

# How experiencing diverse emotions impacts students

July 8 2021

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Experiencing a variety of positive emotions—or emodiversity—may benefit high school students, according to a study published in the *British Journal of Educational Psychology*.

Positive emodiversity was associated with greater engagement (which has cognitive, behavioral, and emotional components) and [academic](#)

[achievement](#).

The diversity of negative emotions, such as experiencing anxiety and frustration, did not seem to provide any motivational benefits.

"Students with greater positive emodiversity have a more diverse emotional life, which perhaps helps them respond and adapt specifically to various school situations," said corresponding author Cherry Eron Frondozo, of The Education University of Hong Kong.

**More information:** Ronnel B. King et al, Variety is the spice of life: How emotional diversity is associated with better student engagement and achievement, *British Journal of Educational Psychology* (2021).  
[DOI: 10.1111/bjep.12436](https://doi.org/10.1111/bjep.12436)

Provided by Wiley

Citation: How experiencing diverse emotions impacts students (2021, July 8) retrieved 4 October 2025 from <https://phys.org/news/2021-07-experiencing-diverse-emotions-impacts-students.html>

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