

The Externality of Negative Emotion

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Article

Keywords: mental health, schools, emotional contagion

Posted Date: July 30th, 2021

DOI: <https://doi.org/10.21203/rs.3.rs-743332/v1>

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Abstract

To identify the causal impact of emotional contagion, recent studies mainly rely on online or lab experiments. This paper examines the causal impact of emotional contagion among middle school students, using a nationally representative school-based survey in China. We focus on schools that randomly assign students to classrooms and isolate the variations in classmates' emotions based on a factor that originates outside the classroom: whether the classmate had a serious illness before primary school. We find that the effect of emotional contagion in a real-world setting is larger than previous findings from experimental studies have shown.

Main Text

With rising attention to the global mental health crisis in the past decade^{55,95,96,97}, researchers across such disciplines as economics, sociology, and medicine have become increasingly interested in emotional contagion, a phenomenon whereby one's emotion can cause others to have a similar emotion. Understanding how and to what extent one's mental state could affect that of others is important. If there is spillover, the benefits of helping an individual with negative emotions could largely outweigh the cost, and undertaking interdependent interventions could be much more effective than independent individual-intervention strategies⁵.

Despite widespread public interest in understanding emotional contagion, the existing empirical knowledge is limited. Identifying the causal effect of emotional contagion has proved to be difficult because of identification issues such as self-selection, common shocks, and reflection^{15,69}. Additionally, obtaining information on every individual in a specific social network is usually not feasible because of data limitations. As a result, most causal evidence on emotional contagion relies on lab or online experiments^{12,19,21,31,60}. The most common face-to-face causal influences that occur in our daily lives are largely understudied by researchers²⁶.

This study examines the causal effects of emotional contagion among middle-school students in the classroom: whether and to what extent a student's emotion could be affected by his or her classmates' emotions. We focus on the middle school period, which is when an individual's emotional skills are thought to develop and a lifelong personality is shaped^{14,27,39,55}. The main measure we use is the frequency of a negative emotion—feeling unhappy—in the previous week, taken from the China Education Panel Study (CEPS), which is the first nationally representative survey of middle school students in China. Three other negative emotions—un-joyfulness, sad, and stressed—are also examined to demonstrate the robustness of our main results. Self-reported negative emotions are often used as important measures of mental health¹². These measures are widely used for children and youth, such as in OECD's Programme for International Student Assessment (PISA)⁷² and in the Korea Children Youth Panel Survey⁷⁶.

The principle contribution of our study is to develop a strategy for estimating the causal effect of emotional contagion in a real-world setting. Our study has the following distinctive features. First, the study is able to capture a full picture of a particular social network—classmates—because once a classroom is selected for the sample in the CEPS, every student in the classroom is surveyed. Second, we address the self-selection issue at school level by controlling for school fixed effects, and address the self-selection issue at classroom level by

only including schools that randomly assign students to classrooms (about 80% of schools in the CEPS data). Third, we use novel instruments to address the issues of common shocks and reflection. Both issues arise from the fact that students study and interact daily in the same classroom; they experience the same classroom environment (such as their teacher's character or disposition) and affect each other's emotions in the classroom simultaneously. We address these issues by isolating variation in classmates' emotions that originate outside the classroom—whether the classmate had a serious illness before primary school. An individual's emotion is generally correlated with her past health condition^{24,48,65,81,84}. Our data show a strong correlation between classmates' preexisting health status and their current emotion. We therefore estimate the impact of classmates' emotion that is driven by events outside the classroom on an individual's emotion. We further consider two alternative instruments that also originate outside of the classroom—whether classmates' parents have a low self-assessed health status and whether classmates have experienced parental conflict at home—to confirm the robustness of our results.

We find that a one-standard-deviation increase in a student's classmates' negative emotions causes the student's negative emotion level to increase by about one-fifth of a standard deviation. These results are supported by both a cross-sectional sample and a panel sample in which individual fixed effects and teacher fixed effects are controlled for.

The survey question that measures our primary instrumental variable (IV)—whether a student had a serious illness before primary school—is asked of both students and parents. We find that both the parent-reported measure and the student self-reported measure give similar second-stage estimates. A minor difference is that the latter is more closely correlated with the student's own emotion, and therefore yields a stronger first-stage result. On the other hand, we do not find strong evidence that a specific type of illness, such as lung or heart disease, has a stronger effect than other types of illness. However, this could be due to the limited variation across the types of illnesses reported in the data. To address concerns regarding potential measurement errors in the self-reported illness, we experiment by adding three types of measurement errors to our data using Feld-Zölitz method³⁰: overreporting, underreporting, and mean-zero (classical) measurement error. Simulation results suggest that our estimates are robust to measurement errors.

Our study contributes to the literature by estimating the causal effects of emotional contagion among teenagers through real-life interaction. How to identify the effects of emotional contagion in various social contexts remains an open question in the literature. Recent studies have mainly conducted experiments using online social networks or in the laboratory, which (partially) free identification from self-selection, common shocks, and reflection issues. The laboratory experiments rely on techniques that randomly select participants into influencer or receiver groups⁷. However, the results are limited to short-term exposure (usually only several minutes) to strangers in the laboratory. Another strand of the literature analyzes the influence of posts on social network platforms (such as Facebook or Twitter), with a specific focus on adult online friendship networks^{6,12,19,21,31,60}. Several limitations in the literature remain. First, it is unclear whether the problem of self-selecting into an online friendship network can be fully avoided. Second, real-life contagion could be different from interactions online or with strangers in a laboratory. Moreover, it is unclear whether emotional contagion among adolescents is similar to that among adults.

