

BỘ GIÁO DỤC VÀ ĐÀO TẠO
TRƯỜNG ĐẠI HỌC QUẢN LÝ VÀ CÔNG NGHỆ HẢI PHÒNG



KHÓA LUẬN TỐT NGHIỆP

NGÀNH : NGÔN NGỮ ANH

Sinh viên : Trần Nhật Ly

HẢI PHÒNG – 2023

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**A STUDY ON WAYS TO DESCRIBE AND EXPRESS
EMOTIONS THROUGH FOOD IN ENGLISH AND
VIETNAMESE, INTERPRETING THROUGH WORD
ANALYSIS THROUGH CULTURAL PERSPECTIVES**

**KHÓA LUẬN TỐT NGHIỆP ĐẠI HỌC HỆ CHÍNH QUY
NGÀNH: NGÔN NGỮ ANH**

Sinh viên : Trần Nhật Ly

Giảng viên hướng dẫn : ThS. Nguyễn Thị Quỳnh Hoa

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NHIỆM VỤ ĐỀ TÀI TỐT NGHIỆP

Sinh viên: Trần Nhật Ly

Mã SV: 1912771001

Lớp : NA2301A

Ngành : Ngôn ngữ Anh

Tên đề tài: A study on ways to describe and express emotions through food in English and Vietnamese, interpreting through word analysis through cultural perspectives.

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1. Nội dung và các yêu cầu cần giải quyết trong nhiệm vụ đề tài tốt nghiệp

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2. Các tài liệu, số liệu cần thiết

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3. Địa điểm thực tập tốt nghiệp

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GIẢNG VIÊN HƯỚNG DẪN ĐỀ TÀI TỐT NGHIỆP

Họ và tên : Th.S Nguyễn Thị Quỳnh Hoa

Cơ quan công tác : Trường Đại học Quản lý và Công nghệ Hải Phòng

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Đã giao nhiệm vụ ĐTTN

Giảng viên hướng dẫn

Trần Nhật Ly

ThS. Nguyễn Thị Quỳnh Hoa

Hải Phòng, ngày... tháng... năm...

XÁC NHẬN CỦA KHOA

CỘNG HÒA XÃ HỘI CHỦ NGHĨA VIỆT NAM

Độc lập - Tự do - Hạnh phúc

PHIẾU NHẬN XÉT CỦA GIẢNG VIÊN HƯỚNG DẪN TỐT NGHIỆP

Họ và tên giảng viên: Th.S Nguyễn Thị Quỳnh Hoa
Đơn vị công tác: Trường Đại Học Quản lý và Công nghệ Hải Phòng
Họ và tên sinh viên: Trần Nhật Ly
Chuyên ngành: Ngôn ngữ Anh
Nội dung hướng dẫn: A study on ways to describe and express emotions through food in English and Vietnamese, interpreting through word analysis through cultural perspectives.

1. Tinh thần thái độ của sinh viên trong quá trình làm đề tài tốt nghiệp

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2. Đánh giá chất lượng của đề án/khóa luận (so với nội dung yêu cầu đã đề ra trong nhiệm vụ Đ.T. T.N trên các mặt lý luận, thực tiễn, tính toán số liệu...)

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3. Ý kiến của giảng viên hướng dẫn tốt nghiệp

Được bảo vệ Không được bảo vệ Điểm hướng dẫn

Hải Phòng, ngày tháng năm 2023

Giảng viên hướng dẫn

(Ký và ghi rõ họ tên)

ThS. Nguyễn Thị Quỳnh Hoa

CỘNG HÒA XÃ HỘI CHỦ NGHĨA VIỆT NAM

Độc lập - Tự do - Hạnh phúc

PHIẾU NHẬN XÉT CỦA GIẢNG VIÊN CHĂM PHẢN BIỆN

Họ và tên giảng viên:

Đơn vị công tác: Trường Đại Học Quản lý và Công nghệ Hải Phòng

Họ và tên sinh viên: Trần Nhật Ly

Chuyên ngành: Ngôn ngữ Anh

Nội dung hướng dẫn: A study on ways to describe and express emotions through food in English and Vietnamese, interpreting through word analysis through cultural perspectives.

1. Phần nhận xét của giảng viên chăm phản biện

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2. Những mặt còn hạn chế

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3. Ý kiến của giảng viên chăm phản biện

Được bảo vệ Không được bảo vệ Điểm phản biện

Hải Phòng, ngày tháng năm 2023

Giảng viên chăm phản biện

(Ký và ghi rõ tên)

ABSTRACT

Currently, cuisine is no longer just food for people to eat for the purpose of maintaining life, over the decades, people have formed the basic knowledge of spices and seasoning, according to Wikipedia defined as a particular system of traditional views and practices of cooking, the art of cooking, the art of food preparation, often associated with a particular culture. It is often named after the current region or culture.

A dish is primarily influenced by ingredients available locally or through barter. Food with religious colors also has a great influence on cuisine. Broadly understood, cuisine means the eating culture of a nation, which has become a custom. Cuisine is not only “material culture” but also “spiritual culture”.

Along with the typical spices and ingredients in each country, the cuisine becomes more and more special with traditional cultural values.

This study aims to determine the influence and emotional dependence of eating on different personality traits, similarities or differences in personality traits leading to emotional expression in the two languages.

This study will dig into whether human emotions really matter, whether taste is affected by emotional factors, whether each emotional sentence, the words that come out after eating are random or not influenced by cultural factors, whether food plays a decisive role and influences emotions or not.

This study will also show the most common facial expressions of emotions as well as non-verbal interactions that are still intended to express emotions.

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PART I: INTRODUCE

1. Rationale

Culinary is a distinctive system of traditional views and practices of cooking, the art of cooking, the art of food preparation, often associated with a particular culture.

Cuisine is the quintessence of humanity, both a source of food to help people survive and shape and create human identity according to the French philosopher Roland Barthe. For Vietnamese people, the taste of traditional dishes is like a string connecting the roots, keeping the memory of family culture irreplaceable.

Because there are many differences in cultural perspectives between Asian and European cuisines, the way of expressing emotions through food in English and Vietnamese also has many similarities and dissimilarities. There are many types of emotions, from positive emotions like joy, happiness, love, to negative emotions like sadness, suffering, anger, fear, anxiety, stress, etc.

Emotions can be triggered by many factors, including the internal state of the body, events, thinking, and communication. Emotions can also influence people's health, emotions, decisions, and behavior.

Emotions exist in a non-physical form, emotions can spread from one person to another, they are basically contagious; This includes fear, anxiety, loneliness and happiness.

The fact that facial expressions are the most direct and obvious way to express emotions is demonstrated in the book *Connected* (2009) by Nicholas Christakis and James Fowler, the sentence “When you smile , the world smiles with you”, a very attractive concept, which is the title of the second chapter of *Connected* (2009).

Christakis and Fowler say that emotions themselves contain several elements. Emotions contain an element of consciousness, meaning that people are aware of what they are feeling.

Emotions are an integral part of our lives. And in Vietnamese cuisine, emotions are also expressed through food. Each dish has its own emotion and is created to express those feelings.

For example, banh chung on Tet holiday carries the meaning of reunion and family affection. On the other hand, the water cake has the meaning of sophistication and purity. According to some studies, food helps improve mood and stabilize emotions, when people are anxious and sad, they often feel like eating and eating more food.

Many times after eating, you feel your mood is much more stable, how much anxiety, discomfort or boredom is reduced, food helps to heal emotions and the expression of emotions when eating a dish involves many factors, from personality to external factors such as that food recalls the memories of the person who made it so the food has meaning and people express their emotions to make the food meaningful, contain more emotions than a food to sustain life.

2. Aims of the study

My research aimed to determine the influence and emotional dependence of eating on different personalities, similarities or differences in personality traits leading to emotional expression in the two languages.

Research offers theories that can be applied to life and explains the unnamed emotions that you experience, analyzing gestures, expressions, tones, and words to help you understand your own feelings. As well as easily interacting and catching up with the emotions of others when they express joy or sadness, emotions have a great impact on people and society.

When you smile, the whole world will smile with you, expressing emotions will make people's mood better, and life will be much more meaningful.

3. Scope of the study

The scope of my research is from articles, books on emotions and food or from scientific studies, because I want to collect information in a practical and closest way to myself, so I chose students at HP University of Management and Technology, this research can help you partly understand your own emotions and discover new knowledge.

