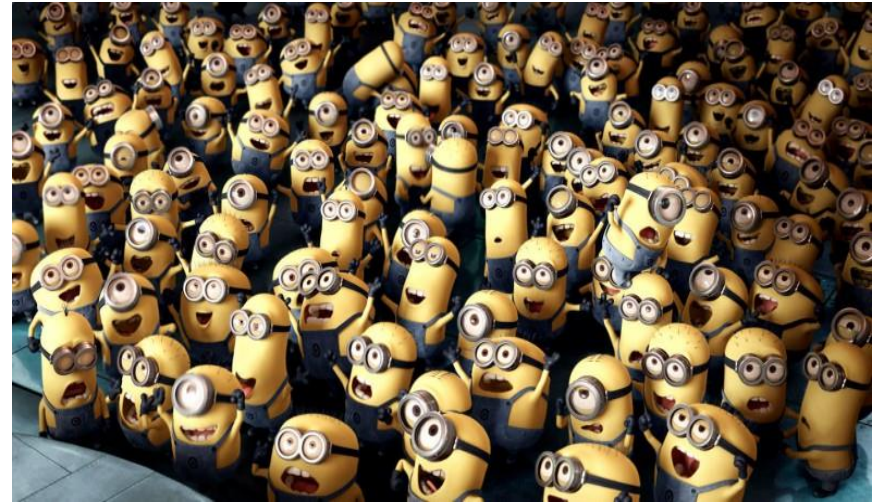




Humiliated Fury is not universal: Studying the co-occurrence of anger and shame in the US and Japan

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Humiliated Fury: When Shame Turns Into Anger

- First coined in psychoanalytical literature (Lewis, 1971)
- Anger as a remedy for the painful experience of shame (Stosny, 1995; Miller, 1985; Lindsay-Hartz, 1984)

Shame positively related to:

- external blame, anger and hostility (Tangney, Wagner, Fletcher & Gramzow, 1992; Tangney, Wagner, Hill-Barlow, Marschall & Gramzow, 1996)
- aggressive and abusive responses in a family context (Harper, Austin, Cercone & Arias, 2005; Dutton, van Ginkel, and Starzomski, 1995)

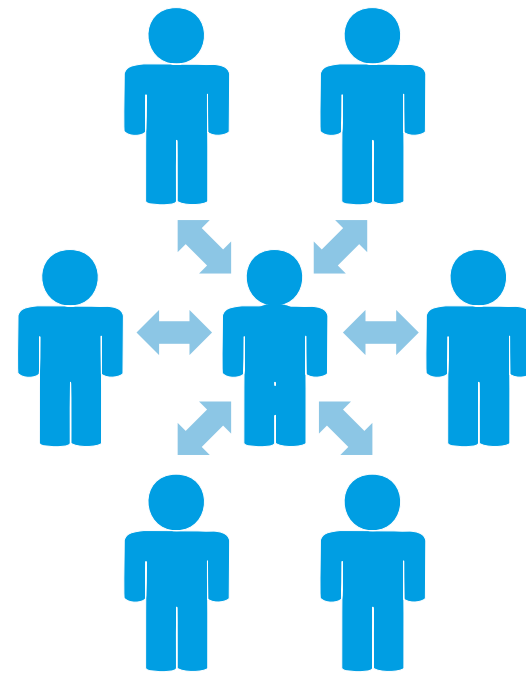
But: Is humiliated fury universal or is it a product of a Western view on anger and shame?

Relationship Ideals in the US and Japan

U.S.: Autonomy



Japan: Relatedness



Cultural differences in anger and shame

U.S.: Autonomy

Japan: Relatedness

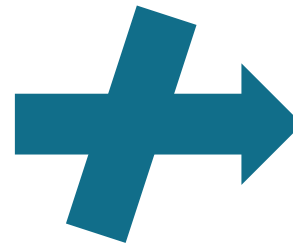
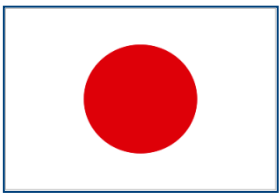
Anger