The causal effect found in this study is consistent with several studies that observe sizable and significant emotional correlation among adults^{34,57} and adolescents^{28,50,79,92} in real-world settings. Our study contributes to the literature on emotional contagion in various contexts⁷⁷, such as within social ties^{34,82}; within communities^{57,91}; among students⁵⁶, among coworkers^{86,87,89,94}, and within families⁷⁸. Our results are larger than the spillover of psychological distress among college roommates²⁶. One potential reason is that middle school students are more sensitive to peers' emotions as they go through puberty. Our results also support theoretical evidence that suggests the existence of social contagion, whereby one copies others' emotions or behaviors through real-life interactions^{8,42,44,45}.

Our findings further contribute to the literature on the long-term impact of early childhood health conditions^{2,23}. This paper provides new evidence that the impact of early childhood illness could spill over to others by affecting their mental health through close interactions. The presence of such negative spillover effects adds a social cost of an individual's early childhood illness, which so far has generally been ignored by most policymakers and researchers.

This paper is also broadly related to the literature on peer compositional effects, which study the effects of peers' gender^{11,36,40,49,52,67}; ability^{16,25,53,68,98}; migration status⁴¹; parental characteristics^{10,17,18,63,100}; and smoking^{58,61,62}. The paper is also closely related to the literature examining the effect of peers' behavioral or mental difficulties on students' academic achievements^{1,50}. This study contributes to the peer effect literature by providing new evidence of emotional contagion.

Results

Table 1 reports baseline OLS regression results from regressing an individual's unhappiness on the average unhappiness of his/her classmates, controlling for a set of covariates. Column 1 reports the results only controlling for school and grade dummies. The coefficient of classmates' unhappiness is 0.703 and significant at the 1% level. Column 2 further controls for a set of individual characteristics and yields a smaller but still significant coefficient, 0.632. The coefficient remains essentially unchanged (0.604) when we control for teacher and classroom characteristics in column 3.

Table 1. The Correlation between Own Unhappiness and Classmates' Unhappiness (OLS Regression)

| | (1) | (2) | (3) |
|-------------------------------------|----------|-----------|-----------|
| Dependent Variable: Own Unhappiness | | | |
| Classmates' Unhappiness | 0.703*** | 0.632*** | 0.604*** |
| | (0.024) | (0.033) | (0.036) |
| Age | | 0.013 | 0.011 |
| | | (0.010) | (0.010) |
| Female | | 0.073*** | 0.081*** |
| | | (0.021) | (0.022) |
| Minority | | 0.016 | 0.008 |
| | | (0.027) | (0.027) |
| One Child | | -0.007 | -0.004 |
| | | (0.020) | (0.020) |
| Wealth | | -0.087*** | -0.087*** |
| | | (0.016) | (0.016) |
| Father's Years of Schooling | | -0.003 | -0.003 |
| | | (0.003) | (0.003) |
| Mother's Years of Schooling | | -0.007** | -0.007* |
| | | (0.003) | (0.003) |
| <i>Teacher Characteristics</i> | | | |
| Female | | | -0.011 |
| | | | (0.016) |
| Age | | | 0.001 |
| | | | (0.001) |
| Years of Schooling | | | -0.016 |
| | | | (0.019) |
| Years of Experience | | | -0.001 |
| | | | (0.001) |
| <i>Classroom Characteristics</i> | | | |
| Classroom Size | | | 0.001 |
| | | | (0.001) |

| | | | |
|----------------------|--------|--------|-----------|
| Percentage of Female | | | -0.209*** |
| | | | (0.078) |
| School & Grade FE | Yes | Yes | Yes |
| Observations | 12,677 | 11,805 | 11,670 |
| R-squared | 0.038 | 0.046 | 0.046 |

Notes: CEPS 2013 sample is used. OLS estimates are reported. Standard errors are clustered at the school level. *** p<0.01, ** p<0.05, * p<0.1.

As discussed in the empirical strategy section, the OLS regressions are likely to contain both positive and negative direction of bias. We thus adopt the IV approach to estimate the model. The second-stage and first-stage estimates are reported in Panels A and B of Table 2, respectively. Classmates' self-reported illness are used as the IV. In Panel A, the coefficient of classmates' unhappiness in column 1, controlling only for school and grade fixed effects, is 0.78. The estimate is slightly reduced as we introduce more controls in columns 2-4, and all are statistically significant at the 1% level. The point estimate in column 4 (with a full set of controls) is 0.654, which suggests that a student's unhappiness measure increases by 0.654 (on the 5-point scale) if all of her classmates become 1 point less happy. Assessing the magnitude in terms of standard deviation, this means that a one standard deviation increase in peers' unhappiness causes the individual's unhappiness to increase by 0.182 ($=0.29 \times 0.654 / 1.04$) standard deviation.