4. Method of the study

Methods used in the research:

- Method of asking questions.
- Data collection methods such as websites, articles, research papers
- Watch youtube and see how people express their emotions while eating
- Survey by questionnaire with students of the University of Management and Technology
- Statistical and comparative methods.
- Analytical methods.
- Method of drawing conclusions.

5. Significance of the study

Theoretically, the research has clearly presented the description and expression of emotions through food in English and Vietnamese to help readers and other researchers understand how the two languages use emotions and words to express ideas, thoughts, and personality traits through an ancient cultural perspective.

This study brings a new perspective just from the expression of human emotions, proving that food also plays an important role that can

exceed human emotions, eating is an effective way to relieve stress, ... However, research also shows that your emotions depend on what you eat. Some foods can cause adverse reactions and make you feel worse.

Research will also show that emotions in English and Vietnamese are also very diverse and rich, words that will clearly reveal the personality and cultural diversity of each country, each religion and each race.

6. Design of the study

The study consists of three main parts:

Part I: Introduction includes rationale, research purpose, research methodology, research scope, research significance and research design.

Part II: The development consists of 3 main chapters

- Chapter one is the theoretical basis, showing readers the theories of emotions, how many types of emotions are there and how those emotions affect us, the definition of food, the effects of From food to human emotions, next is the definition of words, words expressing emotions in Vietnamese and English, analyzing that word from a cultural perspective.
- Chapter two is about research questionnaire, this chapter will describe the steps to conduct survey research, data collection methods and conduct data analysis from the questionnaire.
- Chapter three is about discussing and giving survey results, discussing more about emotions and the factors that affect them.

Part III: Conclusion and summary of all information about the paper, appendices and references.

PART II: DEVELOPMENT

CHAPTER 1: THEORETICAL BACKGROUND

2.1 Concept of expression emotions

2.1.1 Definition of expression emotion

An emotional expression is a behavior that communicates an emotional state or attitude. It can be verbal or nonverbal, and can occur with or without self-awareness. Emotional expressions include facial movements like smiling or scowling, simple behaviors like crying, laughing, or saying "thank you," and more complex behaviors like writing a letter or giving a gift. Individuals have some conscious control of their emotional expressions; (2) however, they need not have conscious awareness of their emotional or affective state in order to express emotion.

Researchers in psychology have proposed many different and often competing theoretical models to explain emotions and emotional expression, going as far back as Charles Darwin's discussion of emotion as an evolved capacity.(3) Though there is no universally accepted theory of emotion, theorists in emotion agree that experience of emotions and expression of them in a variety of ways, such as with voices, faces, and bodies, is key to human communication.(4)The cultural norms and beliefs of a society also affect and shape the emotional expressions of its members, and expressions appropriate and important in one culture may be taboo in another.

Evidence shows that gay partners have higher levels of expressiveness than heterosexual partners. (9) High expressiveness could be useful in constructively resolving relationship-related conflict. (6)

Or we also have another emotional definition expressed in the work **“The EQ Edge: Your Emotional Intelligence and Success”**, the author gave the following definition of emotional expression:

Emotional expression involves openly expressing feelings both verbally and non-verbally. In our interactions with others, whether or not we are aware of it, we constantly give out messages at an emotional level.

These messages can be conveyed through the words we use and their meaning, the tone and volume of our speech, the expression on our face, or our body language. Others register these emotional messages that we send out; they also register their responses to them, both consciously and unconsciously. People who exhibit effective emotional expression are open and congruent in the emotional messages they send to others. ...

Emotional expression refers to how one conveys emotional experience through both verbal and nonverbal behavior (Gross, 1998b, 1999). Emotional expression should be distinguished from emotional experience in that it is possible to experience emotions without expressing them. (7) (8)

The way we express emotions can vary widely from cultures and even from individuals in the same family. However, some expressions of emotions are the same across cultures, languages, and families. Examples of emotional expression look like:

- An example of verbal expression of emotions is identifying emotions with words. Say things like "Wonderful, delicious" or "I'm so excited!" while enjoying a food

Difference between mood and emotion:

Another feature used to argue the difference between moods and emotions is expression. Moods do not own their own unique facial expression while many of the emotions do (in fact, there are seven universal emotions that present with the same expressions regardless of age, sex, and social environment).

2.1.2 Types of expression emotion

There are 3 main types of emotional expression:

- Verbal
 - Non-verbal
 - Facial expressions
- **Verbal:** It can be understood as expressing emotions through sounds, using words to describe and express feelings and opinions, allowing others to convey emotions directly.
- For example, when enjoying food, you will directly praise or criticize based on your own voice and opinion, the most obvious manifestation is the characteristic tone that can identify a person who hates or likes food simply, through a click of the tongue or a curse, a growl or a cheerful, surprised.
- **Non-verbal:** When using body language, physical expression to express and convey one's feelings, this is usually done through facial expressions, hand gestures or body language.
- For example, when you eat Nattō (Japan) a dish made from fermented soybeans, it is brown, has an unpleasant smell, has a fleshy taste, has a lot of viscous and sticky liquid. Immediately you will have non-verbal emotions such as grimaces, discomfort or even nausea, these expressions are often very recognizable and make the opposite person can read our emotions immediately.

- **Facial expressions:**

According to general theory, there are 6 types of emotional expression that are most noticeable:

- Happiness
- Surprise
- Contempt

- Sadness
- Fear
- Disgust
- Anger

2.1.3 Factors that affect expression emotions

Factors that influence emotional expression:

Culture: is based on the beliefs, values, and behaviors of a given group, and includes the rules and norms that members of that culture follow. In certain cultures, community feelings are preceded by personal feelings (Asia), now there are cultures that put personal feelings first (Americans).

This also contributes to making a difference and uniqueness in the culinary industry in general and other industries in particular, they have excellently shown their emotions and put their own quality into each dish without being affected by feelings of the community, thereby being able to affirm the culinary position of the country and not to be communityized with dishes with their own flavor as well as the culture of the country they live in.

Gender: men and women differ greatly in expressing emotions, in emotional situations, women express emotions more intensely or harmoniously, women perceive images, information and has a greater range of intense emotions than men

Personality: Five personality traits:

- **Extraversion:** the level of sociability of a person, having an active, dynamic, enthusiastic, open and communicative personality, decisive in all actions.

For example, when interacting and exchanging food, they will record videos or review recordings posted online, they talk flexibly and always spread positive energy.

Introverts, on the other hand, are more focused on their thoughts and prefer to express their emotions more quietly, they may choose to compliment a dish by, taking home a meal, taking pictures and filming it to see or enjoy themselves with smiles and happiness, they rarely show too much emotion and social interaction.

- **Agreeableness:** people with this personality show altruism, kindness and affection, they share, comfort and they have high empathy, when they comment on food, this personality of theirs also is revealed when most of them will give somewhat positive reviews whether the food is good or bad.
- **Openness:** expressed through imagination, experience, insight, willingness to receive new information, eagerness and spirit to learn and experience new things, they have enough curiosity and creativity. .

They always order the weirdest dishes on the menu, go to different places and have hobbies you would never think of, they have a way of thinking critically, making judgments and coming to a conclusion from bold and open-minded ideas.

They can easily accept other people's opinions and arguments about food even though food is difficult to see and distinguish good or bad.

- **Conscientiousness:** high attentiveness, diligence, carefulness, behavioral control and organization, good planning with high reliability.

They will always be cautious in all their actions and words, everything will be calculated and foreseen the consequences in their heads, so when they do not like a certain dish, they will not make a fuss, do not turn around. Photo film posted online, not bad talk.

Because if that happens, the restaurant and the owner will be significantly affected, they will only quietly advise the owner and always control the behavior in the most appropriate way.

- **Neuroticism:** refers to vulnerable, sad, moody and always in a state of emotional instability, they tend to have experienced mood swings, anxiety and irritability, impulsiveness because under high stress at work or in private life.

These people find it difficult for them to be truly comfortable and relaxed even though they are safe in their own space.

When they experience food, their emotions are mixed with anxiety and fatigue, they will make impulsive experiences based on their mood rather than actually enjoying the food, they are influenced and influenced by food governed by emotions.

