

EFFECTS OF MOOD AND SELF-AWARENESS ON AN INDIVIDUAL'S HELPING BEHAVIOR

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ABSTRACT

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This experimental research was conducted among student participants in the University to determine whether the differences in mood together with self-awareness can increase or decrease a person's helping behavior. It was also the aim of the researcher to find out if there are significant main effects in Mood and in Self-awareness towards helping.

Participants were induced in a positive, neutral, or negative mood using articles having a happy content, a neither happy nor sad content, and a sad content, respectively. On the other hand, self-awareness was measured using the mirror procedure. A brief mood questionnaire determined the story's effectiveness on the participant's affect.

Using the Analysis of Variance and Tukey's HSD test, with a computed F at .05 level of significance, results indicated that the main effect and interaction effect of mood and self-awareness produced a significant increase, as well as a significant decrease, on the participant's expended effort to aid the researcher. Positive mood operated with self-awareness in increasing the participant's helping behavior to aid a person, while negative mood operated with self-awareness in decreasing their motivation to help.

Having a positive feeling is viewed to be more inclined in giving assistance to those in need than those having bad feelings. More so when it makes a person aware that it feels good to give such aid.

This study on mood and self-awareness confirmed that our emotions do affect behavior in helping others. Specifically, these determinants showed that being helpful may vary as a result of how a person feels at the moment and how consciously aware they are of themselves in a given situation.