

# How experiencing diverse emotions impacts students

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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).  
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