2.1.4 Cultural factors affect expression emotions

Culture can influence the expression of emotions by shaping gestures differently across different societies. Facial expressions and body language are the most common forms of emotional expression.

While interacting, Latin Americans and Southern Europeans direct their gazes on the interactor, whereas Asians prefer indirect gaze. Their culture restricts how emotions are felt and expressed in a given cultural context. It shapes how people feel in certain situations and how people express their personal feelings.

Gestures and movements are shaped to convey emotions non-verbally and vary from culture to culture. For example, a clap in China is an expression of anxiety or frustration, they will express anger with loud laughter. Silence is also seen as culturally binding. In India, silence is sometimes used to express deep emotions, introspection while silence can convey emotions of confusion in Western countries.

Asian and Nordic countries have a culture of listening, where silence is indicative of careful thought. These cultures think that pausing (silent) in a conversation will keep both sides calm. In some cases, silence can be a way to allow people to save face.

Emotions are not unique and similar; they vary across cultures. They are not enabled; You create them.

They appear as a combination of the physical properties of your body and your emotions, a flexible brain that connects itself to whatever environment it grew up in, your culture and upbringing.

They all create unique emotions and it all depends on the living situation and traditional culture in your country.

2.2 Definition of food

Food is any substance consumed to provide nutritional support and energy to an organism. [4] It can be raw, processed or formulated and is consumed orally

by animals for growth, health or pleasure. Food is mainly composed of water, lipids, proteins and carbohydrates.

Minerals (e.g. salts) and organic substances (e.g. vitamins) can also be found in food. [11] Plants, algae and some microorganisms use photosynthesis to make their own food molecules.

[13] Water is found in many foods and has been defined as a food by itself. [7] Water and fiber have low energy densities, or calories, while fat is the most energy dense component. [10] Some inorganic (non-food) elements are also essential for plant and animal functioning.

According to the Merriam-Webster dictionary, food is "*material consisting essentially of protein, carbohydrate, and fat used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy. also: such material together with supplementary substances (as minerals, vitamins, and condiments)*"

2.2.1 Types of food

Food plays a vital role in the culture and cuisine of every country on the planet. Different foods are combined to create delicious dishes that can bring people around the world together.

Diverse ingredients come from many regions, traditional recipes, cooking styles and cultural influences to create food that is unique to where they live. All the foods we eat can be classified into a few different categories such as:

- Vegetables: Tomatoes, cucumbers, and eggplant, for example, are botanically fruits but are used in cooking as vegetables. Many French, Chinese, Indian and Mediterranean dishes start with minced garlic or onions cooked and sautéed with vegetables.

- Fruits: Tropical fruits such as pineapples, bananas, mangoes, papayas, and mangosteens are among the most popular and delicious fruits.
- Meat and Poultry
- Fish and Seafood: fish, shellfish such as crab and lobster, and squid or octopus,
- Grains, Beans and Nut: bread, cakes
- Eggs: Eggs are one of the different types of foods. Because both are animal products and high in protein, some people combine eggs and dairy or eggs and meat.
- Dairy Foods

2.3 Concept of words

2.3.1 Definition of words

A word refers to a speech sound, or a mixture of two or more speech sounds in both written and verbal form of language.

A word works as a symbol to represent/refer to something/someone in language to communicate a specific meaning.

2.3.2 Components of words

Linguists have identified 5 basic components, found across languages.

- Phonology
- Morphology
- Syntax
- Semantics
- Pragmatics

2.3.3 Types of word

The 8 Parts of Speech:

- Noun
- Pronoun
- Verb

- Adjective
- Adverb
- Preposition
- Conjunction
- Interjection

2.3.4 Compare and contrast the similarities between English and Vietnamese in describing and expressing emotions through food

- **In English:** When it comes to the words that describe the taste that are most commonly used by native English speakers, the frequency of using these words is very often as their catchphrase:

- Really good!
- Tastes great!
- Wow, this food is amazing: If something tastes better than expected, you can use the word "wow" to express your surprise. To say something is "amazing", that is, its taste is even better than "great" or "really good".
- Yummy: This is an informal way to say something delicious. If you find something really delicious
- Flavorful: This is a great adjective to describe foods that are full of flavor, delicious.
- This looks amazing, i'm so hungry
- It's so good
- It's so-so: The dish is very ordinary, nothing special, the taste is a bit boring
- Fantastic

These emotional words in English are always emphasized in many situations, especially from a culinary perspective, the expression of emotions is even more obvious.

In English, there are many adjectives used to describe the praise and greatness of food, depending on the region and country where English is used, these words will be expressed in different intonations.

Most of these words have direct meanings, direct compliments and feelings about food, foreigners tend to express their personal feelings more, so when they use English as a means of communication, they immediately express their emotions on their faces, they use nonverbal communication to convey their emotions through eye glances and exclamatory head shakes, and then they start using verbal to try to express themselves. linguistic and non-verbal at the same time.

At this point, food reviews were born, there are people with big egos and a clear view that they are Openness personality types, they are influenced by their culture and they use exclamatory words. expressing emotion as agreement and it symbolizes sincerity expressed directly.

- **In Vietnamese:**

- Thật ngon miệng!
- Thật tuyệt vời!
- Thật đặc biệt!
- Thật hấp dẫn!
- Thật tuyệt hảo!
- Thật tuyệt diệu!
- Thật ngon tuyệt vời!
- Ngon tuyệt cú mèo
- Cũng ngon

In Vietnamese, the language to express emotions is much more diverse and richer than in English, according to the ancient tradition, cuisine is associated with the purpose of human existence related to history and culture the origin of human, which is also considered as the eating philosophy of the Vietnamese people. A

delicious food must be felt first by taste and smell, even by touch and then by sight.

Therefore, they must feel and enjoy with all their senses before they can give verbal expressions of emotion. Asians are also too dependent on the emotions of the community, so their emotional expression is also affected by external factors a lot.

Asians are not easy to express their emotions outside and rarely show their emotions. When giving direct compliments, they prefer to give indirect emotional expressions that show politeness and courtesy.

In Vietnamese, there are countless adjectives that express emotions. Depending on their personality and influence where they live, they will express it indirectly or directly, because of the fussiness and respect in the cuisine, the dishes will be different.

Vietnamese food always has a lot of perfectly combined spices, regional specialties, because of the ingenuity and sophistication in the way of cooking, so Vietnamese people also tend to use expressive adjectives express their feelings more gently, or use nonverbal gestures to express the feelings they want to convey.

CHAPTER 2: RESEARCH METHODOLOGY

2.1 Survey Research

2.1.1 Steps in conducting a survey research

2.1.1.1 Defining a Population

A population is the complete set group of individuals, whether that group comprises a nation or a group of people with a common characteristic. In statistics, a population is the pool of individuals from which a statistical sample is drawn for a study.

An example of a population would be the entire student body at a school. It would contain all the students who study in that school at the time of data collection.

In this research, the survey took place in May 2023 with students of HP College of Management and Technology.

2.1.1.2 Sampling

There is a questionnaire consisting of 10 questions, revolving around the problem of surveying students about the expression of emotions through food, taking samples from the questionnaire survey.

Students of the English department, especially K23 students of HP University of Management and Technology, voluntarily participated in this survey.

2.1.2 Methods of Collecting Survey Data

The main survey data collection methods are:

- Data analysis
- Statistical methods
- In-person interviews: This data collection method provides a personable approach that helps establish trust.
- Online surveys

- Observations: This method involves observing people in their natural environment and recording their behavior.
- Data Collection: This method involves collecting data from existing documents or records.
- Question list
- Link the data
- Process analysis

However, it is still necessary to choose 4 main methods that are most suitable for the research topic and the situation at the time of the survey, the 4 main methods are: Questionnaire, data analysis, statistical method, online survey.

