

Emotion



Emotion

- The “feeling” aspect of consciousness, characterized by a certain physical arousal, a certain behavior that reveals the emotion to the outside world, and an inner awareness of feelings
- Three elements:
 - Physiology, Behavior, Cognitive (labeling)



Three Elements of Emotion

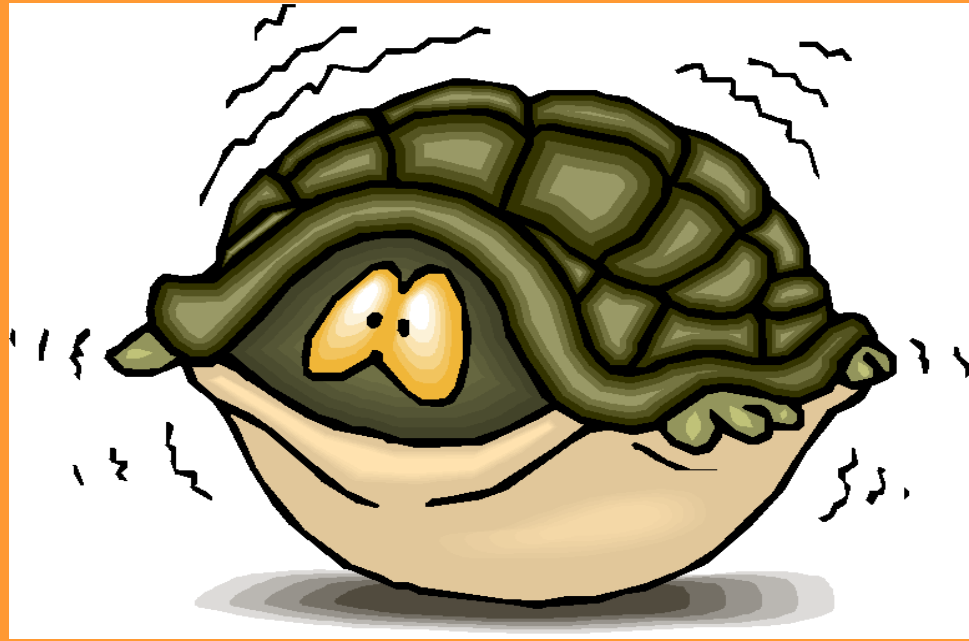
- The Physiology of Emotion
 - Sympathetic Nervous System creates arousal
 - Heart rate increases
 - Breathing increases
 - Pupils dilate
 - Mouth can become dry



"Side effects include, headache, dry mouth, muscle fatigue and turning into a frog."

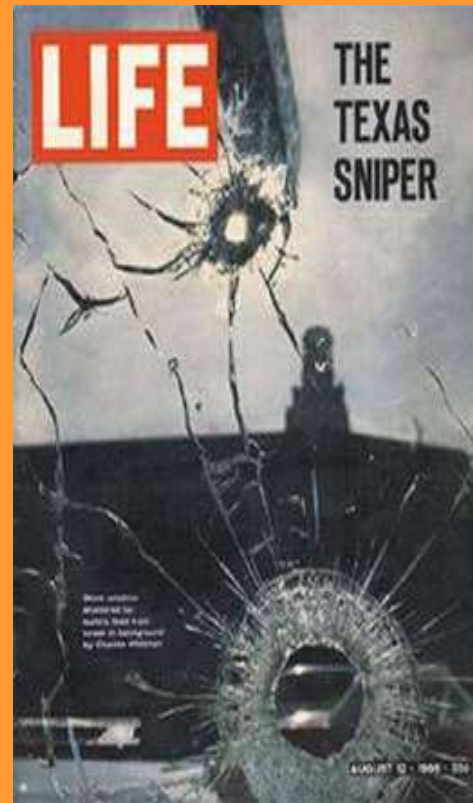
The Physiology of Emotion

- Different emotions cause different body reactions
 - Examples:
 - Fear causes a decrease in skin temperature, whereas anger causes an increase in skin temperature and blood pressure



