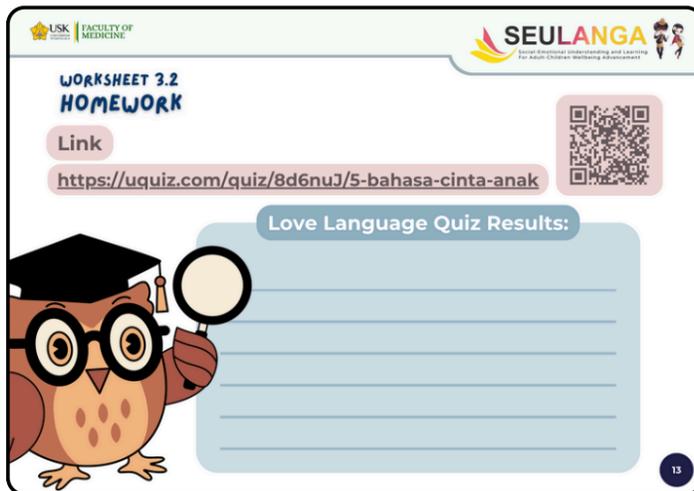
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Understanding other people's emotions can be varied

This relates to how we perceive emotions.

To avoid misunderstandings when empathizing, it is necessary to clarify the emotions we feel to the other person.





- Before closing today's meeting, there is homework that must be done and will be discussed at the next meeting:
- *“I will explain the homework that you must do, and it will be discussed at the next meeting. Later, I will send a link to the questions, and you need to answer them at home.”*
- *“Here is the link to the form that needs to be filled out: <https://uquiz.com/quiz/8d6nuJ/5-bahasa-cinta-anak>”*
- *“Once you have finished, please write down the results of the quiz on worksheet 3.2, or you can directly scan the barcode on the worksheet to fill out the link to the questions.”*

WORKSHEET 3.2 HOMEWORK

Link

<https://uquiz.com/quiz/8d6nuJ/5-bahasa-cinta-anak>



Love Language Quiz Results:



SUMMARY

Before closing the session, I would like to ask you all a few questions:

What are emotions?

(summarize the answers from several students)

What are the different types of emotions?

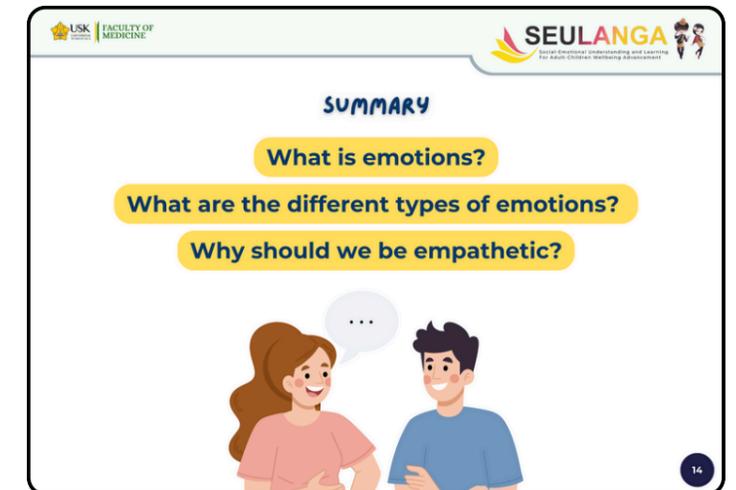
(summarize the answers from several students)

Why should we be empathetic?

(summarize the answers from several students)

Recognizing emotions and empathizing with others is a process that needs to be practiced continuously. You need to try to recognize your emotions every day by being aware of what emotions you are feeling today or in a particular situation. So you need to try this regularly every day in order to become an expert at recognizing your own emotions. Once you are able to recognize your own emotions, it will be easier to empathize and recognize the emotions of others.

Convey the schedule for the next session and with whom the session will be held.



SUMMARY

What is emotions?

What are the different types of emotions?

Why should we be empathetic?



ACKNOWLEDGEMENT

The SEULANGA program was developed in 2024 with funding support from the **Fondation Botnar**, Switzerland, as part of the **Safe Communities Safe School (SCSS)** Adaptation Program, with **SMP Negeri 6** and **SMP Negeri 17** Banda Aceh as pilot partners. This program is a collaboration between the **Faculty of Medicine, Syiah Kuala University (FK USK)**, the **Danish Institute Against Torture (DIGNITY)**, the **Center for the Study and Prevention of Violence (CSPV)** at the **University of Colorado**, and the **University of Copenhagen**.

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