Shame





Hypotheses



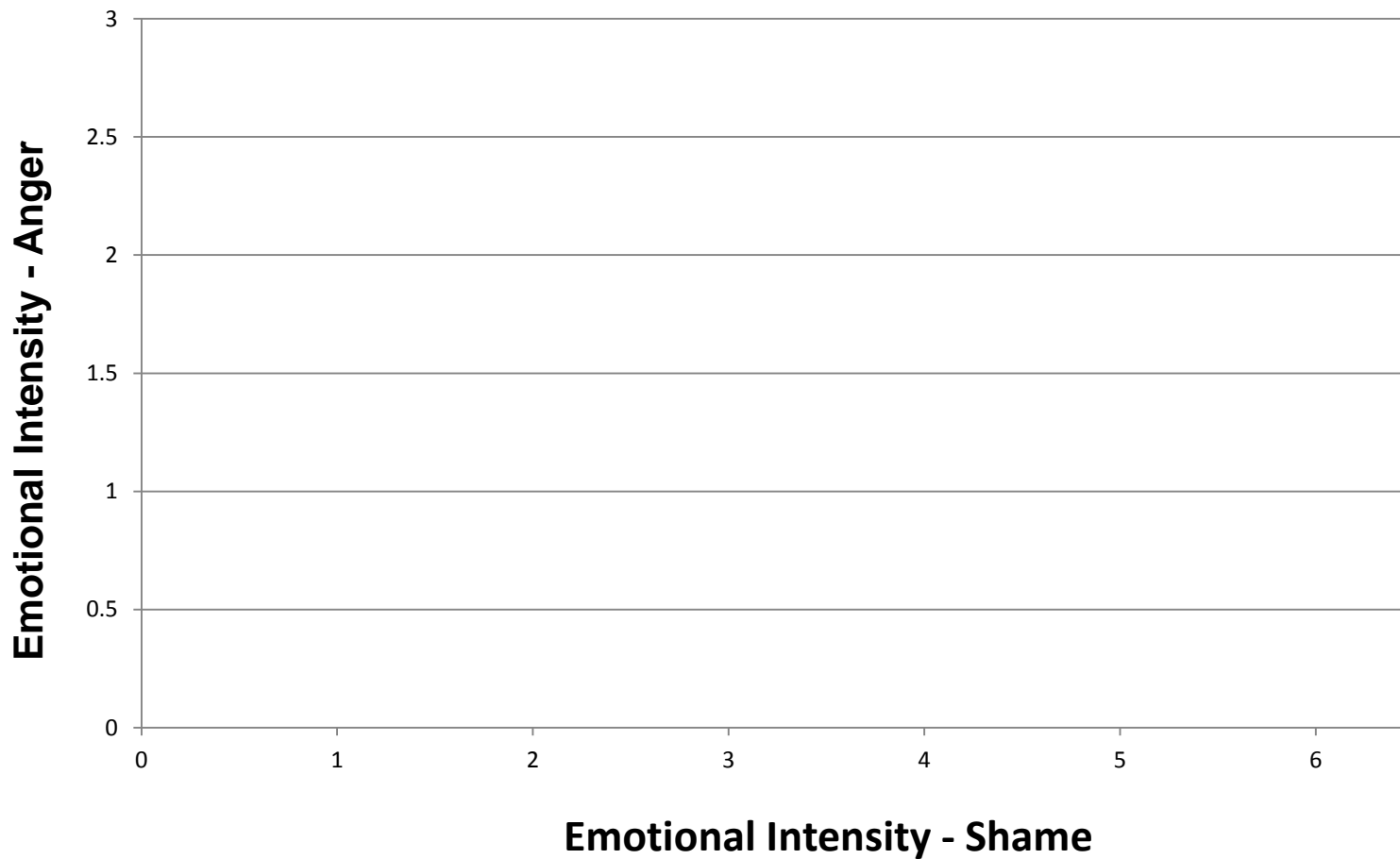
Study 1: Daily Diary Study

- 7-day sampling period of daily life shame situations

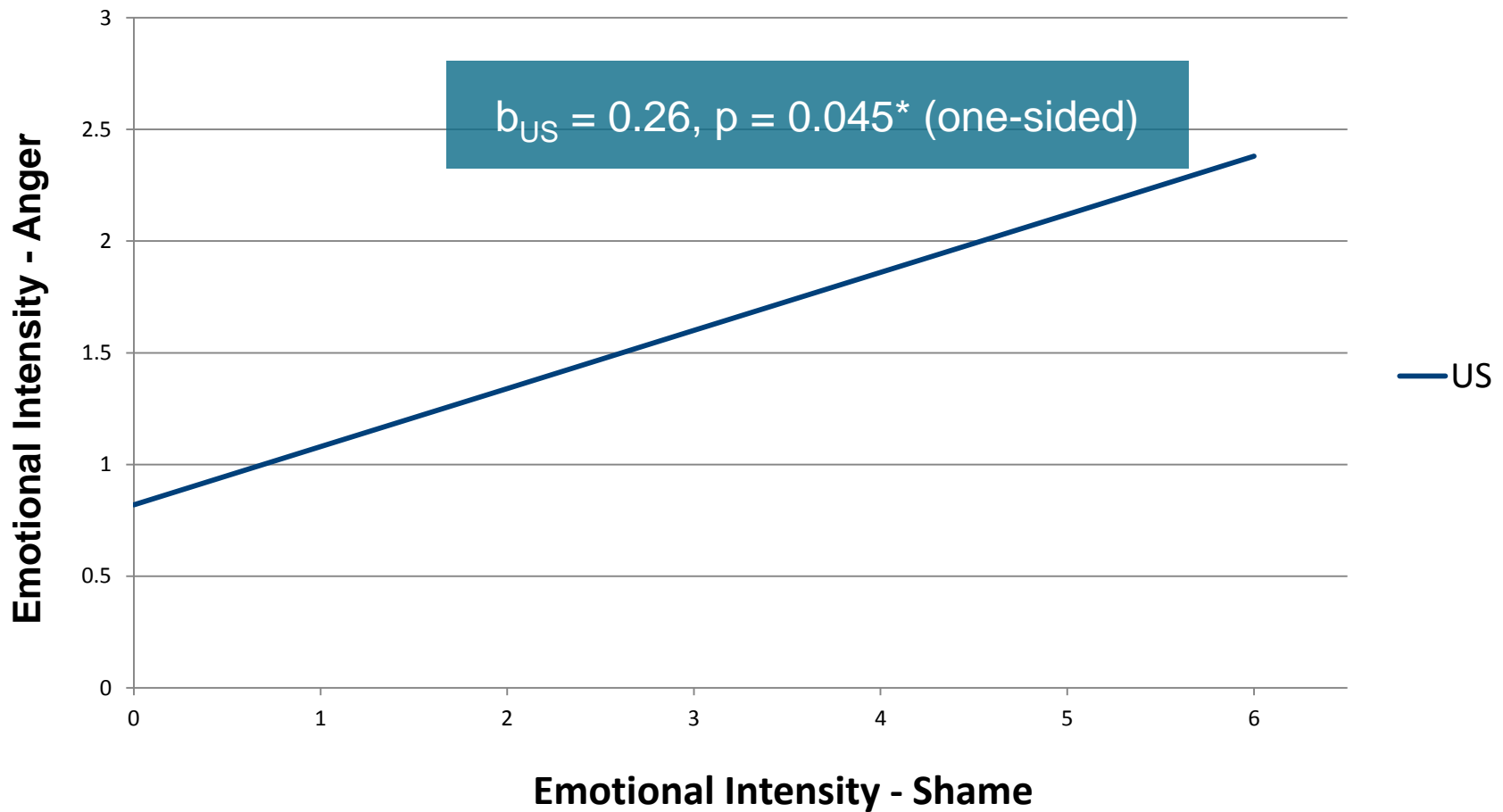
		
Participants	31	55
Number of situations	58	170

- M_{Age} : 20.8 / 21.3 years
%_{female}: 80.6 % / 50.9%
- Emotion Intensity Ratings of *anger* and *shame* in situation

