



Department of Psychology
The University of Hong Kong
香港大學心理學系

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Departmental Seminar

The Cost and Consequences of Ostracism: From Group Decisions to Daily Life



Dr. Muireann O'Dea
Postdoctoral Researcher
RPTU Kaiserslautern-Landau, Germany

11:00a.m. – 12:00n.n.
Social Sciences Chamber, 11/F
The Jockey Club Tower
Centennial Campus
The University of Hong Kong

Abstract

Humans have a fundamental need to belong; social connections are essential for health and well-being. Accordingly, ostracism—the experience of being excluded and ignored—poses a significant threat to psychological well-being. In this talk, Dr O'Dea will discuss both the factors that influence people's decisions to ostracise others and the consequences of being ostracised in daily life. Firstly, five empirical studies will demonstrate that individuals are generally more likely to ostracise group members who lack a relevant skill for the group or who violate group norms. However, when the rest of the group favours inclusion, ostracism is significantly reduced, even when the group may benefit from excluding a low-performing or norm-violating member. In the second part, evidence from an experience sampling study will illustrate the psychological consequences of ostracism in daily life. To date, most research on ostracism has relied on artificial laboratory paradigms that do not capture ostracism as it is experienced in daily life. This study will present robust evidence that daily experiences of ostracism are significantly associated with negative well-being outcomes, including higher levels of depression, anxiety, stress, and loneliness. The talk will conclude with the potential for interventions and future directions.

About the Speaker

Dr. Muireann O'Dea is a postdoctoral researcher in social psychology at the University of Kaiserslautern-Landau, Germany. Her research focuses on how positive emotional experiences foster meaning and buffer against meaning threats such as boredom and ostracism. She earned her PhD in Psychology from the University of Limerick, Ireland, where she was awarded an Irish Research Council doctoral scholarship.

Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/93540474511?pwd=xGfh1B1uNEZTa4KxV5ixsrJVPum0zz.1>

Meeting ID: 935 4047 4511 | Password: 049364

~ All are Welcome ~

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