

投稿類別：英文寫作

篇名：

Through *Inside Out* to understand high school students emotion

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## I. Introduction

### I.1 Motivation:

In 2016, there was a popular movie *Inside Out*. In the movie, there were five people living in protagonist's brain: Joy, Sadness, Anger, Disgust, and Fear. Through them we can see human's the change of emotion.

What is true emotion? **“Emotion, in every speech, is any relatively brief conscious experience characterized by intense mental activity and a high degree of pleasure or displeasure.”**(Dr. Bradley Nelson(2011)) Because of changing mood, people extends many emotional problems. What kinds of emotional problems affect high school students? We thought the emotions might from academic pressure, parents, peer pressure and love. These reasons might also make a lot of emotional up and down. We want to research high school students' *Inside Out* .

### I.2 Purpose:

1. We want to know emotional problems of high school students .
2. We want to understand the reasons of emotional problems.
3. How does everyone solve the emotion problems (ex: soothing)?

### I.3 Participants:

About 130 Wagor High school students (Grade 1~3)

### I.4 Method:

At the beginning, we go to the library first, to look for related books of emotions, and know the connotation in which and data using on the network. We use questionnaire to understand the first grade and third grade students' situation in Wagor High School, and analysis of the main source of emotion and solutions.

### I.5 Research Process:

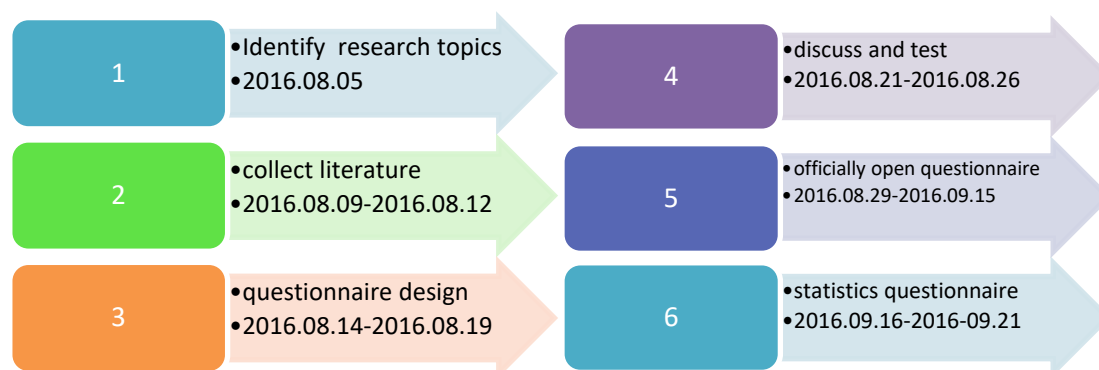


Figure1. Research Process (self-made)

## II. Thesis

### II.1. Introduction of the *Inside Out*:

A girl named Riley. There are five moods in her brain, including: Joy, Sadness, Fear, Disgust and Anger. They are reflecting her emotion. One day, Riley moved to a new home for adapting new environment suit as well as miss former friend. The various factors cause her mood pressure problems. The film is between five villains in the brain get along as well as quarrel to take the mood problems of happy. Finally, Riley knows how to live in harmony with every mood after she running away to home.

### II.2. Introduction of the emotion:

In everybody's brain, it has own emotion world. What is emotion? Emotion is external stimulus to cause the people's response on various physiological and psychology. We get to plan upset rear or under specific condition, experience different feeling. It may be very slightly possibly very vigorously, everyone can discover it by oneself. People feel the emotions because different things

**“Words of letter cover represent various different feeling;**

**A psychological course relates to our spiritual change;**

**Message people who transmit play our subjective understanding for external environment and matter to translate.”(譯自李俊良)**

One can influence our behavior, ideological, physiology and psychological state. Just like when we stay in happy time we will smile, when we feel sad, we will cry and when feel angry, we will furious. There are accompanying our mood every day. Our high school students will have what emotion pressure when facing external pressure?

A lot of high school student's emotions are easy come, easy go. Our mood changes very fast. We maybe laugh last seconds but the next second we feel sad. These mood's diversifications is because in the process of growing up we have we have to face many adolescent troubles, like friend ship, communications with parents or couple. These will make us feel under pressure. But what is the stress?