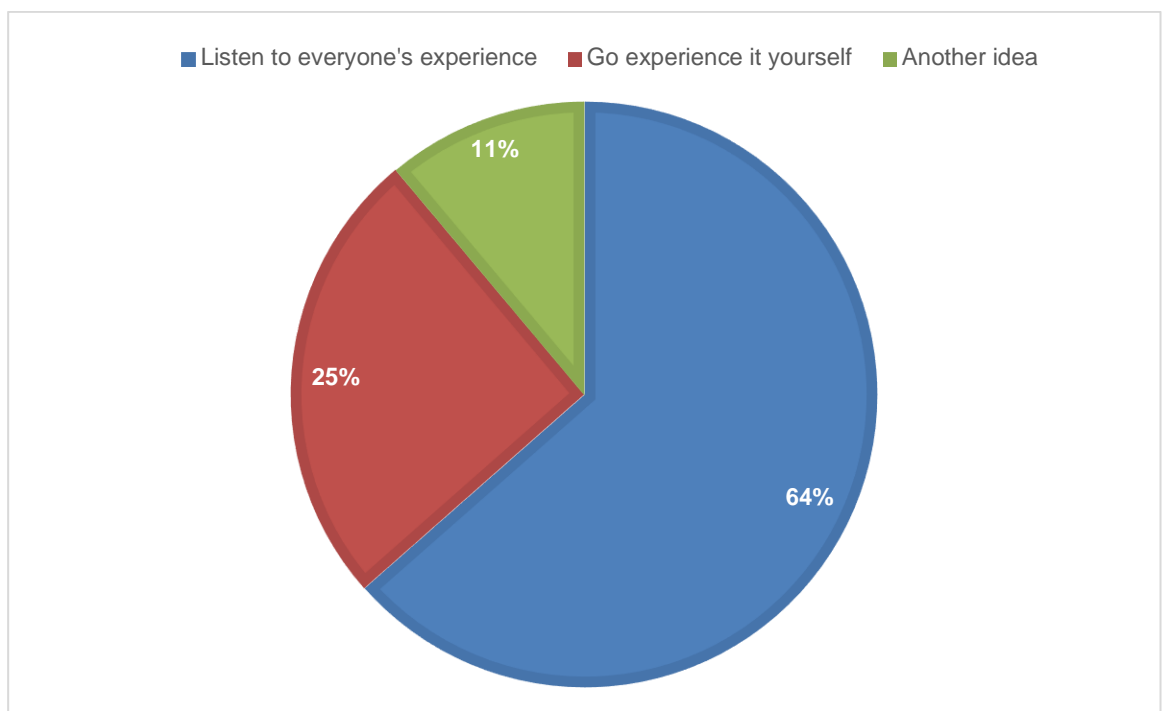
- Questionnaire: is a research tool featuring a series of questions used to collect useful information from respondents. These instruments include either written or oral questions and comprise an interview-style format.
- Data analysis: is the process of inspecting, cleansing, transforming, and modeling data with the goal of discovering useful information, informing conclusions, and supporting decision-making. This idea lies at the root of data analysis. When we can extract meaning from data, it empowers us to make better decisions. And we're living in a time when we have more data than ever at our fingertips.
- Statistical methods: are mathematical formulas, models, and techniques that are used in statistical analysis of raw research data. The application of statistical methods extracts information from research data and provides different ways to assess the robustness of research outputs. Two main statistical methods are used in data analysis: descriptive statistics, which summarizes data using indexes such as mean and median and another is inferential statistics, which draw conclusions from data using statistical tests such as student's test.

- Online survey: use the internet to perform surveys and collect data from people to gain knowledge and insight concerning a specific subject, trend, or business. Responses are processed automatically and the results are accessible at any time.

2.1.3 Data Analyses

After completing the survey, the data will be analyzed and displayed through the charts below, each chart shows the number of students who answered the question that best suits them.

Question 1: Do you often choose food according to the praise of the community or to experience it yourself?



This chart shows that the number of students dependent on the emotions and experiences of others is very high, accounting for 64% because it provides safety.

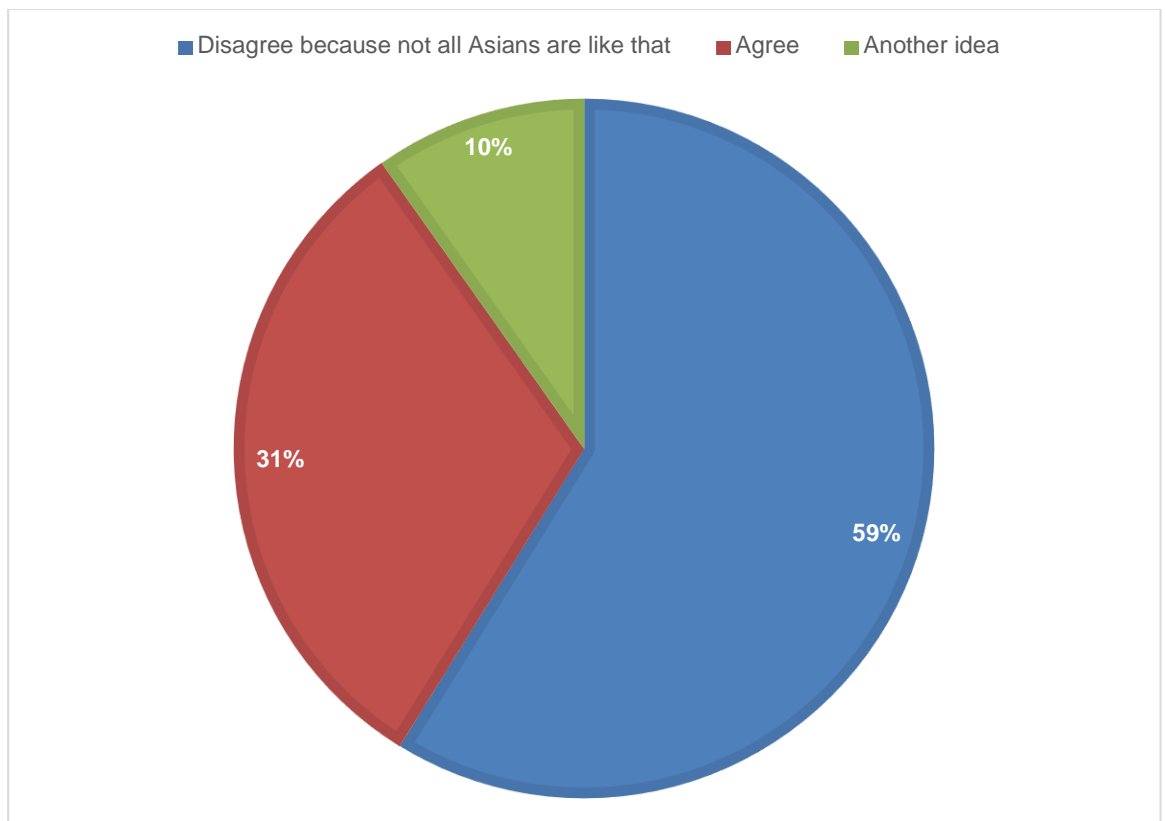
Viewing food reviews before eating will help you know the quality of the food, the price and the service of the restaurant.

But the bad side is that when you eat and your eating experience will be affected by other people's emotions, it is no longer your true feelings.

The number of students who choose to experience it themselves is only 25% compared to 64%.

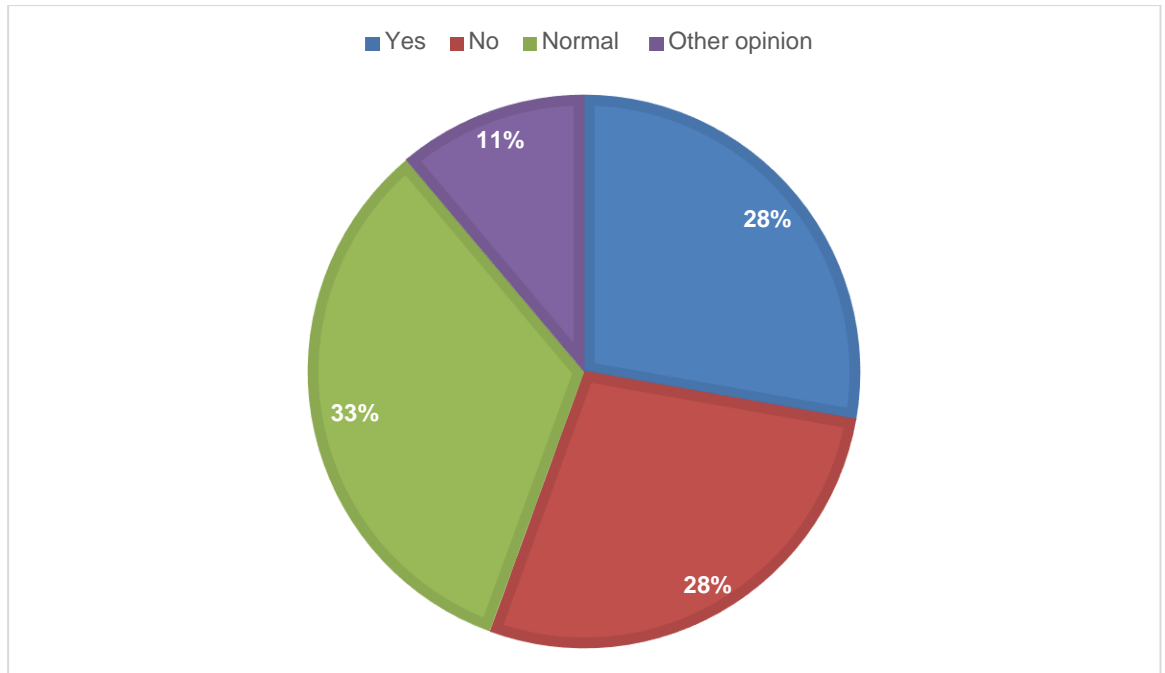
This result shows that our emotional expression is easily influenced by the emotions and experiences of others, so the judging food and feelings when experiencing food will no longer be accurate.