Table 2. The Effect of Classmates' Unhappiness on Own Unhappiness, Using Illness before Primary Schooling as IV

| | (1) | (2) | (3) | (4) | (5) | (6) | (7) |
|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| <i>Dependent Variable (panel A): Own Unhappiness</i> | | | | | | | |
| Panel A. 2SLS Estimates | | | | | | | |
| Classmates' Unhappiness | 0.780*** | 0.705*** | 0.704*** | 0.654*** | 0.813*** | 0.714*** | 0.759*** |
| | (0.068) | (0.120) | (0.118) | (0.147) | (0.136) | (0.128) | (0.142) |
| Weak IV Robust 95% CI | [0.665, 0.912] | [0.469, 0.941] | [0.473, 0.934] | [0.365, 0.942] | [0.536, 1.093] | [0.462, 0.965] | [0.484, 1.081] |
| <i>Dependent Variable (panel B): Classmates' Unhappiness</i> | | | | | | | |
| Panel B. First Stage Estimates | | | | | | | |
| Classmates' Illness | 1.118*** | 0.972*** | 0.973*** | 0.895*** | 0.922*** | 0.930*** | 0.892*** |
| | (0.261) | (0.287) | (0.279) | (0.278) | (0.271) | (0.285) | (0.270) |
| Kleibergen-Paap <i>F</i> -statistic | 18.354 | 11.441 | 12.163 | 10.384 | 11.573 | 10.673 | 11.445 |
| <i>Dependent Variable (panel C): Own Unhappiness</i> | | | | | | | |
| Panel C. Reduced Form Estimates | | | | | | | |
| Classmates' Illness | 0.871*** | 0.685** | 0.685** | 0.586* | 0.749** | 0.664** | 0.623** |
| | (0.269) | (0.305) | (0.296) | (0.301) | (0.299) | (0.305) | (0.300) |
| Controls (for all panels) | | | | | | | |
| School & Grade FE | Yes |
| Individual Characteristics | | Yes | Yes | Yes | Yes | Yes | Yes |
| Classroom Characteristics | | | Yes | Yes | Yes | Yes | Yes |
| Teacher Characteristics | | | | Yes | Yes | Yes | Yes |

| | | | | | | | |
|-------------------------------|--------|--------|--------|--------|-------|--------|-------|
| Classmates' Family Background | | | | | | Yes | Yes |
| Classmates' Current Health | | | | | | | Yes |
| Observations (for all panels) | 12,541 | 11,683 | 11,683 | 11,548 | 9,904 | 11,003 | 9,720 |

Notes: CEPS 2013 sample is used. 2SLS estimates are reported in Panel A. OLS estimates are reported in Panel B. Panel C reports the reduced form estimates. Classmates' Illness is defined as percentage of classmates had serious illness before primary schooling (reported by classmates). Column 5 excludes individuals reported having serious illness before primary schooling. Individual characteristics: age, gender, minority, one child, family wealth level, father's education, mother's education, grade 9 dummy. Classroom characteristics: classroom size, percentage of female in the classroom. Teacher characteristics: age, gender, education and experience of the head teacher. Classmates' family background: mother's education, father's education, family wealth before primary schooling, current family wealth. Classmates' current health: self-evaluated current health condition, hospitalization in the past 12 months and BMI. Standard errors are clustered at the school level. *** $p < 0.01$, ** $p < 0.05$, * $p < 0.1$.

The first-stage estimates in panel B of Table 2 show that the correlation between the instrument and the average of classmates' unhappiness is positive and statistically significant at the 1% level. The point estimate is close to one, which suggests that if all classmates had a serious illness before primary school, classmates' average unhappiness would increase by almost one point. The Kleibergen-Paap F -statistic for the excluded instrument is larger than 10 in all columns. Thus, it is very unlikely that our estimates are biased by weak instruments. We nevertheless report the weak IV robust 95% confidence interval of our Two-Stage least squares (2SLS) estimates in square brackets. We consider both the Anderson-Rubin method³ and the Kleibergen–Moreira Lagrange Multiplier (LM) method^{57,70} to compute the confidence interval (CI). Results are very similar. We thus report the widely used Anderson-Rubin CI in the table. The grid search in Anderson-Rubin method³ could result in an empty CI. In such case, LM CI is reported. Our results show that all of the confidence intervals exclude zero. We thus conclude that our results are robust.

There is a potential problem in estimating peer-effects models, caused by a mechanical negative correlation between own and average peer characteristics^{4,43}, in our case, between own illness and average classmates' illness. The solution to this problem is to distinguish between the individuals who are being affected and the individuals who are affecting their peers, if such a distinction is possible. Following the literature^{5,18,54}, we restrict our sample to students who did not have a serious illness before primary school in column 5 of Table 2. The coefficient is 0.806 and significant at the 1% level, which is very similar to the result in column 4. Our results, therefore, are robust to the sample restriction.

One concern regarding using classmates' early childhood illness as the IV for classmates' emotion is that classmates' health status is likely to be correlated with classmates' other family characteristics, such as family wealth or genes (the exclusion restriction). Note that since classrooms are randomly assigned (verified in the next section), classmates' family characteristics are likely to be exogenous variations with regard to students in the class: Whether the assigned class has more classmates who are wealthy or have healthy genes are idiosyncratic variations. To test the robustness of the results, column 6 adds the following classmates'

characteristics to our baseline estimation in column 4: classmates' mother's education, father's education, family wealth before primary schooling, and current family wealth. As expected, the 2SLS estimate remains essentially unchanged (0.714***). Although it is impossible to control for all classmates' family background characteristics, they are unlikely to change the estimates substantially.

