

## **OmaniAdult Crying: Causes and Motivations**

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**Abstract:-**Crying is physiological and psychological condition and it occurring with organism whether voluntary or involuntary. In current research, researchers shed light on the process of crying with humans and for both of them male and female. The sample have ranged and for both male and female between 15 years to 25 years. The sample consisted school and high education students in addition employees from public and private sector. The objectives of this research was to know the differences between male and female in the number of times crying and its relationship to their age. Also this research aim to knowing the reasons of crying with humans either was male or female as well as to knowing types of tears. Finally, researchers highlighted the emotional crying with Omani adults and analyse reasons of it. The result shows that Omani females cry more than males crying between 15 to 17 years (binging of adolescent Stage) old but with the onset of adulthood, case is reflected, where males increases in the number of time crying than females, specifically from age 18 to age 22 or 23. This is due to the fact that males begin their university life and begin with the personal, emotional and social responsibility which push males to the difficulty encountered thus showing signs of sadness and oppression and begin shedding tears but in isolation from the social world around him. Then, after 23 years old and above, females start to increase comparing with males and this is due to feminine nature that tend to the passion and the incapability to control their emotions compared to males which their nature tend to stay away from passion as much as they can and reliance on the mind and thinking in solving the problems they face it.

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### **I. INTRODUCTION**

Recent studies have shown that crying is good for health, but the quality of the tears shed as a result of the position of a passionate emotional is different in terms of structure and function. Many scientific studies have concluded that tears are chemical reactions come in response to the great state of emotional and full of passion and therefore our tears are rich in protein. Scientists consider that the original tears were tears of happiness or sadness helps restore balance to the body chemistry as they help to psychotherapy.

The weeping form common to express the emotions of mankind, is the man the only object that shed tears for emotional reasons such as sadness or intense joy, nor crying stop at a certain place or a certain time or a certain age, but includes all cultures of humanity on earth, and various human civilizations in order to express their feelings and emotions of humanity without rights owned by other creatures.

The major functions of crying possibly signal others to assist eliminate a special source of uncomfortable and to elicit concentration, compassion and support from other peoples (Michelle et al, 2007). Since the beginning of creation the subject of crying theories of cost dealt with, but there are no comprehensive theory can explain the main reasons for the crying man, some attribute to physiological factors, and others attribute to internal factors, humanity, and others attribute to the causes of somatic

Many people's might observed that most childbirth in the hour of arriving to this world starts to cry, not only that, most of us start to cry when one of our relative die. Also, when we feel pain, either emotional pain, physical pain or social pain, we in many situations began to shed tears from our eyes involuntary. Thus, crying described as normal in humans and many scientists believed that crying is an important for humans. But, do we understand the meaning of crying? Do we know why we cry? Is there a psychological need to cry in human? There are many social and psychological avails of crying, and that's what we highlight in this research.

### **II. SIGNIFICANCE OF THE STUDY**

Crying is a condition that occurs when the unconscious human confronted with the position or watching a tragic view, so that it cannot bear this scene or situation, so his/her eyes shed tears. Humans do not differ in expression of crying except in some small details and whether human beings throughout history or in the present time and in any area, whether in Middle East or Far East or in Africa or European society, because human have almost similar characteristics, it is a human characteristics shared by all human beings such as sadness, happiness, feeling of distress, carry worries and others. This study highlight on one of the feelings of humanity, which is a crying or sadness and reasons and motives that make people start to cry, and what are the situations that make him or her to cry and how that affects attitudes of humanity.

Many studies have addressed issue of crying with both humans and animals, But researchers did not find (according to their knowledge) similar study conducted in Oman. For this, this study concentrates on reasons and motives of human crying.

### III. MEANING OF CRYING

Many scientist and researchers was interested in the concept of crying, such as Darwin (1872), he believed that crying is a normal behaviour for humans which animal dose not owned. And according to Patel (1993), he believed that crying is a shedding of tears, which occur as a result of an emotional response, while Botelho (1964) said that crying is a characteristic way for person to express his/her feeling. According to Zeskind and Lester (2001) they defined crying as biological warning, Alert to the environment caregivers to provide all wishes, needs and preferences to the child and draw listener attention to respond to him/her. (Zeskind and Lester, 2001).