Question 2: What do you think about the idea that "Asian people are influenced by community emotions" in choosing and evaluating food?



The chart shows the difference between the two opinions, many students disagree with the idea that "Asian people are influenced by community emotions", because nowadays there are many people expressing their own feelings. However, there is some evidence that cultural norms in Asian countries discourage the experience or expression of emotions with high levels of arousal.

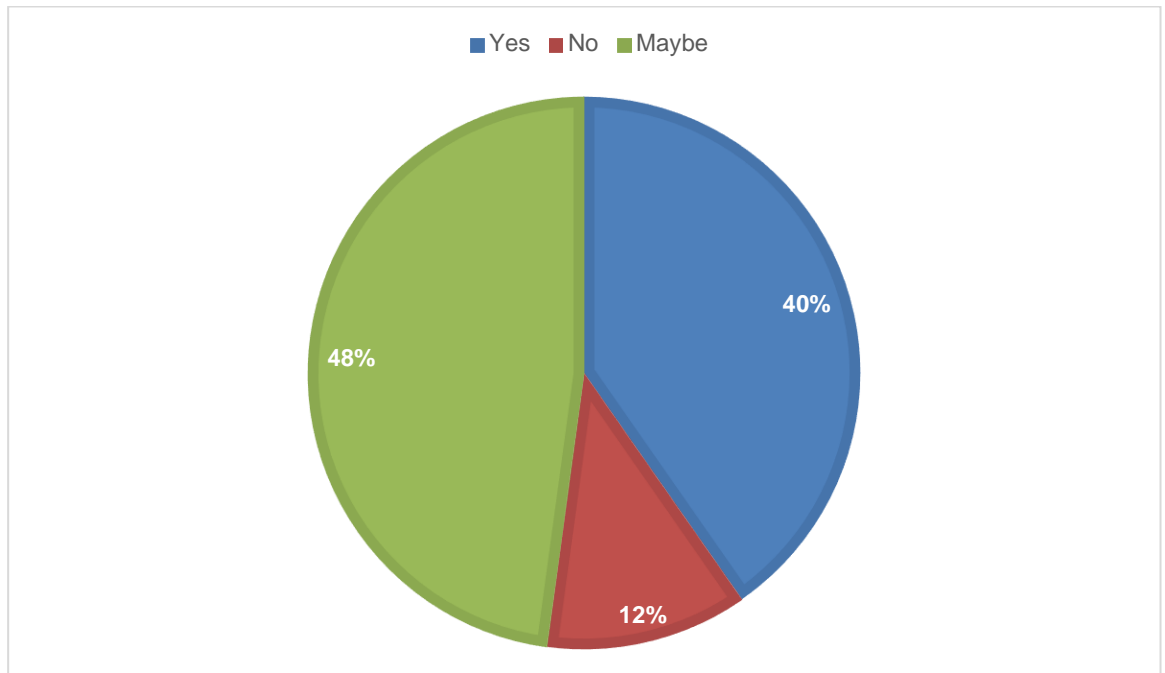
Question 3: How often do you show your emotions when eating a delicious food?



This chart shows that all 4 options are selected, but only 3 options are focused on the most, the number of people choosing No and Yes is equal, this may be due to the following reasons: Each person's personality, emotions and living situation are different.

So the choice will also be different, especially 33% of students choose the Normal option, this option can be understood that they will balance both emotions, they control and express their emotions on purpose, they do not want to show their emotions excessively, and they need to be more careful in expressing the emotions they want.

Question 4: Do you feel that foreigners may show excessive emotions when eating? Are they influenced by the country and people where they enjoy food?



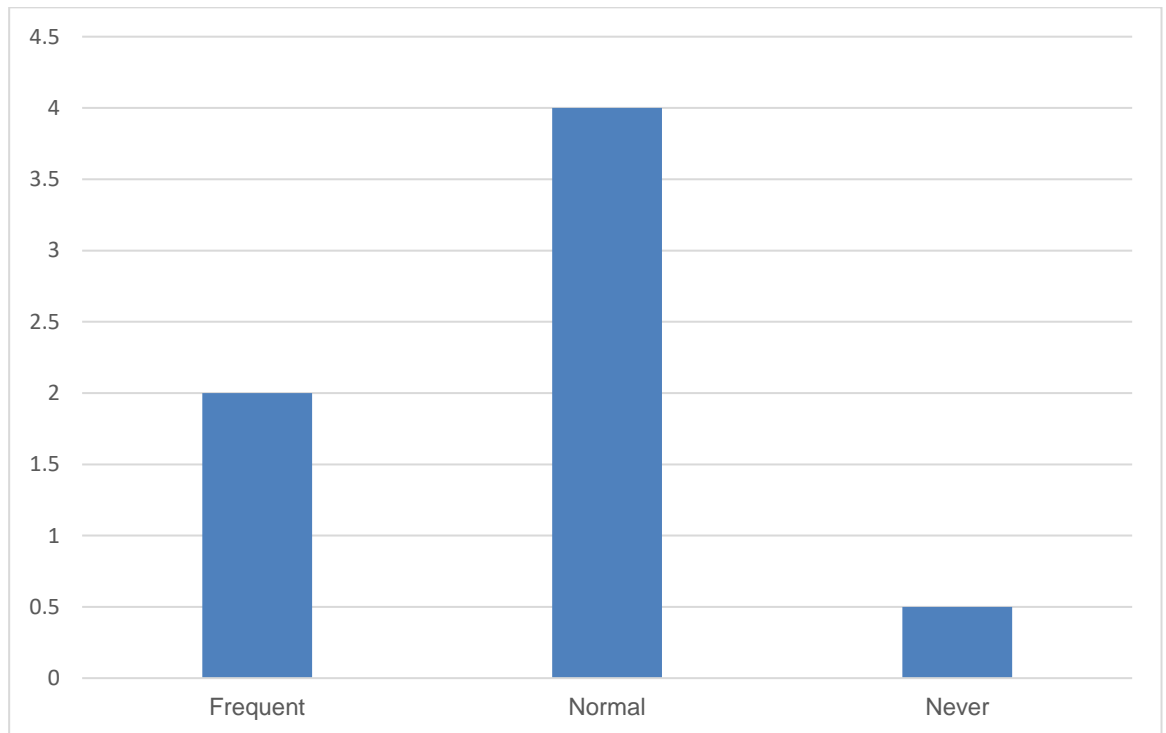
In this question, up to 48% of students chose Maybe, 40% chose Yes and only 12% chose No, explaining the difference between this Yes and No choice, the students further answered that, they chose Yes because they watched the food review channels of foreign youtubers, their talking style and eating style made these students somewhat surprised because of the expression of emotions in words and visual language can be many, their demeanor is always confident and brings positive emotions, so the students choose Yes most of them don't mean to hate, the rest have students who don't like it and think that foreigners are influenced by the people and the country they are traveling to, so the emotions they show are influenced by people in that country.