### II.3. Introduction of the stress:



**“Physiological or biological stress is an organism's response to a stressor such as an environmental condition. Stress is a body's method of reacting to a challenge. According to the stressful event, the body's way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. In humans, stress typically describes a negative condition that can affect a person's mental and physical well-being.”(Yvonne M. Ulrich-Lai & James**

P. Herman (2014))

Pressure is people's mood that brain will have when facing external threat. Because of cannot complete resistance threaten to cause a kind of influence of psychological aspect. Pressure will cause physiology to go up psychological last different response. Physiology: Headache insomnia tension it cannot concentrate spirit to have a backache to lose temper. Psychological: mood low anxious constraint is filled with disappointed mental and physical efforts to deliver the soldier.

The major pressure that the student faces has big environmental changes, family relation changes the sweethearts of friend indirect influence get along to cause enter a high school as well as the pressure of record, live the pressure of trifles various will make the problem that pressure causes mood to go up.

#### II.4. Analysis of various emotion in “*Inside Out*” and daily life :

Movie characters	Definition	Express emotion	Represent
<p>Joy</p> 	<p>The representative mood is happy. Yellow Joy likes the star is always optimistically open and lets Riley possess a lot of happy memories.</p>	<p>glee, happiness, optimism, over the moon</p>	<p>Happy whenever people mood rise, performance is joyfully pleased behavior, it may show the different joyfully pleased behavior of. Degree because of age environmental knowledge intelligent differences that mood rises.</p>
<p>Sadness</p> 	<p>The representative mood is sad. Blue Sadness is sad tear to drip it is negative that the often carries not vigorously again pessimistic will also make Lai Li feel to have no and help cry.</p>	<p>Melancholy, depression, sorrow, feel down</p>	<p>Sad whenever people mood get heavy strike and show sad behavior, mood may show different behavior because of the factor of strike and degree discrepancy.</p>




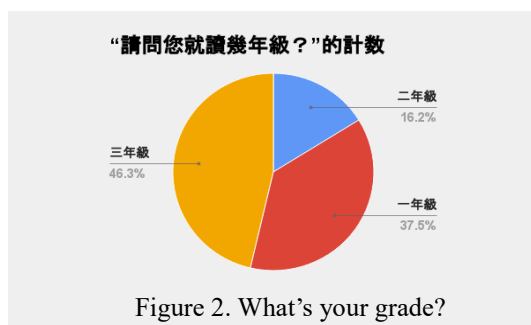
<p>Anger</p> 	<p>Anger is Riley's "anger" he is the mood of regular meeting is out of control or furious,</p>	<p>Displeasure, fury, irritation, outrage, blow a fuse</p>	<p>Anger whenever people mood show feverish behavior when getting strong stimulus, mood may reflect because of the strong weak degree of stimulus to also have a difference on the feelings.</p>
<p>Disgust</p> 	<p>What is disgusted to Riley represent detest. This mood make she feels many meddlesome things are disgust.</p>	<p>Distrust, loathing, revulsion, stomach crawl</p>	<p>Detest the common people being feeling to detest face can distort the body and have the trend of attempting to leave and make people detest the thing.</p>
<p>Fear</p> 	<p>Fear is Riley's "fear" is in the film Fear is very timid role will often fear very much because of some feelings of minor matter that response is very excited.</p>	<p>Despair, apprehension, terror, have butterflies in the stomach</p>	<p>Fear whenever people mood show terrified behavior when getting to fear strong threat, the importance that mood may threaten reflects different behavior.</p>

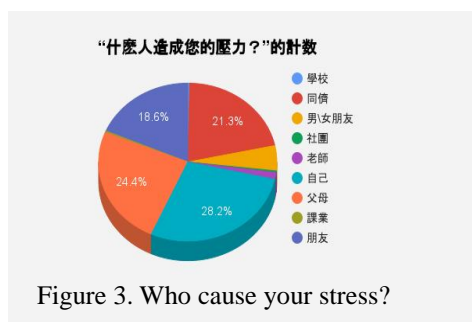
Chart 1. Introduction of *Inside out* characters (Picture source: *Inside Out*(2015). *Amazon*. Retrieved September 10, 2016, from <https://www.amazon.com/Inside-Bluray-Combo-Pack-Digital/dp/B00YCY46VO>)

### III.Questionnaire analysis

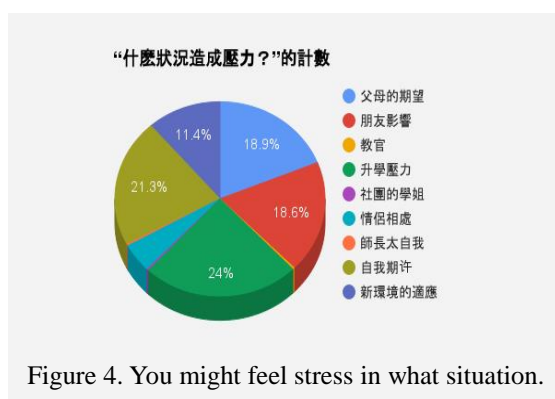
Through the movie *Inside Out* we want to know the original of most High School students' pressure. So we make a Question to do the research.



