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, there 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:
people in a good mood are less preoccupied with themselves and less concerned with their own problems.

b) often feel relatively fortuned compared to others who are deprived.

c) tent to see the world in a positive light and they want to maintain the warm glow of happiness.
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 fortune than others.