### IV. REASONS FOR HUMAN CRYING

Contemporary scientists discovered that human's tears caused by types of glands called lachrymal glands. According to (Keedle, 2010), scientists found there are more than one types of tears as follow:

1. Physiologically reasons
2. Evolutionary reasons
3. Reasons related to emotions of human
4. Social reasons
5. Cultural reasons

While tears in humans is divided into several types as follows:

**Basal Tears:** Basal tears are the tears that are working to make the human eyes moist (wet) state and works to protect. These types of tears linked with running noses especially when people start to cry.

**Involuntary tears:** These types of tears flowing from the human eyes because of some external irritants that affect the normal functioning eyes and the most important examples of these irritants when we are peeling onions and dust air and smoke. So many researchers concluded in their research that this type of tears chemically differs from basal tears in terms of its diversity and installed-base.

**Emotional tears:** these types of tear control melancholy. The endocrine system is responsible for this kind of tears. Emotional tears considered as psychological reasons of crying. These types of tears occur when we are resentful of a certain position, or when faced with a particular pain or even when we are in a very large we are happy. The consequences of research and studies suggest that emotional tears have an interest in reducing tensions and help us relax.

There are many theories that studied human's crying emotionally and most important of these theories are as follows

**Cathartic theories:** Sigmund Freud and his colleague Breuer (1974) have found that crying is the activation process and the process of curative that occurred after experiencing any cruel modify feelings. Freud and Breuer also assumed that weeping can decrease pain and guide to assistance. Nevertheless, there was slight practical confirmation in Breuer and Freud's concept of weeping as a cathartic process. A modern study was conducted by Bylsma, Vingerhoets and Rottenberg (2008) shown that not all people experienced settlement from crying. Some people reported that crying makes their psychological and objective state bad. In another study on similar field, researchers shows that people are not equal and some of the results showed that the crying of negative psychological consequences on the individual (Bylsma et al., 2008)

**Two-factor theory** Efran and Spangler (1979) believed that crying is an amalgamation of cognitive and emotional responses. They mentioned that crying adult consists of two distinct phases: first phase is emotional provocation and a second phase is revitalization. Through the first phase, it concluded that adults will differentiate between provocation optimist and pessimist provocation. In the second phase, a psychosomatic event or perception review will alter the provocation into revitalization. But at the end they said some of emotional responses cannot be predict for instance smiling (Labott & Martin, 1988).

**Learned powerlessness (helplessness) theory** this theory believed that weeping occurs when person feel plagued and not capable to manage or organize his/her emotion. Miceli and Castelfranchi (2003) said "a human or animal which has learned helplessness do not attempt to getaway even when the probability of absconding are vacant". This theory attributes the causes of crying to several factors, including failure in the story of romantic

love or even when people not succeed to achieve their goals in whole life, for this, they become frustrated and disappointed. And some peoples they might express their guilty through crying and finally, empathy crying, which is appearing through watching a sad movie or watching a painful video, or read a sad story and so on.

**Adult Crying**

There are many researchers have shed light on the weeping adults such as (Vingerhoets et al, 2000) they were first to present a broad, even though initial, paradigm of grown person weeping. This paradigm fundamentally determined on the previous circumstances of crying and considered crying to be the consequence of the relations between many biological psychology, perception impairment and social processes. Crying was further seen as having a collision both on psychobiological processes in the crying personality him/ herself (effects within the same person or intrapersonal effects) and on the crying person’s social environment (interpersonal effects). In other expression, perform of crying may guide to apprehensions support and might assist the physiologic and psychosomatic improvement after distress via psychobiological mechanisms. Simultaneously, crying might correspond they require for assist and may motivate others to present this assist and support, which may ultimately have a produce on the comfort of the weeping human being.

**V. METHOD**

**Participants**

Researchers send questionnaires to 350 individuals, 312 of whom finished them (a response rate of 89.1%). The 312 participants included secondary’s students school from Seeb area in Muscat governorate and high education students which selected from various disciplines in Mazoon College in Muscat governorate who participated in order to obtain knowledge on their specialization and the rest of sample have been selected from private and public sector (85 employees) who responded to questionnaires through Email (online questionnaires) requesting from them to responded to the questionnaires of research on crying in Muscat in Sultanate of Oman. The sample made up of 141 men where ages ranged from 15 to 25 years (M = 20 years and SD= 6.49) while the number of female participants was 209 where ages ranged from 15 to 25 years (M = 20 years and SD=4.94). Most of the participants were from the Omani nationality, where they formed a proportion about (90%) of participants, and the rest of them (10%) were expat. More than three quarters of participants, whether was Omani or non Omani were not married (76.9%), and less than one-third was married (23.1%). Researchers select this age level to detect the difference between male and female in the beginning of adolescence stage and how stability of this position after skip adolescence stage and the completion of the education-to-work phase