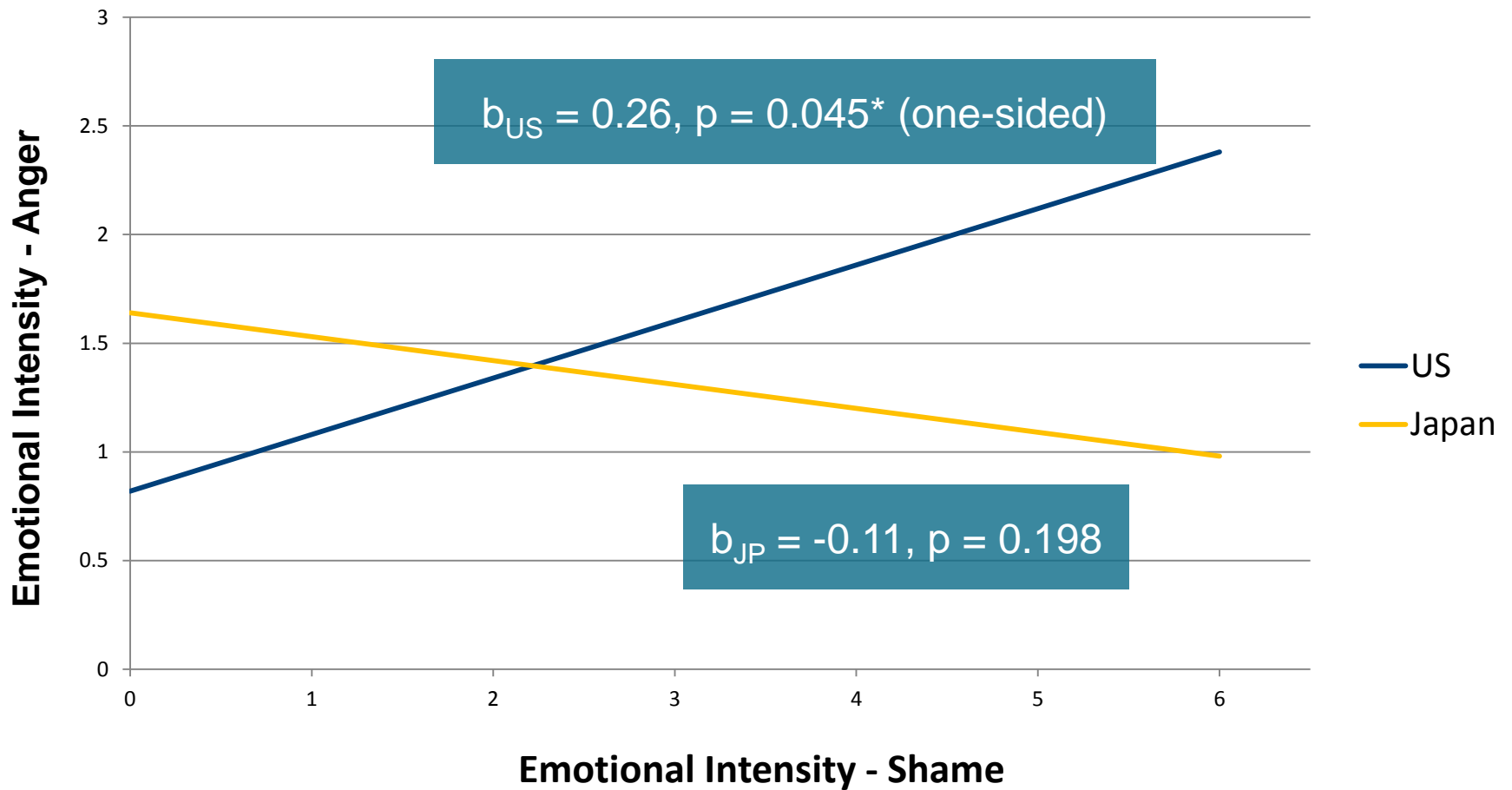
Shame-Anger-Association in Daily Life



Shame-Anger-Association in Daily Life



Shame-Anger-Association in Daily Life



Study 2: Vignette Study

- Situation vignettes with standardized shame situations

-  = 110 ;  = 128

- M_{Age} : 20.8 / 20.7 years
%_{female}: 75.5 % / 56.3 %

- 10 Shame situation vignettes per participant
(equally sampled from US and Japan via interviews and experience sampling; for procedure see Boiger, Mesquita, et al, 2013)
- Emotion Intensity Ratings of *anger* and *shame* in situation