Up to 48% of people choose Maybe, a high number when these people choose neutral, they do not favor any opinion, they explain that there are foreigners who show excessive emotions, sometimes causing reactions, but there are many people who express positive emotions, are active and

bring joy, so they will choose neutral. As for the minorities who chose No, they did not respond further.

Looking at the chart, we can see that expressing emotions through English language will be more popular when in these countries they know how to use non-verbal gestures, for example, those who choose Yes say that they admire and feel very proud to see foreigners complimenting the food in their country.

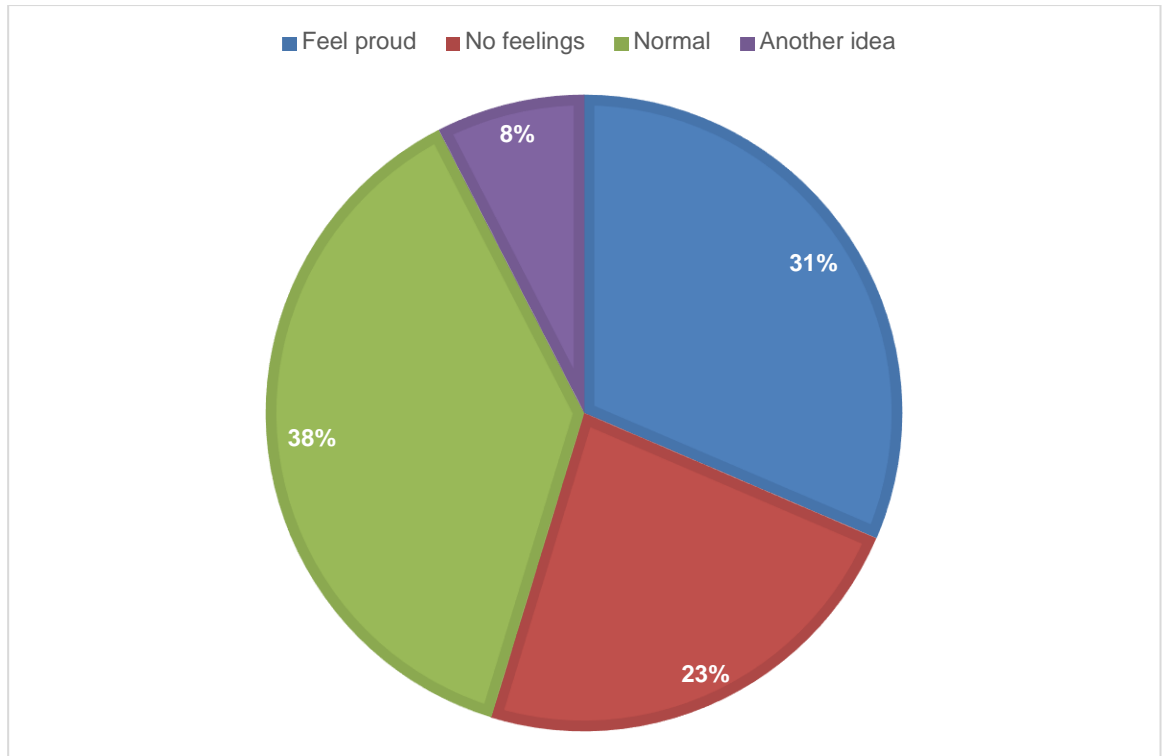
Question 5: Do you often get angry and scream when you eat a dish that is not delicious?



The next question refers to the level of negative emotions when encountering a very bad dish, the number of people choosing Normal is extremely high while the number of people choosing Never is quite low.

Influenced by circumstances and contagious emotional effects, as long as one person criticizes and gets angry, the other feels the same. Although English and Vietnamese are different in language, they are similar in feelings, gestures and ways of expressing emotions when things are not as expected.

Question 6: How do Vietnamese people feel when eating a dish associated with their culture?

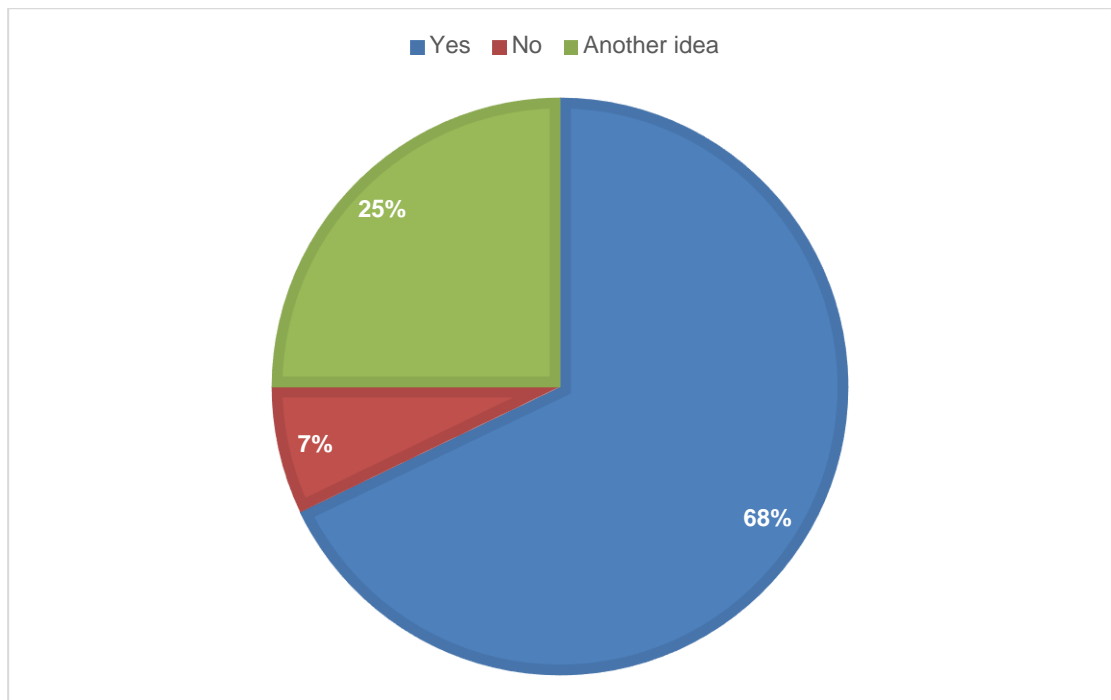


In this question, when surveying how Vietnamese people feel when eating a food associated with their culture, there are 4 answers to choose from. In which, the Normal answer took the highest position, followed by Feel proud with 31% of the votes, followed by 23% for No feelings, and finally, only 8% chose another opinion.

When asked the group of 31%, their emotions are only stimulated when they encounter situations such as seeing foreigners praising or criticizing traditional national dishes, or seeing Vietnamese cuisine being extended to the world or When introducing the dish to international friends, 23% of people feel that food is simply to maintain life, without any meaning.

However, in fact, the emotion when we eat depends on many external factors, from a cultural point of view, 38% of people choose Normal because they will adjust their emotions to suit the situation they want.

Question 7: Do you think expressing emotions in non-verbal ways is important and necessary?

