There can be no knowledge without emotion.
We can be aware of a truth, yet until we have felt its force, it is not ours.
To the cognition of the brain must be added the experience of the soul.
Arnold Bennett

Sociology 128
Sociology of Emotions
Spring 2006
MW 4-5:50 PM, Haines 118

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Office Hours: MW after class until 6:40 pm

Course Statement

Are feelings innate and universal or are they socially created and historically and culturally determined? Emotions are generally seen as individually and privately experienced, but are actually deeply social. They are embedded in, constitutive of, and created by social interactions, social structures and institutions. This course will examine the relatively new field of the Sociology of Emotions from a constructionist and interactionist perspective. We will address such issues as:

1) the definition and labeling of emotions
2) the relationship between emotion and self
3) the social and cultural construction of emotion
4) the embodied sensation of emotional experience, including the relationship and difference between feeling an emotion and expressing an emotion, and relations between thought, bodily sensations, and emotions
5) socio-historical contextualization of emotion
6) the social nature, experience, and enforcement of emotional norms, including emotional management and feeling rules
7) the commercialization and selling of emotional labor
8) emotions in interpersonal relationships, with a special focus on love
9) the possible practical uses of a sociological study of the emotions

Our explorations will focus on contemporary American society, but will use examples from other times and cultures to illustrate the socially constructed, experienced, and expressed nature of emotions.

Course Readings

* There are eight softcover books and a small set of articles required for this course. The books are available at the UCLA student bookstore, and are as follows:
1. The Managed Heart by Arlie Russell Hochschild
2. The Birth of Pleasure by Carol Gilligan
3. all about love by bell hooks
4. Unnatural Emotions by Catherine Lutz
5. Emotional Intelligence by Daniel Goleman
6. The Noonday Demon by Andrew Solomon
7. About Love by Robert C. Solomon
8. Against Love: A Polemic by Laura Kipnis

Article location: TBA

* Readings are to be done PRIOR TO the day in which they are to be discussed. It will be assumed that you have done readings when you are in class.
* There is a lot of writing in this course. If you feel that your writing skills need development, or that you need inspiration to write, then for the former, visit UCLA Writing Tutorials (they are free!), and for the latter, pick up a good inspirational writing classic called Writing Down the Bones by Natalie Goldberg.

Journals

One journal is due per week on Wednesday, including both the second and last days of class. Obviously, emotions are a crucial element of every aspect of your life. Because you may find this exploration to be unexpectedly personal and powerful, paying attention to how your own experiences connect with the course readings will be very useful for you in tying your own life to the academic subject.

With this in mind, every week, type two or more informal pages (more is okay too, but at least 2 solid pages) addressing emotions. The journals should be some combination of a) what you have noticed about your emotions during the week, and b) a commentary on the course readings for that week. You may wish to carry a little notebook with you to record what you notice about your emotions, so you can more easily remember them when you are typing up the journal response. You must clearly use and reference course readings in each journal (no out-of-context or irrelevant quotes, please). This is not intended to be a high-pressure assignment; rather, my wish is that you take the topic with you when you leave the classroom, and continue to consider it as you go through everyday life. The integration of your everyday emotional experience with ongoing course issues will make the course much more relevant, meaningful, powerful, and ultimately understandable for you.

Journals are to be turned in on the instructor's desk at the beginning of class, before class begins on Wednesdays. Please do not turn in journals while class is in session. This means that the minute I start talking, stay in your seat, please. Each journal will receive between 0 and 2 points. Your first journal is due on Wednesday, April 5th. There will be a total of 10 journals due.

Miscellaneous Info

* I'll probably check my email every day, but please give me a reasonable amount of time to respond, especially to complicated questions.
* No emailed assignments, ever. This includes journals, essays, and any other work you might do for the class. Please don't ask me to make an exception. And please never IM me.
* I am only on campus on Mondays and Wednesdays.
* Any excuses for late or missed work must be accompanied by verified documentation (like a doctor’s note), or lateness will not be excused. 1 point will be taken off for every day that an unexcused assignment is late.
* Please turn your cell phone off before class starts. If it rings in class, I might answer it for you. If you’re text messaging or playing a game on it, I might take it from you. That is to say, if you’re in class, you should really be in class.
* No plagiarism, please. Plagiarism is using the words and/or work of another as your own – that is, without citing the other person as the author of those words. Anything you take off of the internet must be cited. Always do your own work, and reference any words that did not originally come from you. If you are caught doing or turning in plagiarized work, your work will, without exception, be turned in to the office of the Dean of Students. Do not expect the outcome to be positive, as plagiarism is utterly reprehensible.

