

Keio University Syllabus and Timetable

CULTURE AND EMOTION

Subtitle	Culture and Emotion
Lecturer(s)	SASAKI, YUMI
Credit(s)	2
Academic Year/Semester	2025 Spring (2nd Half)
Day/Period	Tue.3,4
Campus	Mita
Classroom	442
Class Format	Face-to-face classes (conducted mainly in-person)
Registration Number	84002
Faculty/Graduate School	INTERNATIONAL CENTER
Year Level	2, 3, 4
Grade Type	S, A, B, C, D
K-Number	CIN-CO-00133-212-10

▼ Detail

Course Contents/Objectives/Teaching Method/Intended Learning Outcome

The aim of the course is to learn and discuss 1) basic concepts of communication/intercultural communication and 2) basic/universal emotions and different emotions between cultures. More specifically, we will discuss (a) how openly certain emotions tend to be expressed, (b) how often certain emotions tend to be controlled, and (c) how differently certain emotions tend to be perceived in particular cultures. We will also discuss how different emotions between cultures could be related to different perceptions of “self” and cognitive styles such as thought patterns.

Active Learning Methods ⓘ [Description](#)

Presentations  
Discussions, Debates

Preparatory Study

Reading the textbook before/after class to be ready for class/group discussions.

Course Plan

Lesson 1

Class orientation. Self-introduction speech. What is culture? What is culture? Definitions of culture. Group discussion.

Lesson 2

What is interpersonal communication/intercultural communication? Why study intercultural communication? Group discussion on your culture background/cultural identity. Discuss and examine what elements seem to be most influential on your cultural background.

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**Lesson 3**

Ch.3: Culture and Emotion (1) Cultural differences in concepts of emotion  
Ch 3: Culture and Emotion (2) Aspects of culture that predict differences in emotion

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**Lesson 4**

Ch.3: Culture and Emotion (3) Power distance: Vertical vs horizontal societies  
Ch.3: Culture and Emotion (4) Integrating evolutionary and cultural approaches. Ekman’s neuro-cultural theory of emotion.

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**Lesson 5**

Ch.1: The Nature of Emotion (1) What is emotion?  
Ch.1: The Nature of Emotion (2) Classic theories of emotion

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**Lesson 6**

Ch.1: The Nature of Emotion (3) Modern theories of emotion  
Ch.1: Theory review.

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**Lesson 7**

“How emotions are made”: Ch.4: The origin of feeling  
“How emotions are made”: Ch.4: The origin of feeling

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**Lesson 8**

Mid-term presentation Day 1

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**Lesson 9**

Mid-term presentation Day 2

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**Lesson 10**

“How emotions are made”: Ch.4: The origin of feeling Group discussion

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**Lesson 11**

“How emotions are made?”: Ch.7: Emotions as social reality 1

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**Lesson 12**

“How emotions are made?”: Ch.7: Emotions as social reality 2: Group discussion

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**Lesson 13**

Ch.5: Emotional expression in the face, posture, and voice (1): Culture and emotional expression.1

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**Lesson 14**

Ch.5: Emotional expression in the face, posture, and voice (2): Culture and emotional expression.2

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**Other**

Review/discussions.

## Method of Evaluation

1) attendance (5%) & active participation (5%)	10%
2) assignment	15%
3) textbook presentation	20%
4) mid-term presentation	25%
5) final paper (1,500 words)	30%

## Textbooks

A course packet that partially includes the following two textbooks will be distributed on the first day. The details will be announced in K-LMS.

Shiota, N. M., & Kalat, W. J. (2018). Emotion. Oxford: Oxford University Press.

Barrett, L.F. (2017). How emotions are made. Pan Macmillan.

We will cover only a few chapters in each of the books above. The instructor will distribute other reading materials in class.

## Reference Books

Doi, T. (2014). Anatomy of dependence. Kodansha International.

Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. Psychological Review, 98(2), 224–253.

Suttie, J. (2015). Why Americans Struggle to be Happy? A new cross-cultural study finds that we should pursue stronger social ties, not happiness. The Greater Good Science Center at the University of California, Berkeley.

[https://greatergood.berkeley.edu/article/item/why\\_americans\\_struggle\\_to\\_be\\_happy](https://greatergood.berkeley.edu/article/item/why_americans_struggle_to_be_happy)

Safdar, S., Friedlmeier, W., Matsumoto, D., Yoo, S. H., Kwantes, C. T., Kakai, H., & Shigemasu, E. (2009). Variations of emotional display rules within and across cultures: A comparison between Canada, USA, and Japan. Canadian Journal of Behavioural Science / Revue canadienne des sciences du comportement, 41(1), 1–10.

<https://doi.org/10.1037/a0014387>

## Lecturer's Comments to Students

Students are expected to read the textbooks beforehand to be ready for class/group discussions. That will probably take them an hour or so to prepare for the class.