

Shedding Emotional Tears: Its Physiological and Psychological Effects to Humans

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Abstract

This study sought to explore the effects of the human experience of crying in the context of shedding emotional tears in the physiological as well as in psychological perspectives. Findings served as the guiding principles in facilitating a therapeutic crying to promote wellness especially to adolescents. Crying in this study was referred to as the shedding of emotional tears. One hundred eighty-four (184) randomly chosen bonafide students of La Consolacion University Philippines aging 16 to 19 years old wherein 124 students were female and 60 are male are the participants of this research. This study used the descriptive statistics to determine frequencies and percentages to describe the physiological and psychological effects of shedding emotional tears to humans. A focus group discussion with 20 students was also employed to validate the data gathered from the survey. Results affirmed the survival value of crying; that to cry is to become human because only humans shed tears in response to emotional stress. Findings revealed that the top most reason for crying was when a person is in pain which could be physical or emotional. Majority of the participants found crying to be beneficial to humans both physiologically and psychologically because such relieves the pain that they are feeling. Crying helped them release stress and it eased the pain. Many of the research participants believed that crying is good for the heart because it makes them feel better afterwards. On the other hand, holding back of emotional tears may result to negative experiences such as headache or a feeling of heavy heart.

Keywords: crying, emotional tears, physiological, psychological, effects