Some may concern that a student's past health condition could affect peers' emotion not through emotion contagion, but through other channels such as current health condition. For example, peers may worry about the student's health condition and become stressed and sad; a currently unhealthy condition may cause a student to withdraw from social activities, which could make peers feel unhappy. To address this concern, we control for a set of variables measuring students' current health condition. The first variable is parent responses to the survey question "how is your child's current health condition" on a scale from 1 (very bad) to 5 (very good). The second variable is students' responses to whether they have been hospitalized in the past 12 months. The third variable is students' current BMI. We calculate the classmates' average for each of these three variables to measure classmates' current health condition. Column 7 of Table 2 reports the regression results controlling for all three variables. The 2SLS estimate is almost unchanged (0.736) and maintain the significance level at the 1 percent.

The size of the 2SLS estimate is just slightly larger than the OLS result, 0.654 vs 0.604, and the difference is not statistically significant. This does not mean that the OLS estimates are not biased, since the biases could be either positive or negative. For example, simultaneity causes a positive bias, and attenuation bias—induced by measurement errors in the happiness measure, which drive the estimates toward zero—causes a negative bias. Instead, the statistical indifference between the 2SLS and OLS estimate might indicate that the various types of biases in the OLS estimates are largely cancelled out by each other.

Our results are much larger compared with findings based on online social networks or laboratory experiments, suggesting contagion through face-to-face interactions is stronger than online interactions. For example, a reduction in posts by online friends that contain positive or negative emotions reduces own positive or negative posts by at most 0.1 percent⁶⁰. Note that all the experimental studies examine the outcomes of adults, therefore, the differences in the size of the effect could also be driven by age differences: Middle-school age is a period where one's noncognitive outcomes are easily affected by surrounding environment and lifelong characters are largely shaped^{14, 22, 27, 46}. One study shows that class-level well-being is positively associated with students' subsequent well-being in Filipino by controlling for both prior well-being and key demographic variables⁵⁶, though concerns over common shocks remain. Different from the literature which does not find peer effect on mental health also using CEPS data⁹⁹, this paper uses variation in peers' mental outcomes that is completely originates outside of the classroom, and therefore is able to better address the common shock and simultaneous causality issue.

Robustness

We report the reduced-form results in Panel C of Table 2 to show that the IV, classmates' illness, has a direct positive effect on own unhappiness. The point estimates are all statistically significant at the 5% level. The results add to our confidence in the validity of our IV. Further experiments to confirm the validity of our method

and the robustness of our results are reported in the Supplementary Information file. The followings are the summary of the experiments.

We first test the exogeneity of the IV by carrying out a balance test, which does not find that individual and teacher characteristics are jointly correlated with the IV (Table S1). We then re-estimate our main results by only using first year students, since reassignment in the first year is less likely. Our results are robust (Table S2). We next conduct two falsification tests to verify the identification assumption: We reassign the instrument to another class in the same school and find no relationship between a falsely assigned instrument and individual's emotion (Table S3); we also find the instrumented classmates' unhappiness have no effect on predetermined characteristics (Table S3).

We also find consistent results by using parent-reported measures of illness as the IV (Table S4) and specific type of illness as the IV (Table S5), and alternative measures of negative emotions (Table S6). We further confirm that our results are robust to measurement error by randomly introducing more measurement errors to our data (Figure S1). Lastly we exploit the panel data, using alternative IVs and controlling for teacher fixed effects. We still find consistent results (Table S7).

Discussion

After the family, schools are the most important environments in adolescents' lives, and thus it is crucial that we understand how students may affect each other. This study explores the spillover effects of emotions among students, and finds that the negative emotion of a student's classmates could cause the student to also experience a negative emotion. In other words, there is strong negative externality of one student's negative emotion on classmates. The size is fairly large: almost one-fifth of a standard deviation.

We are able to avoid the self-selection problem by exploiting the nature of randomly assigning students to different classrooms. In addition, we used students' preexisting health characteristics (whether having been seriously ill before entering primary school) as the main IV for students' happiness to address potential endogeneity. We thus identify the peer effect of a negative emotion among middle school students. Our findings are robust to various measures of negative emotions. In addition, we show that the emotional contagion could be caused by other exogenous variations from outside the classroom, such as parental conflict at home and parental health issues.

The presence of the externality of negative emotions in daily life may exacerbate children's emotional or behavioral distress; this is prevalent in many countries, as shown by the OECD's PISA⁷². The results of this paper underscore the importance of assessing each child's mental health and addressing problems before they spill over to others.

Our research context, in which students are randomly placed together, is particularly important for estimating spillover effects and thereby motivates policy interventions. We cannot expect middle school students to consider the potential negative impact on others and, in turn, mitigate negative spillovers. External intervention (e.g., through consultation with experts in this area) is therefore necessary to correct market failures.

Our findings imply that, to the extent of the strong spillover effect of negative emotions among classmates, the positive externalities from prevention and intervention would be especially large. In other words, providing interventions for students who are experiencing negative emotion will not only improve their own mental status but also the mental status of their classmates, which enhances the efficacy and cost effectiveness of the intervention. Similar to treating an infectious disease such as COVID-19, interventions that target socially connected individuals simultaneously could be more effective for reducing a negative spillover effect than individual interventions implemented at different times.