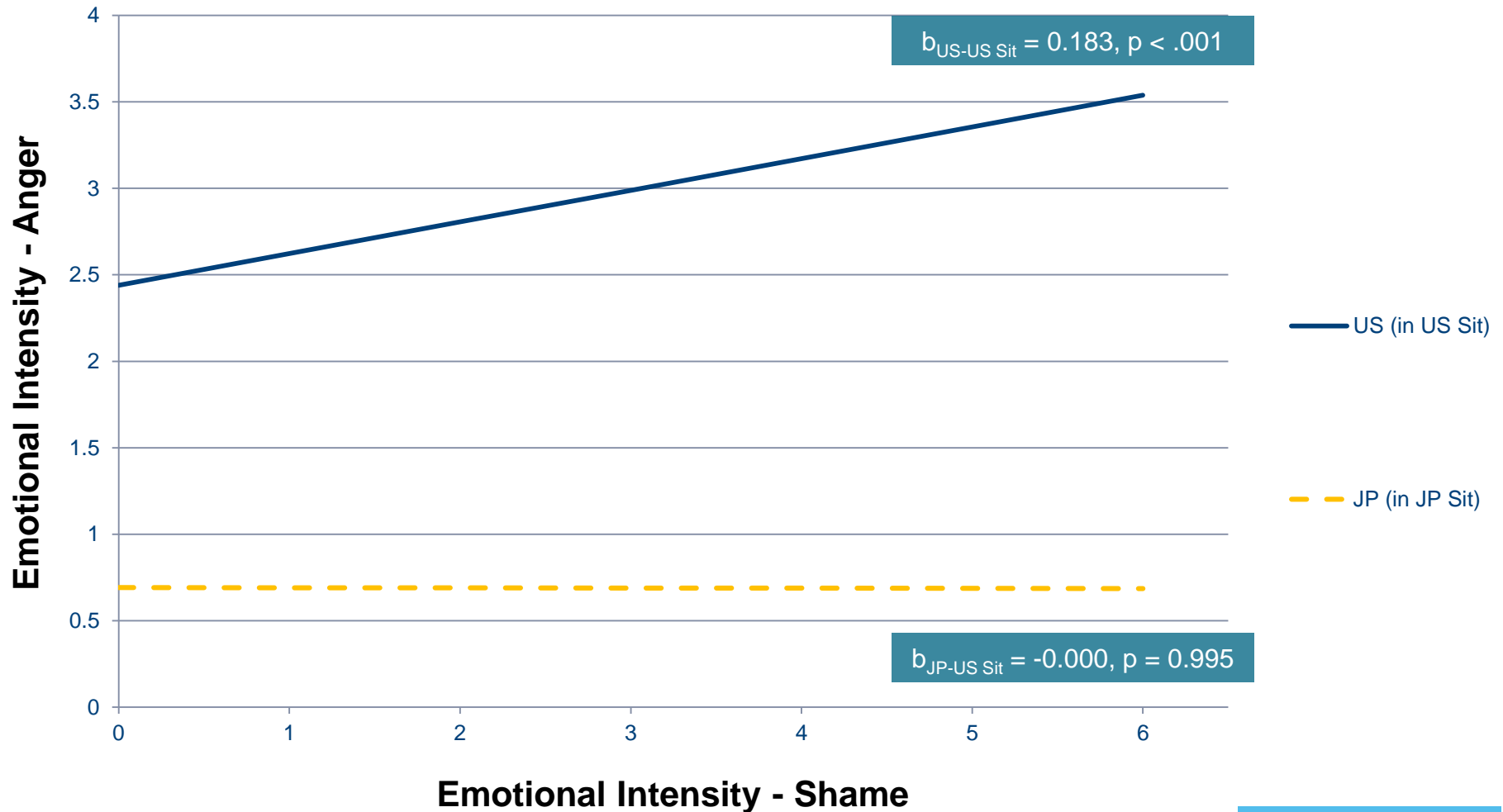
Shame-Anger-Association in hypothetical situations