Table 1 Distribution of samples

Gender	N	Responses				Total
		Students		Employees		
		Secondary Students	High Education Students	Private Sector	Public Sector	
Male	141	31	70	22	18	141
Female	209	46	118	20	25	209
Total	350	77	188	42	43	350

**VI. PROCEDURE**

Researchers indiscriminately spread the questionnaire to varied participants, where the objective to minimizing the bias between both nationalities and also to minimizing the bias between males and females, who complete answer correctly. All Mazoon College students completed the questionnaire in the classroom, while the employees received the questionnaire by Email and filled it out in their workplace. After complete reading of each paragraph in the questionnaire, participants mentioned how they would respond to others (crying or not crying) individual in the circumstances how they would governs the other individual and how they would sense in the circumstances.

**VII. ANALYSIS OF EMOTIONAL CRYING BY ADULTS**

The emotional crying of the adults may occur in different age and at different timing based on several aspects. These aspects are grouped in four quadrants. In this analysis the age of the sample is taken from 15 to 25. This age of group represents Middle and late stage of adolescence, also represents the beginning of the stage of adults.

Figure 1: Crying aspects in four quadrants

<b>I Quadrant</b>	Annoyance	<b>II Quadrant</b>
<b>III Quadrant</b>	Sadness	Happiness
		Memories
		<b>IV Quadrant</b>

This figure was divided into four factors which are annoyance, happiness, sadness and finally memories and these factors are divided to four themes (Quadrant). The table 1 shows the survey results of the emotional crying among the genders of age “between 15 to 25”. To analyse this sample several iterations has been made and the results of the iteration are showed in the following graphs. Form the table it is noted that the female cries more at the early ages than compared to that of male. As the female grows the number of crying per month in gradually reduces and again stars gaining. The result of the male crying aspect is quiet interesting that the male cries emotionally very rare during the early age and the increase and then reduce to minimum, it is exactly the inverse crying ratio to that of female.

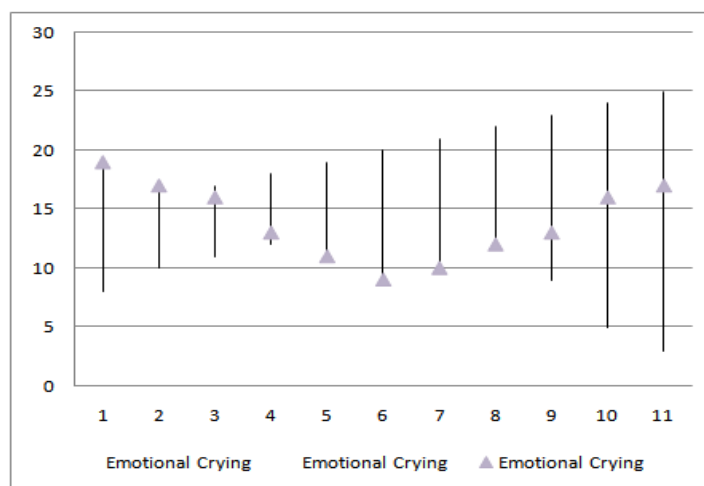
Table2The number of times cryingto sex and age variables.

<b>Emotional Crying</b>		
Age	Male	Female
	No. Crying per Month	No. Crying per Month
15	8	19
16	10	17
17	11	16
18	12	13
19	14	11
20	15	9
21	18	10
22	14	12
23	9	13
24	5	16
25	3	17

Through table (2), we note that females are more in times of crying in the beginning of adolescence stage than males in the same stage. With aging, specifically at the end of adolescence stage, males begin to cry more comparing with females, but this will not remaining for the rest of life because we also note, from the same table, that the initial state returns once again as before or as the beginning of adolescence stage, it becomes a big difference in the number of times crying between males and females in favour of females.

