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## **Aggression and emotions: cultural and individual differences**

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### **Citation**

Dahamat Azam, M. N. B. (2019, December 18). *Aggression and emotions: cultural and individual differences*. Retrieved from <https://hdl.handle.net/1887/81581>

Version: Publisher's Version

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**Title:** Aggression and emotions: cultural and individual differences

**Issue Date:** 2019-12-18

Stellingen behorende bij het proefschrift

## **AGGRESSION AND EMOTION: CULTURAL AND INDIVIDUAL DIFFERENCES**

1. Guilt is a protective factor against aggression cross-culturally (this thesis).
2. Shame is a culturally embedded construct, which is deemed more positive in non-Western societies than in Western societies (this thesis).
3. Avoidant coping brings more negative effects such as aggression and negative friendship in cultures that emphasize collectivism (this thesis).
4. Anger and fear are like two sides of the same coin: both are basic emotions with negative valence, but each has a different motivational direction and response (this thesis).
5. Individualism-collectivism comparison at an individual level and country level are two interesting moderating variables that do not share similar outcomes (this thesis).
6. Longitudinal research is needed to study causal relationships between emotional regulation and aggression in different cultural settings (this thesis).
7. It is crucial to appropriately translate, back-translate and validate a Western-developed questionnaire before using it in non-Western societies to make sure the measurement is culturally and linguistically acceptable.
8. Eastern and Western people share many similarities in psychological tendencies despite differences.
9. PhD study is not only about doing research, reading literature, and writing research papers, but also a process where we learn how to regulate and manage our emotions.
10. If you have no shame, do what you like (Prophet Muhammad SAW; Hadith Al-Bukhari).  
*A good benefit of shame is that it can help us to control our selves from doing bad things.*

Naqi Dahamat Azam