Methods

Data source

The main data set used in this paper is the China Education Panel Study (CEPS) 2013, which is a school-based study. It covers both rural and urban areas in mainland China and is a nationally representative survey that applies a stratified, multistage sampling design with probability proportional to size. The CEPS has a unique feature whereby once a classroom is selected for the sample, all students attending the class and their parents are surveyed. This key feature allows us to obtain a full picture of classmates' emotion. The CEPS 2013 surveys students who were in grade 7 and grade 9 during the 2013 academic year. The academic year in China starts in September and ends in June of the following year. Students in grade 7 are generally 12-13 years old.

In addition to the 2013 wave, the CEPS also conducted a follow-up survey in 2014. The 2014 wave followed the students who were grade 7 in the 2013 wave and became grade 8 in 2014. The CEPS 2014 is used as a supplementary dataset in our analysis. This is because several key variables either did not change over time (such as our main IV, illness before primary school) or were not surveyed in the 2014 wave (such as our alternative IV, parental health outcome). Hence, we cannot use the panel feature in the regression analysis using these variables. We will, however, use the panel feature in Section 4.4, in which parental conflict is used as an alternative IV.

All school-age children in China are entitled to a free and compulsory 9-year education by law. Grade 7 is the first year of middle school education and Grade 9 is the last year. Most middle schools and primary schools in China are public schools (93% of sample schools are public in CEPS), and students are assigned to public schools based on their residence location. Typically, students come to class in the morning and take all courses with the same classmates in the classroom throughout the day. Classrooms are usually fixed through an academic year, and students interact frequently within a classroom.

Regression samples

Most Chinese middle schools randomly assign students to classrooms at the beginning of the 7th grade, and many of them keep the assignment through the 9th grade, to ensure equal and fair educational opportunities at the level of compulsory education. We focus on schools that randomly assign students at the beginning of grade 7 and no reassignment is made in grade 8 or grade 9 in the 2013 academic year. There are in total 109 schools recorded in the CEPS 2013 data. According to the school principal survey of the CEPS, 93 schools report that they apply a random class assignment policy to grade 7 students. Of these 93 schools, 78 reported that they did not rearrange classrooms for grade 8 and grade 9. We also drop one school that only had one

classroom in the sample, because we cannot carry out the within-school comparison in a school with only one classroom. Based on these criteria, the cross-sectional sample consists of 12,677 students in 301 classrooms in 77 schools. Each school has two to four classrooms.

Variables and summary statistics

Negative emotion

Table 3 reports summary statistics of variables used in the sample. Our main outcome variable is a negative emotion: *unhappiness*. It is measured by the following survey question: “Did you feel unhappy in the last seven days?” Answers are rated on a 5-point Likert scale (1=*never*, 2=*seldom*, 3=*sometimes*, 4=*often*, 5=*always*). More than 50% of the students reported either “seldom” or “sometimes” feeling unhappy. The mean of individual-level unhappiness is 2.31, with a standard deviation of 1.04; the mean of classmates’ unhappiness is the same as that of the individual level, 2.31, with a smaller standard deviation of 0.29. The distribution of these two variables is presented in Figure 1. In addition to *unhappiness*, the survey also asked the same questions for three similar negative emotions: “not joyful,” “sad,” and “stressed.” We present the regression analysis for *unhappiness* in the main results and report the regressions for other negative emotions in the robustness checks reported in the Supplementary Information file (Table S6).

Table 3. Summary Statistics

| Variable | Mean | SD |
|--|--------|-------|
| <i>Individual Characteristics</i> | | |
| Unhappiness | 2.31 | 1.04 |
| Illness | 0.14 | 0.35 |
| Parental Conflict | 0.10 | 0.30 |
| Parental Health | 3.85 | 0.91 |
| Wealth | 3.01 | 0.55 |
| Age | 13.95 | 1.36 |
| Female | 0.48 | 0.50 |
| Minority | 0.12 | 0.32 |
| One Child | 0.46 | 0.50 |
| Grade 9 | 0.46 | 0.50 |
| Father's Years of Schooling | 10.23 | 3.52 |
| Mother's Years of Schooling | 9.50 | 3.84 |
| <i>Peer Characteristics</i> | | |
| Classmates' Unhappiness | 2.31 | 0.29 |
| Classmates' Illness | 0.14 | 0.08 |
| Classmates' Parental Conflict | 0.10 | 0.06 |
| Classmates' Parental Health | 3.85 | 0.29 |
| <i>Classroom Characteristics</i> | | |
| Classroom Size | 47.57 | 13.78 |
| Percentage of Female | 0.48 | 0.09 |
| <i>Teacher Characteristics</i> | | |
| Female | 0.63 | 0.48 |
| Age | 37.02 | 7.52 |
| Years of Schooling | 15.93 | 0.46 |
| Years of Experience | 15.92 | 8.09 |
| Observations | 12,677 | |
| Number of Classrooms | 301 | |
| Number of Schools | 77 | |

Illness

The variable illness is measured using the following survey question in the CEPS's 2013 wave: "Did you have a serious illness before you started elementary school?" About 14% of students answered "Yes," with a standard deviation of 0.08. Figure 2 presents the distribution of the proportion of students who answered "Yes" per classroom. Our alternative measure of illness uses a similar survey question, which is answered by students' parents in the parent survey of the CEPS 2013: "Did your child have a serious illness before the child started elementary school?" About 9% of parents in the sample answered "Yes," with a standard deviation of 0.08. The parent-reported measure of illness is smaller than the student's self-reported illness. This is likely to be caused by parents' and children's different definitions of serious illness. Children may also have different perceptions of some illnesses compared with their parents. We find that compared with the parent-reported measure, the student self-reported measure is more closely correlated with the student's own emotion, and therefore yields a stronger first-stage result (Table 2 vs Table S4).