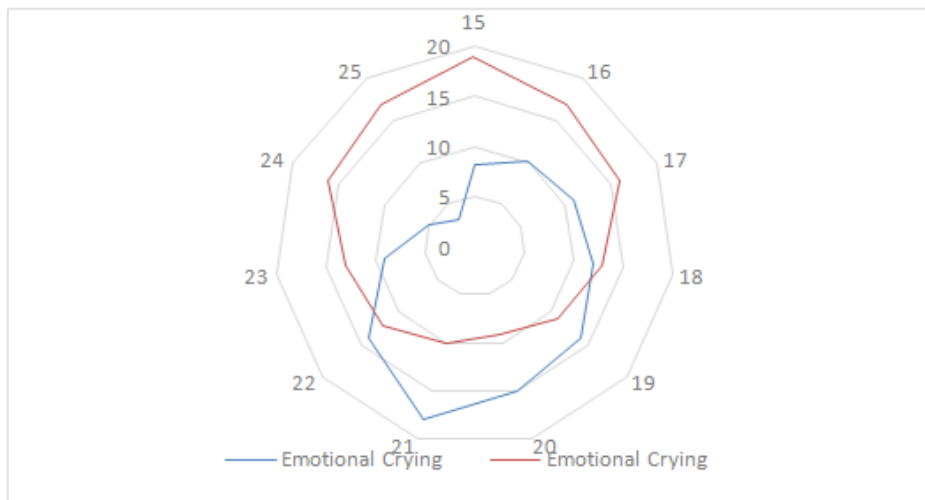
Figure 2

High Low case of Crying among gender



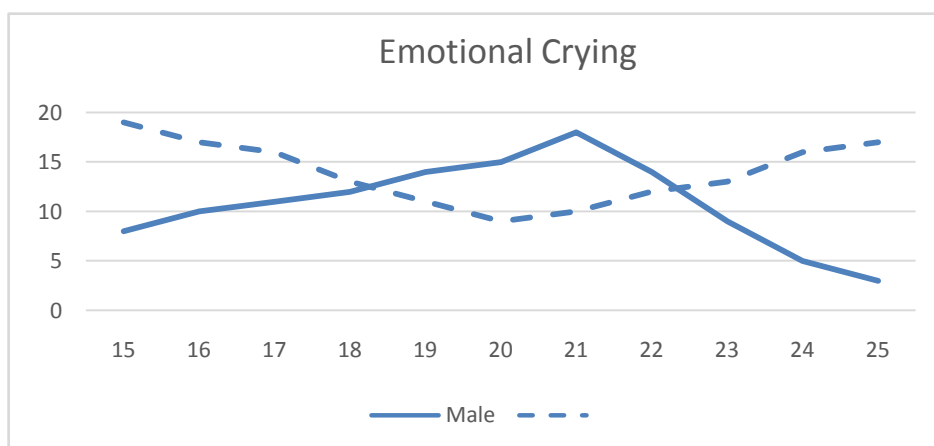
From figure (2) we can conclude that emotional crying is affected by two factors which are age and sex. Emotional crying start to increase with females more than males in age 22 years old and this is due to feminine nature that tend to the passion and the incapability to control their emotions compared to males which their nature tend to stay away from passion as much as they can and reliance on the mind and thinking. Bekker & Vingerhoets (2001) has indicate to similar result, they has reached that one of the most of the stereotypes prevalent is that crying female beside male who knows how to deal with this approach and restrain his crying. This might clarify why a crying male usually meets with more pessimistic reactions than does a crying female. This is what kept pace with the role of both the male and female in the social life in the family and community building. Also, other researchers have found that male and female respond different with crying, they believe that females are mostly react with tenderness and support, whereas males usually expertise excitement and mystification (Cretser et al., 1982; Labott et al., 1991).

**Figure 3**  
**Radar of overlapping of aspects among gender**



Through Figure (3) it shows that there are overlapping of aspects among both male and female at age 18 and 19 years old and the number of times crying becomes almost equal with both of them. It is noticeable that the number of times crying with men begin to increase. There are many researches has reached to similar conclusion such as; Bekker & Vingerhoets (2001), Cretser et al, (1982) and Labott et al, (1991). They found there is a difference in number of times crying between males and females.