We are against high school student form grade first to grade third to do emotional stress questions. From the figure 2, we can see most of students filled the form are in third grade, about 46.3%, followed by first grade 37.5% , and second grade followed by a 16.2%.

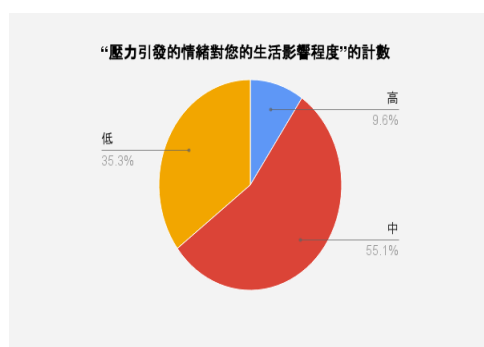


From figure 3, we can see that a lot of the pressure is coming from with themselves. Parents most likely affect high school students' emotions because their expectations. In the 21.3% which is come from friends, we can see that high school students are likely to influence by their friends. And the pressure from school also hold 18.6% maybe because score or classmates. Form figure 3, we can learn that almost every high school student's pressures are very similar.



In figure 4, this form is what causes student's stress? The largest proportion of academic pressure and filled most of the pressure of examinations is grade third students so we can know that pressures in the last year of high school are affecting

students the most also proof the data which we found say in the exam pressure there are many high school students feel anxiety .And the exceptions also hold 21.3%. No matter what grade students they are looking forward to make good achievement or make themselves be a more good person, and it will cause a lot of stress. Most stress comes from the expectation from parents or friend effect. Then adapt to the new environment is in the first grade. Just like the character feel under stress with adapt new school in the movie .In the new environment we have to make new friends and adapt many new things. 16% come from lovers. From chart 3, we know pressure can come from many different things.



This form is figure 5, the questions is stress-related emotions influence on their life. There are three options: high, medium and low. The low which is you will feel sad sometimes and do not affects daily life hold 35.3%. The medium hold 55.1%, which is the sad or sulk will affect daily life and cause insomnia, cry or no appetite. The high hold 9.6%, is very few, which affect daily hard, may cause Sentimental or headache even slight Depression. The data are concentrate ,that we can know even the student's stress- related emotions is medium ,they also can relief by themselves.

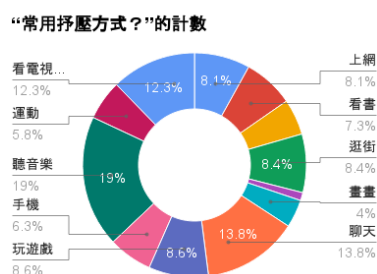


Figure 6. What methods do you usually use to release stress?

The figure 6 is about the methods that you usually use to release stress? Everyone's answer is very diverse. Majority is 19% of listing music proved the data

said that music can make people relaxed, and then 13.8% chat, everyone always likes to share feelings, after all, say it can also relieve stress. Then watching TV is 12.3%. And then the Internet is 8.1%, shopping is 8.4%, playing games is 8.6%, the three are very similar let we know the entertainment is important to relief the stress. Then use mobile phone, the number is less compared to the front three, but still hold some proportions , after all use the mobile phone is very universal ,you can use it do many things .Last is Drawing graffiti hold 4% , is also included pictures book , a new entertainment which is healing and funny.

The way students use to release pressure is very diverse , like the character in *Inside Out* like ice hockey , how to make the JOY and SADNESS get along well is very important.

#### IV. Conclusion

When we first see *Inside Out*., we are surprising about the mood of people is such mystery. When we discuss about the paper, we decided to understand the high school students' emotion through *Inside Out* . In the process of the study learned that emotions were almost full of our life, Joy, Sadness, Anger, Disgust, Fear. Accompany by us in our daily life.

Through this theory, we found that the pressures of high school students mostly from the school and their expectations, the original of all the pressure is think too much, and don't know how to relieve and lead to psychological and physical effect. In addition, we have learned that there are so many ways to relieve stress. There are no imaginary difficulties, so when the problems encountered, the pressure must be positively to face, do not be afraid. Everything has a solution.

During making this paper, we have seen a word, many people use Half-cooked rice to describe us now, which means we are not complete mature to face the pressure s or emotions problems , but we have our special emotions family in our brain ,we think we can get along well with life with their help .

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