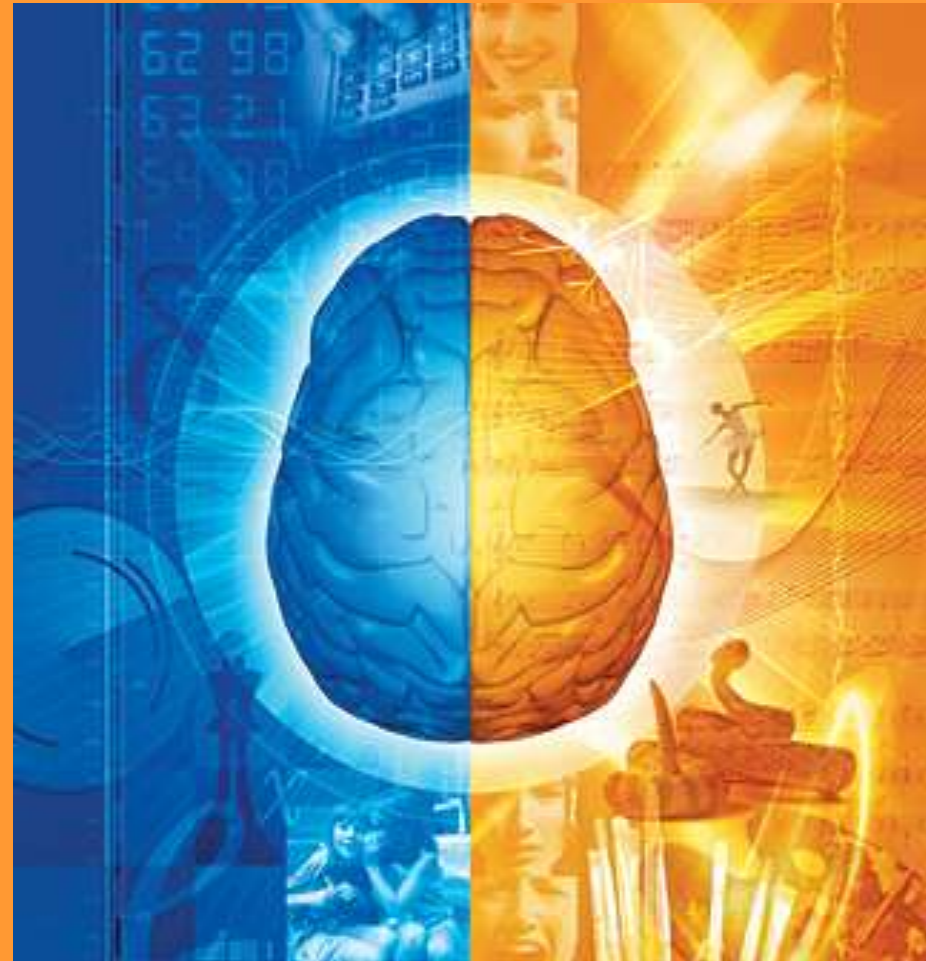
The Physiology of Emotion

- Amygdala
 - Associated with fear
 - Involved in facial expressions of human emotion
 - When damaged, one cannot determine emotions from looking at the facial expressions of others
 - Example: Texas Tower Massacre



The Physiology of Emotion

- Emotions work differently depending on which side of the brain is involved
 - Left Hemisphere: associated with sadness, anxiety, and depression
 - Right Hemisphere: associated with interpretation of facial expression of a particular emotion



Three Elements of Emotion



- The Behavior of Emotion
 - Facial expressions, body movements, and actions (frowns, smiles, hand gestures, spoken words)
 - Facial Expressions
 - Can vary across culture
 - Can be universal
 - Darwin suggests that all humans, no matter what culture, shows the same facial expressions because the muscles involved to communicate specific information to onlookers

The Behavior of Emotion

- Research shows 7 universal emotions:

