

Emotional Well-Being and Health: Uncovering Contextual Determinants

SPEAKER: DR. ZHU YIYI

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Meeting ID: 878 7079 5187 Password: 805405
Moderator : Prof. Ben Li (Associate Professor)
Language : English

Abstract

Emotional well-being, a multidimensional concept, plays a crucial role in overall health, yet its effects are often shaped by different contextual factors. This presentation focuses on the experiential features of emotional well-being and examines how an important contextual factor—i.e., culture, moderates the link between daily emotional experiences and health. First, we will discuss how emotion suppression, typically considered a maladaptive emotion regulation strategy, is associated with health outcomes (i.e., sleep) across different cultural contexts. Next, we will explore the roles of daily positive affect on health, highlighting how a hedonic view of emotions may enhance the beneficial health impacts of positive affect. The protective effects of a dialectical view of emotions against the adverse impact of negative affect on well-being will also be addressed. Finally, future research directions will be outlined, including how life circumstances and aging influence emotional well-being and health. Together, these research efforts aim to provide a comprehensive understanding of the contextual determinants and underlying mechanisms shaping emotional well-being.

Biography

Dr. Yiyi Zhu received his Ph.D. in social psychology from the University of Texas at Dallas in 2023. Currently, he is a Postdoctoral Research Associate at the Institute on Aging at the University of Wisconsin–Madison. His research focuses on the complex relationship between emotional well-being and health, with a particular emphasis on the role of sociopsychological factors, such as culture. His work leverages data from the Midlife in the U.S. (MIDUS) project to investigate the connections between emotional well-being, brain aging, and health in older adults. Using a multi-method approach, Dr. Zhu's research seeks to understand how emotional experiences influence health trajectories within diverse contextual factors.

ALL ARE WELCOME