

A Review of the Effect of Emotional Intelligence on Attentional Bias

Xinyuan Peng

School of Psychology and Cognitive Sciences, East China Normal University, ECNU, Shanghai
Email: 18321552325@163.com

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Abstract

Emotional intelligence can be regarded as TEI associated with personality traits, as well as AEI similar to cognitive ability, which is an important psychological resource and ability to promote mental health. EI protects mental health by acting as a buffer against stress. However, AEI and TEI acts in different ways to buffer the negative effects brought by stress, which may be caused by different early attentional bias of emotional information regulated by EI. Currently, there is no consensus on whether EI can regulate attentional bias to threat-related stimuli under stress. In the future, how TEI and AEI affect attentional bias, and how they affect attention resource allocation in stressful conditions are possible research directions.

Keywords

Emotional Intelligence, Adaptive Outcomes, Attentional Bias, Stress

情绪智力影响注意偏向的研究综述

彭馨媛

华东师范大学心理与认知科学学院, 上海
Email: 18321552325@163.com

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摘要

情绪智力可以被视为与人格特质有关的特质情绪智力(TEI), 以及与认知能力类似的能力情绪智力(AEI), 是促进心理健康的重要心理资源和能力。情绪智力通过对压力起到缓冲作用, 从而促进心理健康。但AEI与TEI缓冲压力带来的消极影响的作用方式不同, 这可能是由情绪智力调节导致对情绪信息的早期注意

偏向不同造成的。目前对于EI能否调节在不同水平的压力情境下对威胁性刺激的注意偏好的问题,学术界还没有达成共识。未来可以TEI与AEI如何影响注意偏好,以及二者对压力情景下的注意资源分配的影响为可能的研究方向。

关键词

情绪智力, 适应性行为, 注意偏向, 压力

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1. 引言

情绪智力(emotional intelligence, EI)指个体在感知、管理和理解自我和他人情绪方面的能力(MacLeod, Mathews, & Tata, 1986),能促进智力发展,并帮助个体顺利完成情绪、情感活动(Chew, Md. Zain, & Hassan, 2015)。情绪智力自诞生以来就引起了心理学界的广泛关注,它联结情绪、认知两个过程,是促进心理健康的重要心理资源和能力(Jacobs et al., 2008)。它可以被视为更低等级的与情绪有关的特质情绪智力(trait emotional intelligence, TEI),与人格同属一类,通过自我报告进行测量(Petrides, Ria, & Flora, 2011);也可以被视为类似于IQ的,一种对于情绪的认知能力(ability emotional intelligence, AEI),通过最优表现进行测量(Mayer, Roberts, & Barsade, 2008)。TEI具有人格特质的属性,包含诸如自信、共情等成分,冲动以及处理人际等能力,同时也包含个体的某些行为倾向,例如,健康行为、自控行为等(Pérez, Petrides, & Furnham, 2005)。由于AEI与TEI都能预测健康、成功的人际关系、受教育程度和工作上的成功,以及其他的积极的生活事件(Brackett, Rivers, & Salovey, 2011),因此这两种情绪智力都与适应性行为有关,尤其是心理适应性(Martins, Ramalho, & Morin, 2010b)。为了更好地理解情绪智力影响适应性行为的本质过程,仍然需要对情绪智力如何对幸福感产生影响进行探究。

2. 情绪智力对压力起到缓冲作用

有研究者认为,情绪智力的一个重要功能是缓冲压力事件带来的负面影响,并以此保障心理健康(Subhi et al., 2009)。理论上来说,面对压力情境时,情绪智力高的个体会比情绪智力低的个体表现出更有适应性的行为,例如更少的情绪恶化、更少的生理唤起,以及在威胁消失后更快地恢复(Lea, Davis, Mahoney, & Qualter, 2019)。有研究者发现,富有情绪管理技巧的个体能更好地保持心情;相比威胁情境,在有挑战性的情境下能表现出更强的生理机能(如心脏活动增强),以提升任务中的表现(Armstrong & Olatunji, 2009)。