INT Shame x Culture x SO:
 $b = -0.16,$
 $t(2279.079) = -2.091,$
 $p = 0.37$



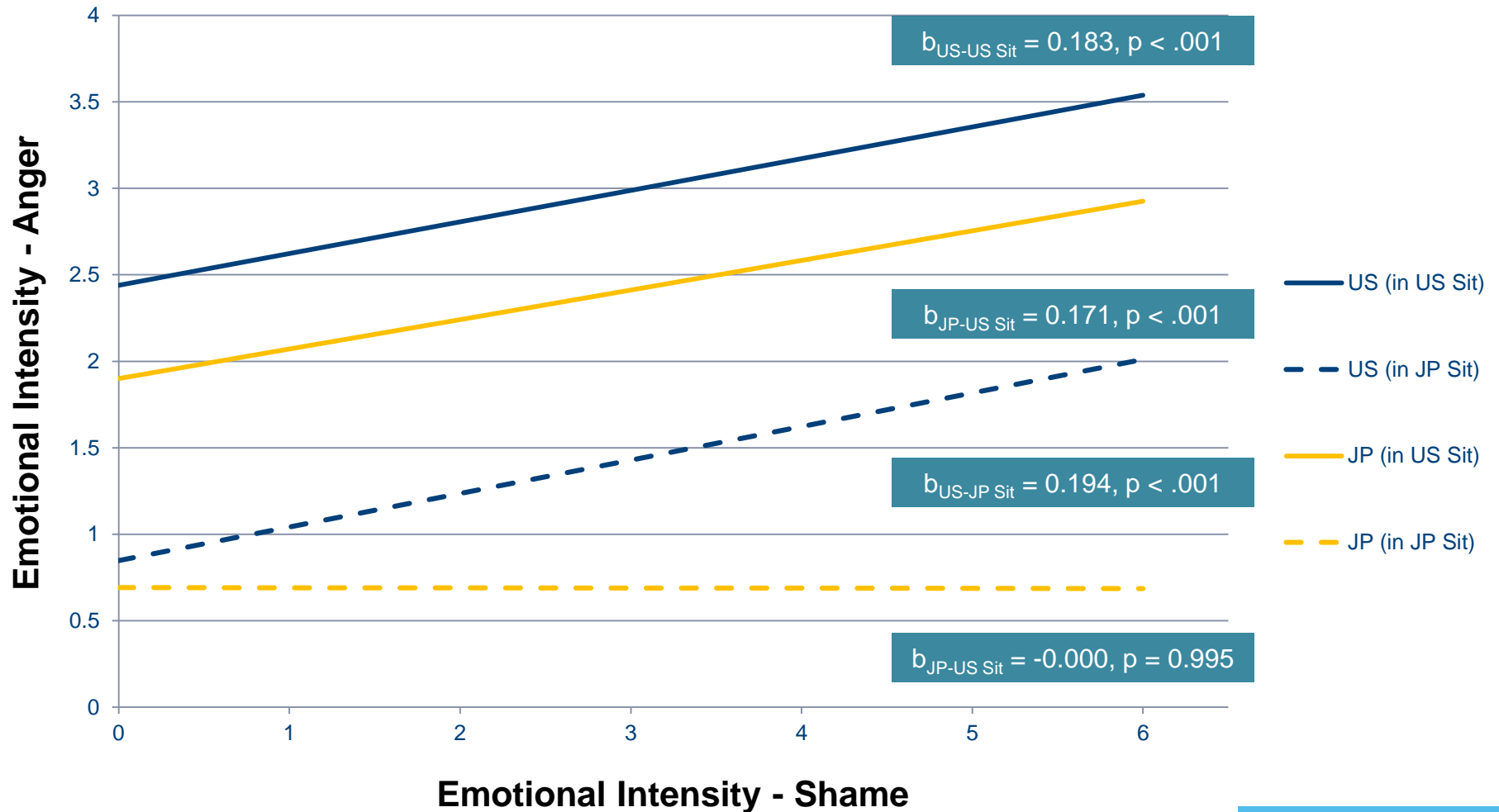
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Shame-Anger-Association in hypothetical situations

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Summary

- Relationship between anger and shame prevalent in independent, but not interdependent cultural contexts
- Combination of both situation type and individual **socialization** (see also prior work by Kitayama et al, 1997; Morling, Kitayama & Miyamoto, 2002)
- Humiliated fury rather a result of the role of shame and **anger in a Western cultural model** (see Boiger, Mesquita, Uchida and Barrett, 2013) than universal phenomenon

Thank you for your attention.

Situations sampled from the US and Japan

- **Japanese** Shame situations: strongest for (1) self-agency and (2) loss of face

“Tiffany was about to pay for her groceries at the register. When the cashier told her how much she owed, she realized that she did not have enough money.”

- **American** Shame situations: strongest for (1) other agency and (2) personal flaws

“Courtney had just started going out with a guy. Because she had dated many other guys before, her mother sat her down and asked her how she was planning to keep this one.”

The role of situational origin

Previous research has shown that

- the encountered situations influence our daily emotional experiences in different cultures (Boiger, Mesquita, Uchida & Barrett, 2013; Kitayama, Mesquita, & Karasawa, 2006)
- individuals show culture-typical behavior more clearly in situations from their own culture (Kitayama et al, 1997; Morling, Kitayama & Miyamoto, 2002)

