

How to Teach Emotions - From The View of Homeric Hymns

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Abstract

In the era of AI, the acquisition of knowledge is more convenient and rapid, but the emotions have not become more peaceful because of this, and how to maintain stable and harmonious emotions has become the desire of modern people. This topic is also mentioned in the earliest poems - Homeric Hymns, which has influenced Western culture for a long time, and has influenced many great minds, so that they can maintain their minds peaceful in the storms of life. This research aims to study the concepts and methods of emotional education mentioned in Homeric Hymns, and to provide a reference for modern emotional educators, hoping to help educators guide and teach the mentees to express and vent their emotions appropriately, so that the mentees can achieve the state of emotional harmony. The method of this research is using the study of Homeric Hymns' texts to discuss emotions from the perspective of psychological theory of personality trait and uses historical research methods to study the historical background of Homeric Hymns and interpret the texts in the context of the times. This research found that the emotional education concept of Homeric Hymns is: (1) Affirming positive emotions, and (2) Avoiding or modestly venting negative emotions. Homeric Hymns' emotional education methods are: (1) Emphasizing experience, learning appropriate emotional expressions from specific events in life, improving frustration tolerance, and (2) Providing sufficient opportunities to try to build self-confidence, and (3) Using role-playing to make people empathize and understand, and (4) Cultivating temperament with music that cultivates temperament, and (5) Sleeping enough to make people forget suffering, and (6) Reason helps to recognize the facts, and (7) Remove the factors that trigger negative emotions, and (8) Moderate venting of negative emotions. The suggestions are: (1) There is no text in Homeric Hymns' era, and emotional education is mostly taught by parents or elders from the reality of life, which is more experienced, and (2) Shame in Homeric Hymns' era makes people care about group evaluation, which helps individuals to comply with social norms, but it may also happen that everyone is drunk, and how shame can be combined with cognition to enhance the practice of virtue is worth restudying.

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