



PROSOCIAL BEHAVIOR

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**PERSONAL AND SITUATIONAL
FACTORS IN HELPING**

GOOD AND BAD MOODS

- Good Mood and Helping
 - i. Substantial evidence that when individuals are in a good mood, they are more likely to help others than when they are in a neutral mood (Salovey, Mayer & Rosenhan, 1991).
 - ii. There are several reasons why being in a good mood increases our propensity to help others:



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- a) people in a good mood are less preoccupied with themselves and less concerned with their own problems.
- b) often feel relatively fortunate compared to others who are deprived.
- c) tend to see the world in a positive light and they want to maintain the warm glow of happiness



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- **Bad Mood and Helping**

- I. Bad mood is a feeling sad or depressed.
- II. Bad mood can suppress helping for several reasons:
 - a) it has an impact on the silence of others' needs.
 - b) Often see themselves as less fortunate than others.