A slightly different question regarding children's illness is posed in the CEPS's parent survey in 2014. The survey asks parents to report whether their children had the following types of serious illness and, if so, when the child had it: heart, brain, limb, kidney and lung. In total, 4.2% of parents reported that their child had at least one of these diseases before age 7: heart (0.3%); brain (0.2%); limb (2.1%); kidney (0.2%); and lung (1.9%).

Control variables

Of the student characteristics, family wealth is measured using students' self-reported family financial conditions on a 5-point scale that ranges from 1=*very poor* to 5=*very rich*. Students are on average 14 years old; 48% are female; 12% are minorities; 46% are *One Child*, meaning that they don't have siblings; 46% are in grade 9; and 54% are in grade 7 (Table 4). Respondents' fathers have on average 10.23 years of education, and mothers have 9.5 years. On average, each classroom has 47 students and 48% are female. Teachers on average are 37 years old; have about 16 years of education and 16 years of experience; and 63% of teachers are female.

Empirical strategy

The main difficulties in identifying the causal effect of peers' emotion on an individual's emotion are self-selection, common shocks, and the reflection issue. Self-selection (also called "sorting" or "homophily") is the tendency of like to attract like: In the case of school children, we might observe that both a student and her classmates are happy only as a result of sorting. For example, students (or their parents) who care more about their well-being may self-select into a school or classroom in which most students are well-behaved and interact in a friendly manner. The common shocks issue (also called "contextual effects") arises because individuals and their social contacts are affected by a common environment. The common environment for school children could be their teacher's character or disposition. Hence, individuals' emotions could be correlated even without one affecting another. The *size* of the causal effect of social influence is

difficult to identify, because individuals simultaneously affect each other; this problem is called the reflection issue⁶⁹. In this section, we describe our empirical strategy for addressing each.

To address the self-selection issue, we restrict our sample to schools in which students are randomly assigned to classrooms in grade 7—the first year of middle school—and no further reassignment is made in grades 8 or 9. School fixed effects control for preexisting factors that could affect selection into a school or community. The fixed effects also control for school- or neighborhood-level environmental factors that may cause overall differences in emotions across schools or neighborhoods.

Both the reflection issue and the common environment issue arise from the fact that students study and interact in the same classroom on a daily basis. Thus, we address these challenges by isolating the variation in classmates' emotions that is not determined in the classroom. Specifically, we instrument classmates' emotions using classmates' early childhood health condition—i.e., serious illness before primary school.

Whether classmates had a serious illness before primary school is very likely to be an exogenous variation; illness in the past cannot be affected by the current classroom environment or current classmates' characteristics. Furthermore, one's illness before primary school could potentially affect one's own emotion. An individual's emotion is generally correlated with her health condition^{48,65,73,74,81}. A serious disease in childhood could potentially have long-term consequences on her current emotions^{24,84}. Thus, we can expect a certain amount of variation in classmates' emotion that is driven by their average early childhood health conditions. Our data support this conjecture. As shown in Figure 3, we find a strong positive correlation between the IV (the average incidence of classmates' illness) and the endogenous variable of interest (classmates' average emotion). In the figure, we divide our sample into three equal groups based on the proportion of classmates who had a serious illness before primary school: low, medium, and high. The figure suggests that the high group—i.e., classes where more classmates had serious illness—are more likely to report unhappy compared to the low group.

Equation (1) is the second stage of our 2SLS system and Equation (2) is the first stage.

$$E_{icgs} = \alpha \bar{E}_{(-i)cgs} + \beta StudentChars_{icgs} + \gamma ClassCharas_{cgs} + \sigma_g + \mu_s + u_{icgs}, \quad (1)$$

$$\bar{E}_{(-i)cgs} = \rho \overline{Illness}_{(-i)cgs} + \beta StudentChars_{icgs} + \gamma ClassCharas_{cgs} + \sigma_g + \mu_s + v_{icgs} \quad (2)$$

E_{icgs} is the emotion of student i in classroom c of grade g in school s . It is constructed based on

whether a student was unhappy in the previous 7 days (see Section 2.3.1). $\bar{E}_{(-i)cgs}$ is the

endogenous variable of interest, the average emotion of student i 's classmates. Specifically, it is

defined as $\bar{E}_{(-i)cgs} = \frac{\sum_{k \neq i} E_{kcgs}}{N_{cgs}-1}$, where E_{kcgs} is student k 's emotion and N_{cgs} is the number of

students in the classroom. $StudentChars_{icgs}$ is a vector of student i 's characteristics.

$ClassCharas_{ct}$ is a vector of classroom controls such as classroom size and teacher's

characteristics. Our instrument, $\overline{Illness}_{(-i)cgs}$, denotes the proportion of classmates who had a

serious illness before primary school, given by $\frac{\sum_{k \neq i} Illness_{kcgs}}{N_{cgs}-1}$. σ_g and μ_s represent grade fixed

effects and school fixed effects, respectively. Note that the identification strategy does not rely

on within-school across-cohort variation because we draw variation from randomly assigned

classrooms within schools. Despite so, our results are robust to including school \times grade fixed

effects. Error terms are clustered at school level to allow for within-school correlation.