Grading

Grades will be based on 10 journals, one 7-8 page course project, one 3-4 page creative writing assignment, and one 7-8 page essay. Course readings must be integrated into each writing assignment. I will be using a non-competitive grading scale. This means that in this course, there is no grading curve. The grade you earn does not depend on how well you do compared with others in the class.

The course assignments will be weighted as follows:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percent of Total Grade</th>
<th>Date Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>RESEARCH PROJECT</td>
<td>35%</td>
<td>May 3 (Wednesday)</td>
</tr>
<tr>
<td>CREATIVE WRITING EXERCISE</td>
<td>15%</td>
<td>May 17 (Wednesday)</td>
</tr>
<tr>
<td>ESSAY</td>
<td>30%</td>
<td>June 7 (Wednesday)</td>
</tr>
<tr>
<td>JOURNALS</td>
<td>20% (2% each)</td>
<td>weekly (Wednesdays)</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

P.S. It is important that you be in class. I may do sneaky things to make this point. You will be happier, overall, if you are consistently in class.

The Course in Short

Week 1  Introduction, Mapping the Territory
Week 2  Emotions as a Socio-Cultural Construct
Week 3  What It Feels Like
Weeks 3-4 Emotion in Socio-Historical Context: Placing It, Fixing It
Week 5  Emotions, Social Norms, and Deviance: Fitting In...Or Not
Week 6  Emotions, Self, and Other: Practicing Emotional Intelligence
Weeks 7-10 The Case of Love: Applying What We’ve Learned
Week 10 Aftermath, Afterglow, and Wrapping It Up
How Things Will Probably Go: The Detailed Version
(Plans are subject to change, but the course is very likely to go just as stated below.)

Please note: several short articles which are not listed below will also be required reading.

Introduction
Week 1, Meeting 1

April 3
ÔNo, no, youÔre not thinking, youÔre just being logical.Ô
Niels Bohr, physicist (1885-1962)

ÔIÔIïll not listen to reason.
Reason always means what someone else has got to say.Ô
Elizabeth Cleghorn Gaskell

Mapping the Territory
Week 1, Meetings 1-2

Why Study Emotions? Sociological Perspectives on Emotions Conducting Sociological Research on Emotions
Emotions and the Self

April 3, 5

Required Reading

For Wednesday, April 5
* Arlie Hochschild, The Managed Heart
  - ch. 1, ÔExploring the Managed Heart,Ô pp. 3-23
  - Appendix A, ÔModels of Emotion from Darwin to Goffman,Ô pp. 211-232
  - Appendix B, ÔNaming Feeling,Ô pp. 233-243
* Daniel Goleman, Emotional Intelligence
  - Introduction, ÔAristotleÔs Challenge,Ô pp. ix-xiv
  - ch. 1, ÔWhat Are Emotions For?,Ô pp. 3-12
  - ch. 3, ÔWhen Smart Is Dumb,Ô pp. 33-45
  - ch. 6, ÔThe Master Aptitude,Ô pp. 78-95

Emotions as a Socio-Cultural Construct

Week 2, Meetings 3-4

Emotions, Social Constructionism, and Cultural Relativism

April 10, 12

Read as much of this as you can by April 10, and have it finished by April 12.
* Catherine Lutz, Unnatural Emotions, chs. 1-6 (pp. 3-182)
for Monday, April 10

Film excerpt: The Lifestyle

What It Feels Like

Week 3, Meeting 5

The Phenomenology of Emotions
What’s the Difference Between a Feeling and an Emotion?

April 17

Required Reading
* Daniel Goleman, Emotional Intelligence
  - ch. 2, ÒAnatomy of An Emotional Hijacking,Ó pp. 13-29
  - ch. 4, ÒKnow Thyself,Ó pp. 46-55
  - ch. 5, ÒPassion’s Slaves,Ó pp. 56-77
  - Appendix B, ÒHallmarks of the Emotional Mind,Ó pp. 291-296

  - ch. 1, ÒDepression,Ó pp. 15-38
  - ch. 2, ÒBreakdowns,Ó pp. 39-99
  - ch. 3, ÒTreatments,Ó pp. 101-134 (recommended)
  - ch. 4, ÒAlternatives,Ó pp. 135-172 (recommended)

