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Key words: social relationships, positive emotions, re-evaluation.

**Psychology of Friendship**

**DEFINITION:**

“Friendship is a psycho-social relationship based on a free affective link between two (or a few) people” (Zaccagnini, 2008).

- The “affective link” includes: To share time, to communicate, to feel close to the other, to trust on the other and to share some commitment on the relationship rules.
- The “freedom” includes: To start, keep and end the relationship freely, and to fix the relationship rules freely (Note that this is different from any other social relationship).

**TYPES:**

- **Best friends:** (few if any) people we know for long time, and trust 100%.
- **Good Friends:** people we like, and enjoy free time with.
- **Casual friends:** people we interact with because we share time/space (at work, association, living area... an EI congress... etc.), and we like and enjoy that relationship.
Introduction

- Friendship: The Positive Psychology perspective.
- Friendship and EI: The important role of negative (conflict) and positive (love) emotions in friendship.
- The general hypothesis: High and straight correlation between EI and friendship is expected.

- The data:
  - Very few research on topic.
  - Not too high/clear correlation with both quantity and quality of friends.

Research Review

- Previous literature has been shown that EI facilitates the establishment and maintenance of social relations (Dodge Garber, 1991; Saarni, 1999).
- Paulo N. Lopes, John B. Nezlek, Natalio Extremera, Janine Hertel, 4 Pablo Fernández-Berrocal, Astrid Schütz, and Peter Salovey, (2011) found that emotional regulation (SERA) helps to avoid conflict more than to promote positive affect (not very high correlation).
- Our previous research (Zaccagnini & Ruiz-Aranda, 2011, 2012) shows a correlation between EI (TMMS and MSCEIT) and positive emotions in friendship (not very high correlation).
Research Objectives

- To re-analyze the influence of emotional regulation in friendship, using now Gross y John, (2003) emotional regulation theory (suppression vs reappraisal), on friendship link (intimacy).

- In addition, we examined the mediating role of positive emotions in the relationship between the emotional regulation and the level of intimacy with friends.

Method

Participants
- 237
- 122 female
- 115 male
- Mean age=42,60

Measures
- Emotional Regulation Questionnaire (Cabello, Salguero, Fernández-Berrocal, Gross; 2012)
- Network of Relationships Inventory (Furman & Buhrmester, 1985)
- Positive and Negative Affect Schedule (Sandin, et al., 1999)
### Results: correlation analyses (sig)

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Results & Discussion

- We find **positive correlation** between good emotional regulation (re-appraisal) and quality of friendship link.

- The results of the study indicate that **positive emotions mediate** the relationship between emotional adjustment and the levels of intimacy that we maintain with our friends.

- These findings suggest that those **people that use a reassessment as a form of emotional regulation strategy, generate more positive emotions**, which then impact on a higher level of intimacy with his friends.
Limitations and future research

- We keep getting a low correlation between Emotional Intelligence dimensions and friendship link.

- May be we should look for other ways to measure IE (traits based test, empathy tests…).

- May be friendship links do not lay so much on affect regulation.

- ¿Could friendship be supported by an unconditioned acceptance schema (i.e. confidence)? Next research.

Bibliography