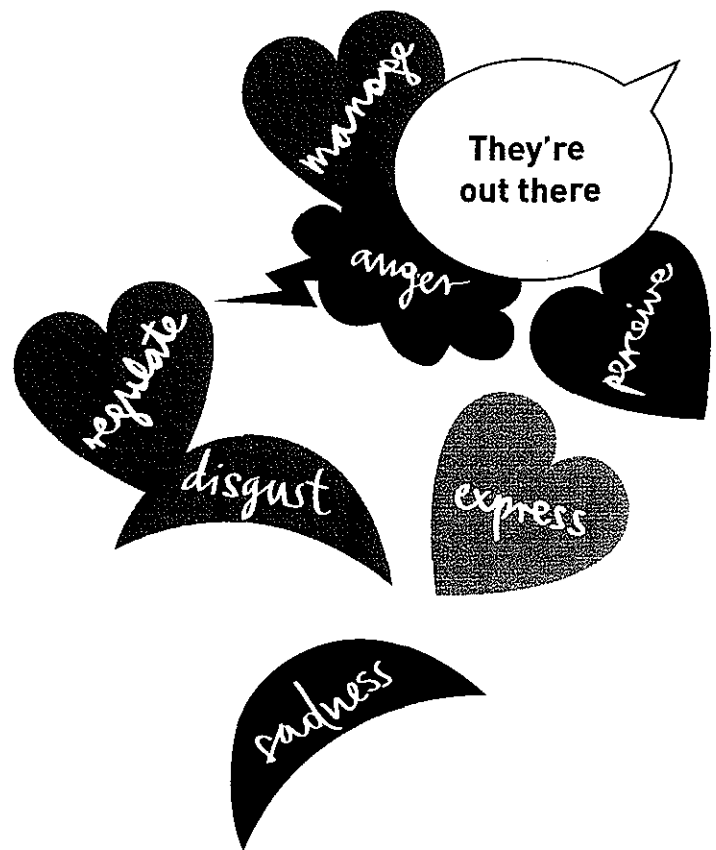




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BASIC EMOTIONS – SELF-AWARENESS

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We start from basic emotions using Paul Ekman's model (1999): joy, sadness, anger, surprise, disgust, fear and contempt, to study the concepts of Self-Awareness - Knowing our own emotions - (Goleman, 1995), and Emotional Awareness - Ability to become aware of one's own emotions - (Bisquerra, 2001).

Objectives: To understand the levels of Emotional Self-awareness/ Emotional awareness of a group of preschool, primary and lower secondary school teachers through the identification and reference to the body areas where the emotion is felt.

Method: A transversal, descriptive and qualitative study, using "grounded theory" methodology, with semi-structured interviews conducted from January to March 2011 to a purposive sample of 60 subjects: 7 preschool teachers and 53 primary and lower secondary school teachers aged 22 to 59, within 4 to 30 years of working experience. Each group of interviewees has developed a reflective work indicating the areas of the body where the basic emotions advocated by Paul Ekman were felt.

Conclusions: The discursive references of the sample evidenced Self-awareness/Emotional Awareness skills: every teacher identified the bodily states of these emotions in the study, as shown by the following statements: joy is felt "face: smile, smaller eyes, (...) gesturing, waving"; sadness is experienced with "tightness in the chest, drooping mouth, eyes downcast"; anger is referred to "changes in: heart rate, vision and voice"; surprise is felt "in pulse (heart rate), in voice (running out of words), having no reaction"; disgust is felt "in the stomach (digestive tract), all over the body (sight, smell, taste and touch)"; fear is felt in the "Heart, Skin and Face (eyes/eyebrows) and hands"; and contempt is evidenced through "Facial expression/eyes, Shiver in the chest, Neck, Jaw". These results corroborate the facial expressions argued by Paul Ekman (1999).

Keywords: self-awareness, basic emotions