Our parameter of interest, α , represents the causal effect of student i 's classmates' average

emotion on i 's emotion. A positive coefficient, $\alpha > 0$, indicates that classmates who are unhappy

causes a student in the same classroom to also become unhappy.

The

identification strategy relies on idiosyncratic variation in the underlying health conditions across classes in the same school generated by within-school random class assignment; some classes will simply have a greater share of students who had a serious illness in early childhood than other classes. The randomly assigned composition of classrooms therefore may cause a student to have more or less negative emotion than a student in another classroom.

The identification strategy will be invalid if schools sort students based on their observed characteristics (even though schools reported that classroom assignments were made randomly) or, in a very unlikely scenario, an early childhood illness could be somehow affected by a factor in the current classroom. These identification assumptions are verified as shown in Tables S1 and S2.

The IV identifies a “local” effect: one’s negative emotion that is specifically caused by a classmate’s early childhood health condition. To show that emotional contagion could be caused by various exogenous shocks, we further exploit two alternative IVs that also stem from shocks outside the classroom (classmates’ parental conflict at home and classmates’ parental health condition) and yield consistent results as reported in Tables S7.

Declarations

Data Availability

The data used in this study are available at: <http://ceps.ruc.edu.cn/English/Home.htm>

Code Availability

Code is available upon request.

Acknowledgements

Wang gratefully acknowledges financial support from the KDI School of Public Policy and Management.

Author Contributions

W.Z. did the research design, analyzed the data, and wrote the paper.

S.W. did the research design, analyzed the data, and wrote the paper.

Competing Interests

The authors declare that they have no competing interests.

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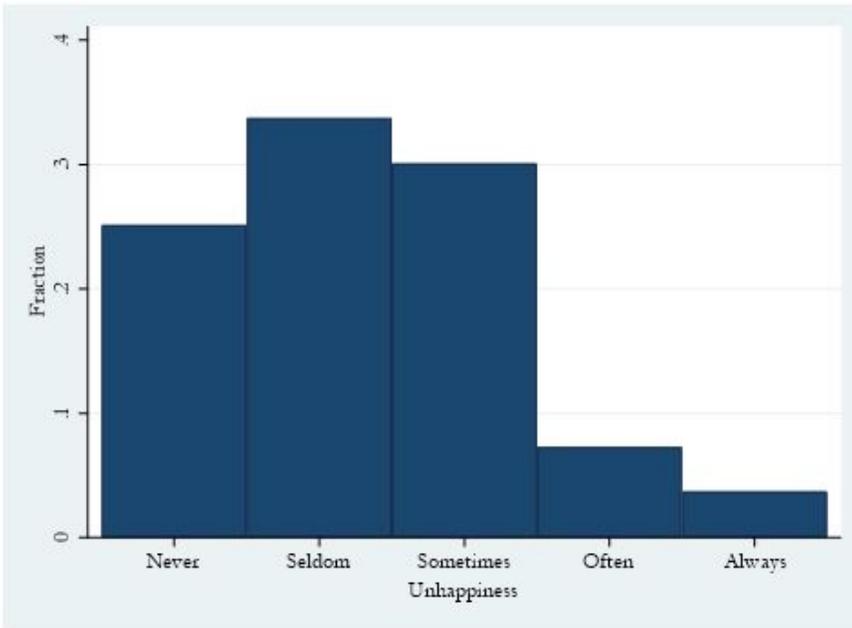
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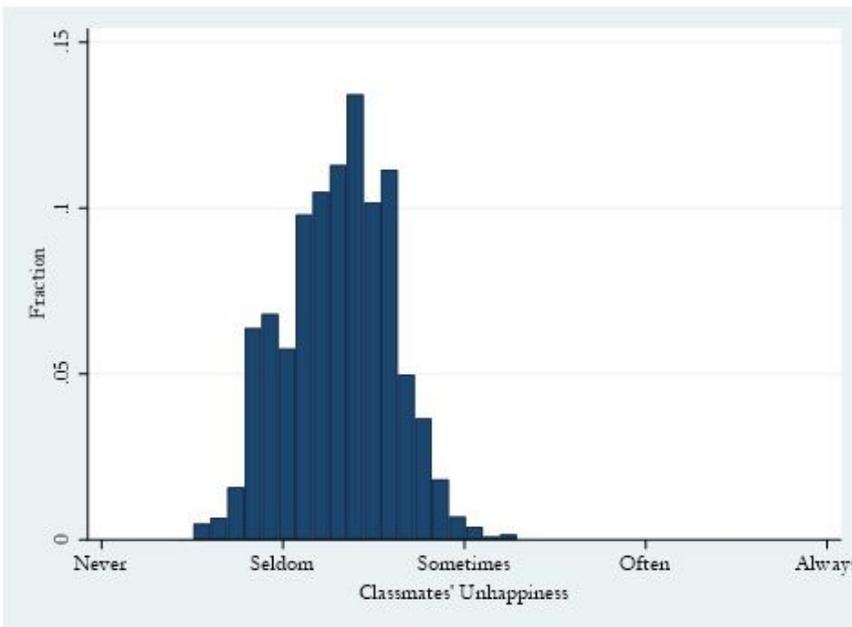
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Figures

