

SF Journal of Neurological Disorders and Rehabilitation

The Influence of Positive and Negative Emotions on Self-Control after Ego Depletion

Hamzezade A* and Gharibzadeh S

Cognitive Rehabilitation Clinic, Institute for Cognitive and Brain Sciences, Shahid Beheshti University, Tehran, Iran

Self-control can be described as discounting or changing responses especially under the guidance of desirable responses criteria [1]. Suppressing desire is a major part of daily life and may be necessary for living in a civilized and cultural community. Effortful inhibition prevent antisocial behaviors and impulses and improves effective functions but it threatened by ego depletion. Ego depletion is the state of having limited cognitive and psychological capacity as a result of taxed self-control [2]. When people try to suppress desired reactions or make difficult decisions, their psychological resources would be depleted. Owing to this, depleted person fails to inhibit negative habitual behaviors and a wide range of impulsive responses. These negative behaviors include aggression, inappropriate sexual responses [3], prejudice, overeating of unhealthy food, alcohol consumption, and impulsive spending [1].

Reviewing past work in this area, fatigue is an important physical sign of ego depletion. Many researchers suggested that individuals would report fatigue after ego depletion [4]. So, positive emotion may evoke energy to resist against fatigue to neutralize the impact of ego depletion. Other studies outlined some major functions of positive emotions. Positive emotion has significant impact on people's cognitive abilities by reinforcing memory and judgment and also affect individual's motivation [5]. Therefore, positive emotion can foster psychological resources. In other studies [6], after ego-depletion, video clips were used to generate positive, neutral and negative emotions in participants. The results show that, compared with neutral emotions, positive emotions can effectively reduce the impact of ego depletion. On the contrary, negative emotions restrict the replenishment of individual's psychological resources [6].

Previous studies have provided profound insights into the process of ego depletion and intentional inhibition; however, they have limitations and need to be mentioned in future studies. They studied the impact of emotional valence (the degree of negative or positive). Further research may provide more insight into these processes with testing whether there are differences between distinct forms of emotions (e.g., happiness, excitement, sadness, disgust, fear, etc.). In addition, further study needs to be conducted investigated on a variety of population groups and use other valid ways to induce specific emotion, before generalizing the findings.

OPEN ACCESS

*Correspondence:

Ahmad Hamzezade, Cognitive Rehabilitation Clinic, Institute for Cognitive and Brain Sciences, Shahid Beheshti University, Tehran, Iran.

E-mail: Ahamzeshad@gmail.com

Received Date: 27 Dec 2020

Accepted Date: 02 Jan 2021

Published Date: 04 Jan 2021

Citation: Hamzezade A, Gharibzadeh S. The Influence of Positive and Negative Emotions on Self-Control after Ego Depletion. *SF J Neurol Disord Rehabil.* 2021; 2(1): 1007.

Copyright © 2021 Hamzezade A. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

References

1. Baumeister RF. Self-regulation, ego depletion, and inhibition. *Neuropsychologia.* 2014; 65: 313-319.
2. Rebar AL. A daily diary approach to investigate the effect of ego depletion on intentions and next day behavior. *Psychology of Sport and Exercise.* 2018; 39: 38-44.
3. Gailliot MT, Baumeister RF. Self-regulation and sexual restraint: dispositionally and temporarily poor self-regulatory abilities contribute to failures at restraining sexual behavior. *Pers Soc Psychol Bull.* 2007; 33: 173-186.
4. Baumeister RF, Bratslavsky E, Muraven M, Tice DM. Ego depletion: Is the active self a limited resource? *J Pers Soc Psychol.* 1998; 74: 1252-1265.
5. Isen AM. Some perspectives on positive affect and self-regulation. *Psychol Inq.* 2000; 11: 184-187.
6. Gong S, Li Q. Rebuilding Self-Control After Ego Depletion: The Role of Positive Emotions. *Advances in Intelligent Systems and Computing Book Series.* 2017.