

The Cultural Shaping of Emotion

How can we advance our understanding of emotion through a sociocultural lens? How do we overcome decades-long debates on universality versus culture specificity? This book engages with these challenges by documenting rich empirical evidence of similarity as well as cultural variation in how emotions are conceptualized, experienced, expressed, and regulated. Examples include how emotions unfold in romantic relationships and are linked to well-being and distress. With nuance and rigor, it includes diverse theoretical and methodological approaches and examples on numerous specific emotions across varied cultural contexts. The volume also explores how culture–emotion dynamics unfold in multicultural societies, shedding light on emotional acculturation, intergroup relations, and macro-level cultural change under societal threat. Bringing together leading experts worldwide, each chapter outlines promising directions for future research, inviting scholars, practitioners, and students across cultural psychology, clinical science, applied linguistics, and relationship research to reimagine emotion as a culturally embedded and socially enacted phenomenon.

JOZEFIEN DE LEERSNYDER is research professor in the Center for Social and Cultural Psychology at KU Leuven, Belgium. She is a European Research Council Starting Grant holder, winner of both national (BAPS) and international (IUPsyS) Early Career Awards, and former co-President of the Belgian Young Academy. Through innovative empirical work, she aims to advance our understanding of the sociocultural shaping of emotion, acculturation processes, and how to design (educational) contexts such that everyone can thrive in today's multicultural world.

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