一般来说,相比AEI,TEI与适应性结果的相关性更强(Harms & Credé, 2010; Martins, Ramalho, & Morin, 2010a)。然而,也有研究者指出,AEI与TEI可以通过协同作用,使个体获得适应性结果(Davis & Humphrey, 2012)。仅有情绪技能(AEI)可能是不够的,个体必须同时对这些技能感到自信(TEI),才能将情绪技能转化为行为(Mikolajczak, Petrides, & Hurry, 2011)。因此,TEI和AEI可能通过不同的方式影响对于压力的加工处理,或者在不同情境中起作用。基于对压力情景下的自我效能感、自尊和幸福感的研究表明,TEI在缓冲认知或社会心理任务中应对压力的反应方面作用尤其明显(O'Donnell, Brydon, Wright, & Steptoe, 2008; Panagi, Poole, Hackett, & Steptoe, 2018)。对于TEI和面对应激源时的心理和生理

反应的研究结果表明,高水平的 TEI 与最低程度的情绪恶化、心率变化和皮质醇释放有关(Laborde, Brüll, Weber, & Anders, 2011; Mikolajczak, Roy, Luminet, Fillée, & De Timary, 2007)。高 AEI 同样与压力任务后的缓慢恢复有关(Bechtoldt & Schneider, 2016)。高 AEI 个体可能通过选择适应性的应对策略,来缓冲压力带来的负面影响(Davis & Humphrey, 2012)。与 AEI 相关的结构,如情绪调节能力(Krkovic, Clamor, & Lincoln, 2018),与应对急性压力时的适应性情感反应有关。但其他 AEI 结构(如情绪感知、情绪理解)的作用尚未有很多探索。可见,情绪智力应对应激源的功能是明显的,但是该功能因情绪智力的类别不同而存在差异。

3. 情绪智力调节注意资源的分配

3.1. EI 调节对情绪信息的早期注意偏向

两种情绪智力在应对应激反应上的差异可以归因于由情绪智力调节的对情绪信息的早期注意偏向(Davis, 2018)。目前还很少有研究探讨不同类型的情绪智力如何在自动化水平上发挥作用,而仅将情绪智力看作是受控制的、经深思熟虑的处理过程。但是高情商个体的行为(如情绪感知、认知、调节)也同样可能是一种自动化加工,即个体不能有意地察觉到这些过程的运作。注意过程对早期调节(如定向、对威胁信息的快速探测)和后期的应对(如策略选择)过程都很关键(Gross & Thompson, 2007)。因此,通过影响对情绪环境线索的选择,情绪智力可能有助于调节后续的应激反应过程,例如应对压力,这可能作为情绪智力影响心理健康的可能原因(Fiori & Vesely-Maillefer, 2018)。

3.2. AEI 与 TEI 调节注意资源分配的方式存在差异

高情商的一个标志是将注意资源更多地分配到情绪性内容上,这会导致情绪性内容在加工处理过程中的优势,例如对短暂呈现的或微妙的情绪线索的探测和识别(Fiori, 2009)。研究表明,相比中性面孔,高 AEI 的个体能更快地识别消极面孔(Austin, 2007),以及更快地解码失匹配的非言语和言语线索(Jacob et al., 2013)。TEI 与更快地识别快速变化的面部表情有关(Petrides & Furnham, 2010),但在对情绪面孔的视觉搜索或对微表情的识别上无明显优势(Matthews et al., 2015)。相比消极和中性刺激,高 TEI 个体对积极情绪刺激(如快乐的面孔、积极的社交情境等)投入更多的注意,这可能是 TEI 缓冲压力,保护心理健康的内在机制之一(Lea, Qualter, Davis, Pérez-González, & Bangee, 2018)。由上述可知,情绪智力能缓冲压力事件带来的负面影响,且能调节对情绪信息的早期注意资源分配,那么它在压力情境下如何影响注意偏向,是研究者非常感兴趣的问题,这对于理解情绪智力对心理健康的保护作用以及 TEI 和 AEI 在应激反应方面的差异是很重要的。