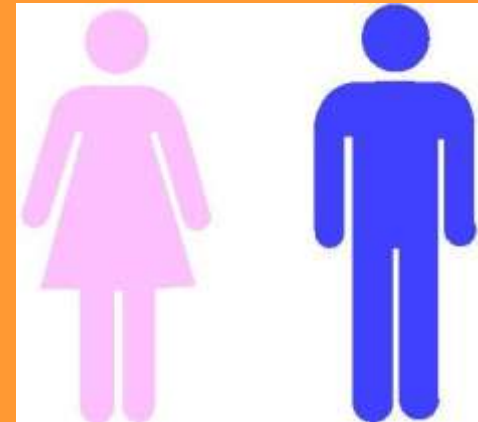
- Anger
- Sadness
- Fear
- Contempt
- Disgust
- Happiness
- Surprise



- Blind children can even produce “appropriate facial expressions” without even witnessing those expressions on others

The Behavior of Emotion

- Emotions and expressions are universal...but...
 - When, where, and how emotion is expressed is determined by culture



- Called: Display Rules

- Learned ways of controlling displays of emotion in social settings (girls vs. boys, cultures)
- Example: Japanese people do not show emotion in public; girls can and do talk about their feelings, whereas boys are very reluctant to talk about their feelings

Three Elements of Emotion

- Labeling Emotion: Cognitive
 - Interpreting the subjective feeling by giving it a label
 - Example: anger, fear, disgust, happiness, sadness, shame, interest, etc.
 - Called a “Cognitive Element” because in order to label a feeling, one must retrieve memories of previous, similar experiences



Labeling Emotion: Cognitive

- What influences a label?
 - A person's:
 - Language
 - Past experiences (history)
 - Culture
 - Example:
Japanese vs U. S. students



Labeling Emotion: Cognitive

- Japanese versus U.S. students
 - Two groups associated positive emotional states with entirely different circumstances
 - Japanese students associated their positive emotional state with feelings of friendliness and social engagement
 - U.S. students associated their positive emotional state with feelings that were socially disengaging, such as pride



Theories of Emotion

- Common Sense Theory
 - Theory in which a stimulus (snarling dog) leads to an emotion of fear, which then leads to bodily arousal (shaking, trembling) through the autonomic nervous system (ANS)
 - “I’m shaking because I’m afraid”



Theories of Emotion

- Two men, William James and Carl Lange, disagreed with the common sense theory
- James-Lange Theory of Emotion
 - Theory in which a stimulus (snarling dog) leads to bodily arousal first (physiological reactions: increased heart rate, dry mouth, rapid breathing), which is then interpreted as an emotion (fear)
 - “I am afraid because I am aroused (shaking)”



Theories of Emotion

- Walter Cannon and Philip Bard disagreed
- Cannon-Bard Theory
 - Theory in which a stimulus (snarling dog) leads to activity in the brain, which then sends signals to arouse the body and interpret the emotion at the same time (not one after the other)
 - “I’m shaking and feeling afraid at the same time”



Theories of Emotion

- Many psychologists felt you couldn't ignore the mental interpretation of feelings....
- Schachter's Cognitive Arousal Theory of Emotion
 - Theory in which a stimulus leads to both bodily arousal and the labeling of that arousal (based on surrounding context), which leads to the experience and labeling of the emotional reaction



Schachter's Cognitive Arousal Theory of Emotion

- “This snarling dog is dangerous and that makes me feel afraid”
- The physical arousal (heart racing, eyes opening wide) occurs at the same time as the thought the fear



Theories of Emotion

- Facial Feedback Theory of Emotion
 - A stimulus (snarling dog) causes arousal and facial expression. The facial expression then provides feedback to the brain about the emotion. The brain then interprets the emotion and may also intensify it
 - Example: “put on a happy face” and you will feel better



Theories of Emotion

- Lazarus and the Cognitive-Mediational Theory
 - A more modern approach
 - Theory in which a stimulus must be interpreted (appraised) by a person in order to result in a physical response and an emotional reaction
 - A stimulus (snarling dog) causes an immediate appraisal (dog is snarling and not behind a fence so it is dangerous; dog is snarling and behind a fence so the arousal is minimal)



Theories of Emotion

- Which theory is correct?
 - All 6 theories can be correct in different situations and circumstances



SITUATIONS

No matter how bad you think you've got it.
Someone always has it worse.