**Figure 4** Transition of crying among gender



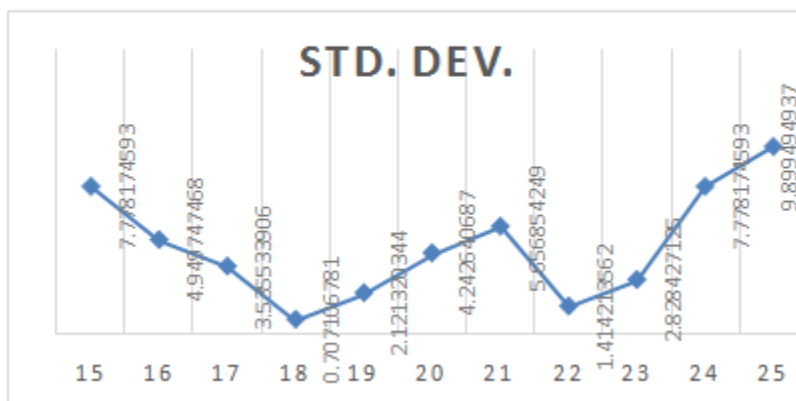
According to figure (4), we can note down that number of crying with female in adolescent stage are more than male in the same age period but it changed after the completion of adolescence stage, where male start to increase in number of crying between age 18 to 22. The interpretation of this result is due to the male begins to personal autonomy from his parents or guardian, therefore, a result of this independence he may face new challenges and difficulties, which requires experience in dealing with this stage and he does not owned her,

which lead to increase anxiety and perplexity with him to resolve these challenges, which leads him to be disappointed for solving it which remedy to cry especially when the male confused with himself. But after this period of age (nearly at age 22 and above), the process returns to normal conjuncture, females increase the number of times the crying while decrease with males and this is due to emergence of women's natural feelings which are dominated by high emotion and feelings character. Also, sexual category function stereotypes might influence the evaluation of and reactions toward crying male and female (Labott et al., 1991). Considered one of the most prevalent stereotypes is that of the crying females along with the male who knows how to manage his emotions and crush his lacrimation (Bekker & Vingerhoets, 2001).

Table 3 Standard Deviation of Emotional Crying

Age	Male		Female		Arithmetic Mean of crying among the genders	Std. Dev. Of crying among the genders
	No. of crying	Std. Dev. Of age and Crying	No. of crying	Std. Dev. Of age and Crying		
15	8	4.94	19	2.8	13.5	7.77
16	10	4.24	17	0.70	13.5	4.94
17	11	4.24	16	0.70	13.5	3.53
18	12	4.24	13	3.53	12.5	0.70
19	14	3.53	11	5.65	12.5	2.12
20	15	3.53	9	7.77	12	4.24
21	18	2.12	10	7.77	14	5.65
22	14	5.65	12	7.07	13	1.41
23	9	9.89	13	7.07	11	2.82
24	5	13.43	16	5.65	10.5	7.77
25	3	15.55	17	5.65	10	9.89
<b>Average</b>	10.81	6.49	13.90	4.94	12.36	4.62

Figure 5 Standard Deviation of Crying among gender



The above table depicts the statistical analysis of emotional crying of male and the female for the age group (15 to 25). The standard deviation of age and the crying in male starts from 4.94 and starts decreasing gradually and reached a minimum threshold point at the age of 21. Similarly, while in the female side the standard deviation of age and the crying starts from 2.8 and decreases gradually until the age of 17 and further rises rapidly to 3.53 until the age of 13.

This contradiction between the male and the female is termed as transition period, which is defined as, the period where the male and female carrying inversely proportional to each other.

### VIII. DISCUSSION

The primary purpose in current study was to shedding light on the process of crying with humans and for both male and female in sultanate of Oman. The finding of this study showed that both males and females are crying and in all stages of life, but females are crying more than males and for many reasons. Researchers found in current study that females are crying more than males in late adolescent (Females Ave=13.9). The causes for

this fundamental difference in the number of times crying is due to several reasons, including anxiety and mystification when facing difficult life situations, or to provoke the other party either inside or outside the family or because of female nature herself, or a biological basis for gender differences in psychogenic crying (Jonathan et al, 2002) where the female nature tend to emotion and the inability to control her life emotions. According to several studies such as (Michelle et al, 2007) and (Nelson, 2005) where indicate that crying is an attachment behaviour premeditated to elicit assist from others. While other studies refers to other reasons such as stir the attentions of others (GerritScoliers et al, 2009). Also females exposed to depression larger than males and thus appear as a cry (Jonathan et al, 2002). Also, current study found that males anxiety growing up in undergraduate stage (18-22 years) (Table 3) for several reasons. The interpretation of this result is due to the male begins to personal autonomy from his parents or guardian, therefore, a result of this independence he may face new challenges and difficulties, which requires experience in dealing with this stage and he does not owned her, which lead to increase anxiety and perplexity with him to resolve these challenges, which leads him to be disappointed for solving these new vague and mystery situation by crying in sometimes especially when he incapable to solve the specifically emotional, financial or social problems. The current study results are consistent with the results of a study of Agneta et al (2004), there finding suggests that powerlessness and vulnerability correspond with the male role in many western and non-western countries.

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