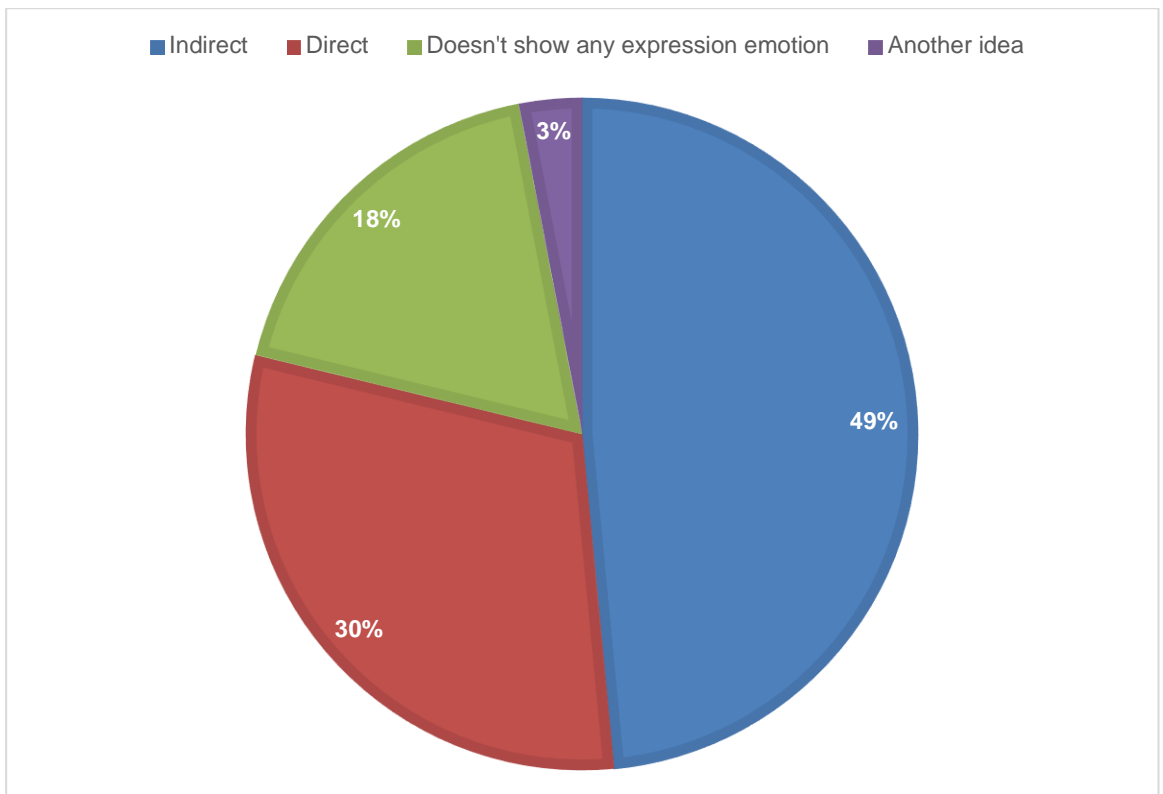


Nonverbal is often done through facial expressions, gestures or body language, the evaluation results show that up to 68% of people choose Yes when they think that expressing emotions in nonverbal ways is very important.

Most of the students assessed that it helps the message to be conveyed quickly and easily, helping the participants to better understand the emotions of the other person in order to achieve the purpose of communication, whether it communication in English or Vietnamese, non-verbal messages are still transmitted very quickly.

The remaining 25% are inclined to other opinions, they expressed disagreement but also disagree, students who chose No said that they do not like to pay attention to other people's feelings, so non-verbal communication is not important to them. Therefore, it can be concluded that most people focus on non-verbal communication because it will affect their emotions and first impressions with others.

Question 8: Would you give indirect or direct praise when enjoying a delicious dish?



According to the majority of students leaning towards Indirect with 49%, it can be seen that the emotional expression trends of these students are similar, they are all gentle, a bit shy, easygoing, they belong to the group the Agreeableness personality type, in which they think that giving direct compliments can be seen as boastful or arrogant.

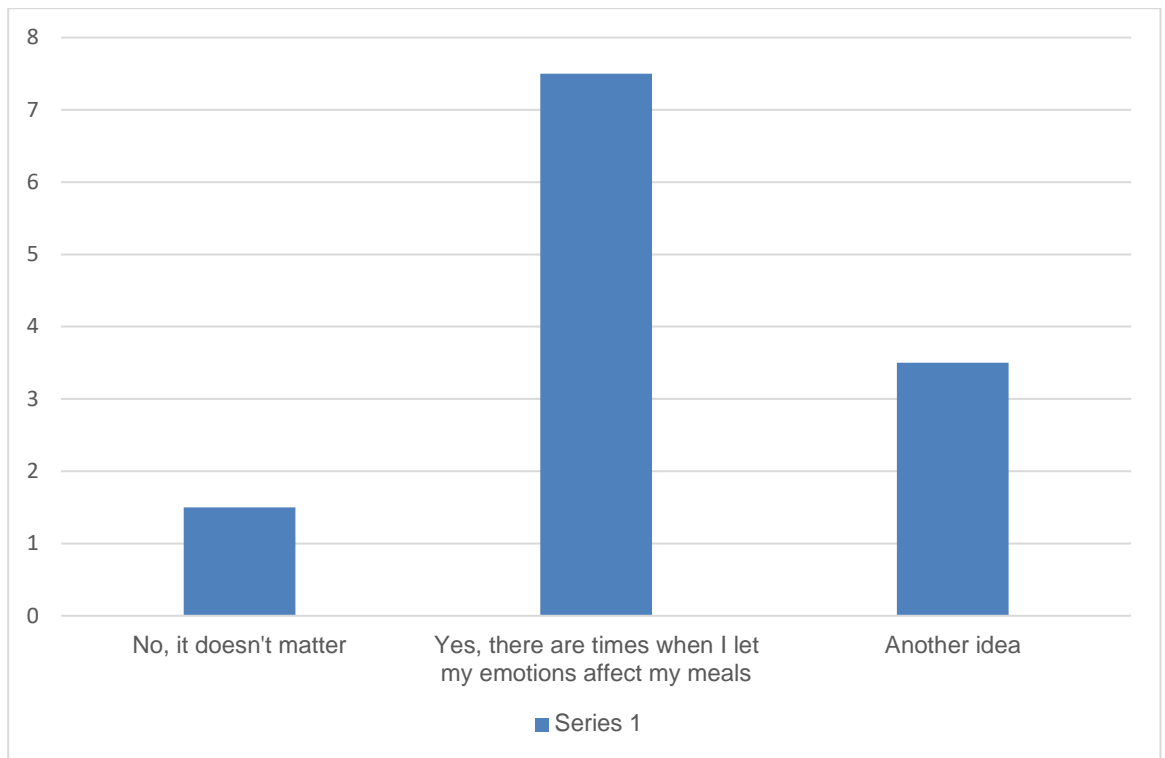
According to an article in Greater Good, direct compliments are more common in Western cultures than in Asian cultures.

In contrast, indirect compliments are considered more modest and polite. There are 30% of completely opposite opinions when they choose Direct, these people tend to value individualism and self-aggrandizement.

The article argues that this is because Western cultures tend to value individualism, while Asian cultures tend to value modesty.

The remaining 18% expressed that they do not want to show their true feelings, they hide it and do not want to talk too much.

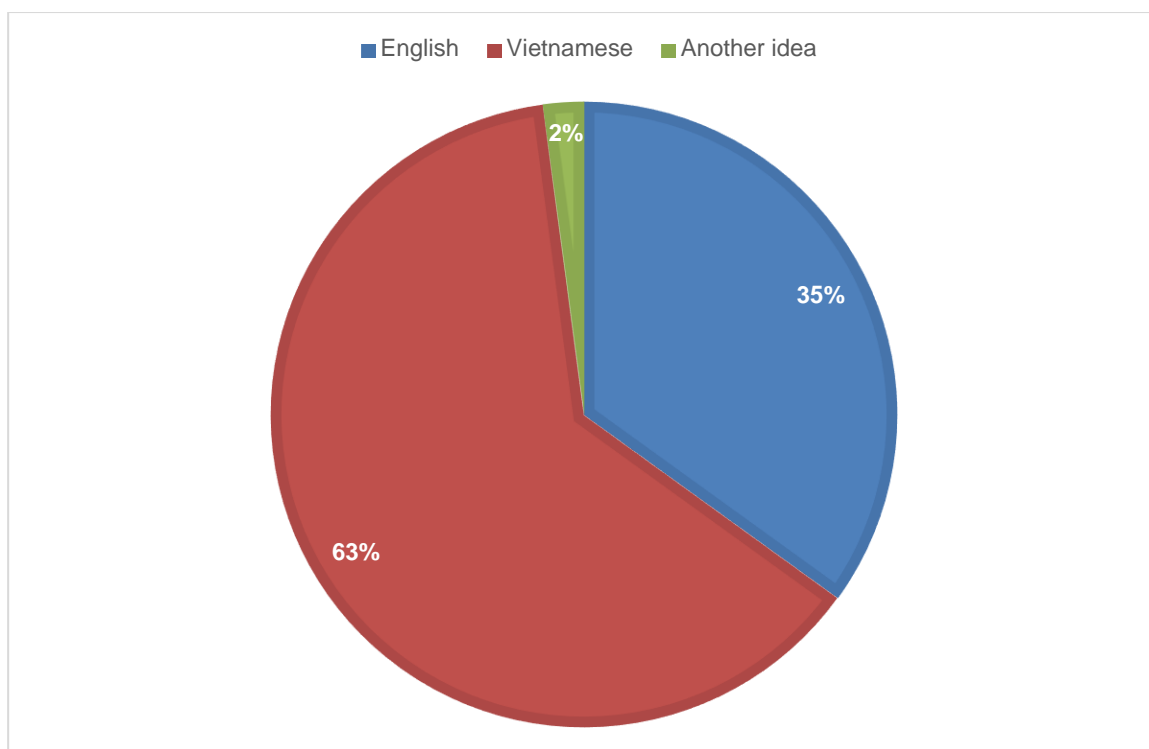
Question 9: Are you influenced by your negative emotions while enjoying food? Does it have much of an effect on your taste?