4. 压力情景下的注意偏好受到情绪智力的影响

4.1. 人格特质影响压力情景下的注意偏好

压力情境下的注意偏好基本是在临床和亚临床(即高特质脆弱性)群体中研究的,常采用定向范式(如点探测任务)(Bar-Haim, Lamy, Pergamin, Bakermans-Kranenburg, & van IJzendoorn, 2007)。Williams 等人认为低特质焦虑个体应该表现出回避危险信息的倾向,以减少危险信息对他们的负面影响;高特质焦虑个体则对危险信息表现出注意偏向,这种倾向随着压力的增大而越来越明显(Williams, Watts, MacLeod, & Mathews, 1988)。有研究发现,潜在脆弱个体在长期压力下存在对威胁的高警觉性,而低特质焦虑个体则对威胁存在注意回避(Macleod & Mathews, 1988; Mogg, Bradley, & Hallowell, 1994)。Mogg 与 Bradley 指出,改变压力水平,注意选择的模式可能会随之改变。在低压力条件下,如轻微压力情境或呈现厌恶刺激,低脆弱性个体会表现出对威胁性刺激的注意回避,而高脆弱性个体则表现出对威胁性刺激的注意偏好。

在高压条件下，高低脆弱性个体都会表现出对危险性刺激的注意偏好(Mogg & Bradley, 1998)。这种注意选择模式允许更加灵活的适应性行为的产生，帮助人们排除无关的情绪刺激，保证危险评估系统不转换到与临床障碍相关的“高度警觉”状态。迄今为止，得到最多实验证据支持的理论模型认为(Koster, Crombez, Verschuere, & De Houwer, 2006; Mogg et al., 2000; Wilson & MacLeod, 2003; Yiend & Mathews, 2001)，个体倾向于在低威胁水平下回避危险，在高威胁水平下对危险刺激保持警惕，这代表了一种健康的注意选择模式，是一种具有保护性作用的认知模式(Yiend, 2010)。

4.2. 情绪智力影响压力条件下的注意资源分配

如果控制其他已知的脆弱性指标(例如神经质、焦虑和抑郁等)，EI 测试得分高的人应该属于低脆弱性群体，这使得研究者能够确定在注意的早期选择中 EI 作为一种保护性资源所能做出的贡献。目前的共识是，低脆弱性个体在低压力情境下倾向于远离威胁刺激，在高压情境下，对威胁性刺激有注意偏好。Yiend 等研究者使用一项点探测任务进行研究，发现对于高 TEI 的成人，相比无压力情境下，他们在压力情境下表现出了对情绪效价词的注意偏好；低 TEI 的成人则相反，这表明低 TEI 群体表现出了一种非典型的注意选择模式(Yiend, 2010)。Davis 等人研究了压力情景下，EI 是否能调节对威胁性情绪刺激的早期注意过程，结果发现，AEI 的部分结构，即情绪管理能力与特质幸福感分别与对愤怒和悲伤情绪的回避有关，而高 TEI 与对消极情绪的偏好有关(Davis, 2018)。但这些结果并不受到压力情境的限制，所以并不清楚 EI 是否对压力情境下的注意偏好有调节作用。然而，有中国学者的研究表明，在压力条件下，高 TEI 者对积极词汇有注意偏好，低 TEI 者对消极词汇有注意偏好。低压力条件下不存在此现象(隋妍妍, 2014)。这或许可以用“负性优势效应”来解释，即临床低脆弱性群体存在“负性优势效应”，导致他们产生对负性信息的注意偏好(Summerfeldt, Kloosterman, Antony, McCabe, & Parker, 2011; Tomer, 2008)。压力条件下，高 TEI 个体使用认知资源管理与自我积极情绪有关的信息，低 TEI 个体由于不能拜托负性信息的干扰，因此存在对负性情绪信息的注意偏好，这可能是 TEI 不同导致在面临压力时产生注意偏差的主要原因。

5. 总结与展望

综上所述，情绪智力可被视为与属于人格特质的 TEI 与属于认知能力的 AEI，二者通过缓冲压力带来的负面影响，进而促进心理健康。TEI 与 AEI 通过不同的方式对压力起到缓冲作用，这可以归因于它们对情绪性信息的早期注意偏向的调节。对于压力情景下的注意偏好的研究多集中在临床和亚临床群体，对正常群体的研究较少。EI 是否能在不同水平的压力情境下影响注意偏好，目前学术界也还没有得到一致的结果，国内也相当缺乏分别针对 TEI 与 AEI 如何影响注意偏好的研究。情绪智力对于应对压力是不可或缺的，是保障心理健康的重要能力，未来应当有更多研究关注情绪智力如何调节压力情境下的注意资源分配。

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