a. Own Unhappiness



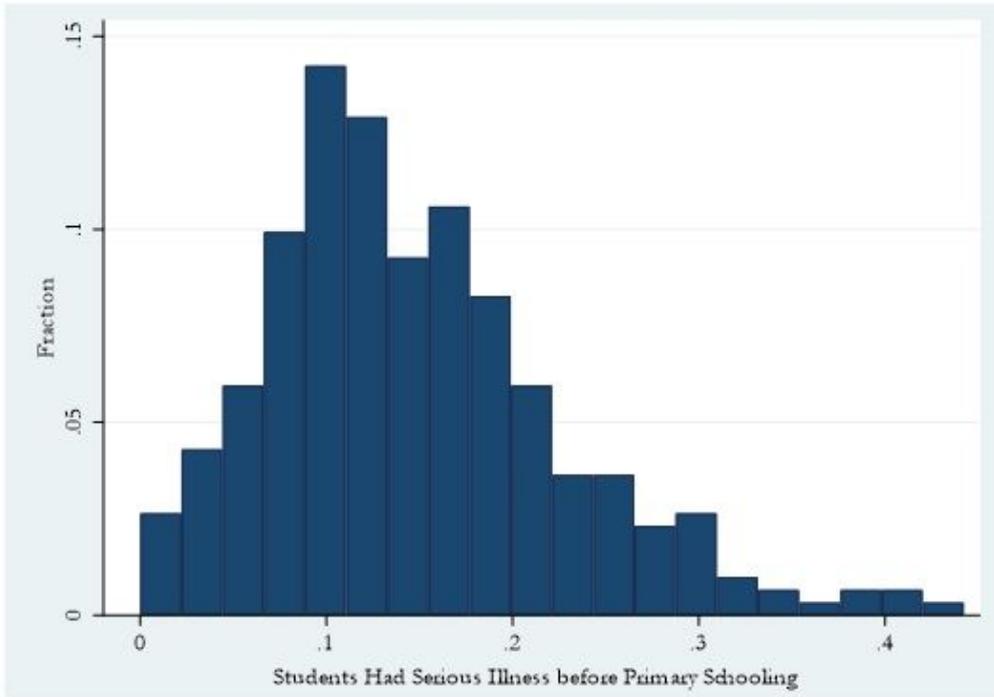
b. Classmates' Unhappiness



Notes: CEPS 2013 sample is used. Sample size is 12,677.

Figure 1

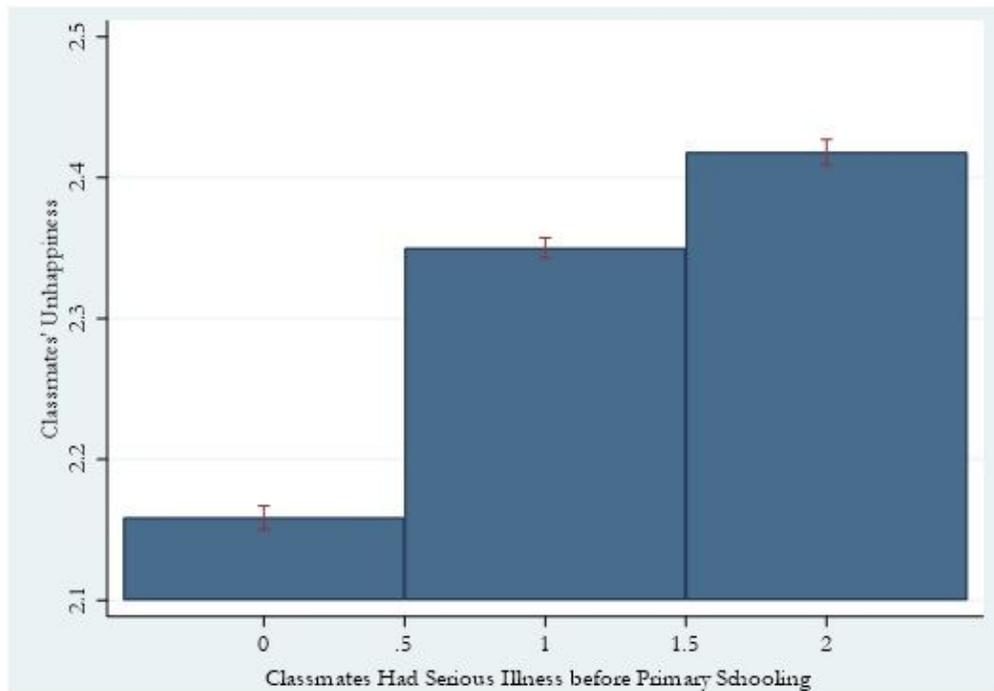
Distribution of Unhappiness on a 5-point Scale



Notes: CEPS 2013 sample is used. The unit of observation is a class. Sample size: 301.

Figure 2

Proportion of Students Had Serious Illness per Classroom



Notes: CEPS 2013 sample is used. Mean and 95% confidence intervals are presented. Sample is equally divided into three groups, Low, Medium and High, based on the value of proportion of classmates had serious illness before primary schooling. Sample size is 12,677.

Figure 3

Supplementary Files

This is a list of supplementary files associated with this preprint. Click to download.

- [ZhouWangSupplementary2021NHBfinal.pdf](#)