In Vietnamese, there are many words that refer to the expression of bad emotions after eating, the highest choice represents a reality, the culture of eating bluffing when emotions are shaken and under stress for a long time, at this time words like "Oh so delicious", "That's great", "This dish sucks" will completely not express true feelings, it is only governed by temporary emotions.

Emotional binge eating doesn't completely eliminate stress. Overeating, especially high-calorie, sweet and fatty foods can wreak havoc on you. The rest of the students chose another opinion because they had never encountered such a situation, if so, they would choose another way to handle the problem.

Question 10: From a cultural perspective, in English and Vietnamese, which language has richer and more vivid expressions of emotions?



The survey shows that up to 63% of foreign language students choose Vietnamese as a more vivid and richer language, both in terms of meaning and vocabulary, and 35% think that English is richer and more diverse. Since it is a Vietnamese choice, it will only be counted as a personal choice.

However, both languages have their own ways of expressing emotions. For example, Vietnamese has a rich vocabulary of emotional words used to express emotions such as "buồn", "vui", "sợ", "ghen", "yêu", etc. English also has a rich vocabulary of emotional words used to describe emotions such as "happy", "sad", "angry", "sorrowful", "jealously", "love", "unhappy", "worried", "wonderful" etc. Language also has idioms and expressions used to convey emotions more vividly.

In English, we say "to be over the moon" to express extreme happiness, while in Vietnamese, we say "the beast trapped in an iron cage" to express loneliness and gloom, grief. So it really depends on the context and the specific emotion being expressed.

2.1.4 Techniques employed in this study

Questionnaire method

In this method, a set of questions is sent to the respondent. They should read, answer and then return the questionnaire. The questions are printed in the order specified on the form. A good survey should have the following characteristics:

- Short and simple
- Should follow a logical sequence
- Give enough space for the answer
- Avoid technical terms
- It is necessary to have beautiful appearance such as color, paper quality to attract the attention of respondents.

2.1.5 Questionnaire

Question 1: Do you often choose food according to the praise of the community or to experience it yourself?

- a. Go experience it yourself
- b. Listen to everyone's experience and then go later
- c. Another idea

Question 2: What do you think about the idea that "Asian people are influenced by community emotions" in choosing and evaluating food?

- a. Disagree because not all Asians are like that
- b. Agree
- c. Another idea

Question 3: How often do you show your emotions when eating a delicious food?

- a. No
- b. Yes
- c. Normal/other opinion

Question 4: Do you feel that foreigners may show excessive emotions when eating? Are they influenced by the country and people where they enjoy food?

- a. Yes
- b. No
- c. Maybe

Question 5: Do you often get angry and scream when you eat a dish that is not delicious?

- a. Frequent
- b. Normal
- c. Never

Question 6: How do Vietnamese people feel when eating a dish associated with their culture?

- a. Feel proud
- b. No feelings
- c. Normal
- d. Another idea

Question 7: Do you think expressing emotions in non-verbal ways is important and necessary?

- a. Yes
- b. No
- c. Another idea

Question 8: Would you give indirect or direct praise when enjoying a delicious dish?

- a. Indirect
- b. Direct

- c. Doesn't show any emotion
- d. Another idea

Question 9: Are you influenced by your negative emotions while enjoying food? Does it have much of an effect on your taste?

- a. No, it doesn't matter
- b. Yes, there are times when I let my emotions affect my meals
- c. Another idea

Question 10: From a cultural perspective, in English and Vietnamese, which language has richer and more vivid expressions of emotions?

- a. Vietnamese
- b. English
- c. Another idea

CHAPTER 3: FINDING AND DISCUSSION

3.1 Findings and discussions from the questionnaire.

3.1.1 *Advantages of emotions*

Emotions are closely linked to mental and physical health. When you feel positive, your body releases the hormones endorphins, adrenaline, dopamine, and serotonin. These hormones create feelings of joy, happiness, excitement, nervousness, anticipation, etc.

Manage yourself well: You can control impulsive behaviors and manage your emotions in a healthy, proactive and adaptive way.

Strengthen self-awareness: By understanding how managing your emotions affects your thoughts and actions, you will be able to see your strengths and weaknesses clearly.

Social awareness: Good emotional management helps you have empathy, understanding the feelings, needs and concerns of those around you.

Relationship management: You will know how to maintain and develop good relationships while controlling and regulating your emotions well in communication.

However, controlling emotions does not mean completely controlling emotions. Emotions are part of being human and cannot be completely eliminated.

3.1.2 *Students' attitudes towards the way of describing and expressing feelings through food in English*

When people are first asked about words that describe feelings, people will think and immediately mention words like:

- Happy
- Sad
- Angry

- Excited
- Nervous
- Scared
- Surprised

Then, when asked about the words that express emotions through food, student also list out words such as:

- *Tasty*
- *Yummy*
- *Scrumptious*
- *Mouth-watering*
- *Delectable*
- *Flavorful*
- *Delicious*

So why do most people know these words? These words appear in English for a long time and have no clear origin. However, they can be understood as words that describe the deliciousness of food. The words “yummy” and “tasty” both mean delicious in English.

However, the word “yummy” is often used to describe a feeling of enjoyment, happiness, and fun. And “tasty” is often used to describe delicious food or drink. The word “tasty” can be used in a variety of situations, while the word “yummy” is often used in fun and entertaining situations.

In English, depending on the situation and age, each way of expressing emotions will have different levels.

In Vietnamese, words are very diverse and rich, however, there may be cultural and social factors affecting the expression of emotions. This

may be due to cultural and historical factors influencing the perception of emotional expression.

3.1.3 Sentences expressing emotions in words (English)

- *This is heavenly*
- *This is divine!*
- *This is mouth-watering!*
- *This is finger-licking good!*
- *This is to die for!*
- *This is absolutely delicious!*
- *This is so tasty!*
- *This is so flavorful!*
- *This is so scrumptious!*
- *This is so delectable!*
- *This is so yummy!*
- *This is so mouth-watering!*
- *This is so appetizing!*
- *This is so comforting!*
- *This is so homey!*
- *This is so hearty!*

These sayings are used to express the feelings of the person eating that dish. For example, if you eat a very delicious food, you can say “This is heavenly!” to express feelings.

These sayings help you express your feelings about that dish more intuitively and vividly.

PART III: CONCLUSION

1. Conclusion

Emotions are a very important factor that affects the way we see life. Using emotional intelligence effectively will contribute to "guide" us to success.

However, it is not easy to control your emotions, because emotions are instinctive. Your feelings or emotions are the foundation for you to get to know yourself and the catalyst that connects people together. Emotions are very important in everyday life.

It helps you communicate more effectively and helps others understand your feelings more accurately. If you don't know how to express your feelings, others may misunderstand or fail to understand what you mean.

Therefore, knowing how to analyze and express emotions is very important, in this research I have consulted websites, research articles on emotional expression, and articles to find out cultural perspectives for people, words to express emotions, analyze behaviors and personalities that affect emotions, the impact of external circumstances on emotions.

In chapter 1, I gave definitions and examples to help people have a better overview of the topic I am working on, followed by a research survey, I did a survey on students at the University HP Technology and Management, this study can help you partly understand your own feelings and discover new knowledge.

The survey consists of 10 questions, each of which aims to find out and explore your emotions, including your personality and personality.

After the survey results, the participants were very excited, the participants considered the survey as an interesting activity that helped them.

And in the essay, I also presented specifically about the impact of emotions and culture on people as well as some words used to express emotions in English and Vietnamese.

However, due to limited knowledge and experience, the essay cannot avoid shortcomings. I hope to receive comments and suggestions to improve the essay.

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