Emotion in Socio-Historical Context: Placing It, Fixing It

Weeks 3-4, Meetings 6-8

Emotion Placed in Sociological Context

ÓIf only we’d stop trying to be happy, we could have a pretty good time.Ó
Edith Wharton

April 19, 24, 26

Required Reading

For Wednesday, April 19
  - ch. 5, ÒPopulations,Ó pp. 173-215
  - ch. 6, ÒAddiction,Ó pp. 217-242
  - ch. 7, ÒSuicide,Ó pp. 243-283

For Monday, April 24
  - ch. 8, ÒHistory,Ó pp. 285-334
  - ch. 9, ÒPoverty,Ó pp. 335-360
Emotions, Social Norms, and Deviance: Fitting In...Or Not

Week 5, Meetings 9-10

Self, Responsibility, and the Response of the ÒMental HealthÓ Industry
Emotion Work and Impression Management

"I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to earth." — Pearl S. Buck

May 1, 3

Required Reading
* Arlie Hochschild, The Managed Heart

for Monday, May 1
- ch. 2, ÒFeeling As Clue,Ó pp. 24-34
- ch. 3, ÒManaging Feeling,Ó pp. 35-55
- ch. 4, ÒFeeling Rules,Ó pp. 56-75
- ch. 5, ÒPaying Respects with Feeling: The Gift Exchange,Ó pp. 76-86

for Wednesday, May 3
- ch. 6, ÒFeeling Management: from Private to Commercial Uses,Ó pp. 89-136
- ch. 7, ÒBetween the Toe and the Heel: Jobs and Emotional Labor,Ó pp. 137-161
- ch. 8, ÒGender, Status and Feeling,Ó pp. 162-184
- ch. 9, ÒThe Search for Authenticity,Ó pp. 185-198
- Afterword, pp. 199-207
Due Wednesday, May 3: Research Project!

Emotions, Self, and Other: Practicing Emotional Intelligence

Week 6, Meetings 11-12

What Good Is All of This, Anyways? And Why Does It Have To Have A Use?

May 8, 10

Required Reading
* Daniel Goleman, Emotional Intelligence
  - ch. 7, ÔThe Roots of Empathy,Ó pp. 96-110
  - ch. 8, ÔThe Social Arts,Ó pp. 111-126
  - ch. 9, ÔIntimate Enemies,Ó pp. 129-147
  - ch. 10, ÔManaging with Heart,Ó pp. 148-163
  - ch. 12, ÔThe Family Crucible,Ó pp. 189-199

Tape: This American Life, ÔWhat Really Happens in MarriageÓ

The Case of Love

ÔThe meeting of two personalities is like the contact of two chemical substances:
if there is any reaction, both are transformed.Ó
Carl Jung

ÔShe did observe, with some dismay, that, far from conquering all,
love lazily sidestepped practical problems.Ó
Jean Stafford

ÔLove is not enough. It must be the foundation, the cornerstone -
but not the complete structure. It is much too pliable, too yielding.Ó
Bette Davis

ÔLove from one being to another can only be that two solitudes come nearer,
recognize and protect and comfort each other.Ó
Han Suyin

ÔWe can only learn to love by loving.Ó
Iris Murdoch

When two people are under the influence of the most violent, most insane, most
delusive, and most transient of passions, they are required to swear that they will remain
in that excited, abnormal, and exhausting condition continuously until death do
them part.
George Bernard Shaw

We are not the same persons this year as last; nor are those we love.
It is a happy chance if we, changing, continue to love a changed person.
William Somerset Maugham, writer (1874-1965)

Weeks 7-10, Meetings 13-18
May 15, 17, 22, 24, 31, June 5

Required Reading

for May 15, 17, 22

* Robert C. Solomon, About Love: Reinventing Romance for Our Times (read this book very carefully!)

Due Wednesday, May 17: Creative Writing Assignment!

for May 24
* bell hooks, all about love

for May 31
* Carol Gilligan, The Birth of Pleasure: A New Map of Love

for June 5
* Laura Kipnis, Against Love: A Polemic

Aftermath, Afterglow, and Wrapping It Up

Week 10, Meeting 19

June 7

Required Reading
* Daniel Goleman, Emotional Intelligence
  - ch. 16, ÔSchooling the Emotions,Ó pp. 261-287...

...and anything else that you havenÕt yet finished.

Due Wednesday, June 7: Final Paper!
(do not turn this in late, or your grade will be delayed)