EMOTION

Joy, Sorrow, Anger, Fear, Love, Hate, Happiness
COLOR EMOTION GUIDE

OPTIMISM  CLARITY  WARMTH
FRIENDLY  CHEERFUL  CONFIDENCE
EXCITEMENT  YOUTHFUL  BOLD
CREATIVE  IMAGINATIVE  WISE
TRUST  DEPENDABLE  STRENGTH
PEACEFUL  GROWTH  HEALTH
BALANCE  NEUTRAL  CALM

DIVERSITY
Defining Characteristics

- Most psychologists see emotion as psychological and physiological reactions to changes in our relationship with the world.

**Subjective**
- Temporary
- Positive or negative
- Alters thought process (attention)

- Action tendency
- Passions

**Objective**
- Expressive displays
- Physiological responses

Learned and innate
EMOTION

Definition

• Response of whole organism involving
  • Physiological arousal (heart pounding)
  • Expressive behaviors (pace quickening)
  • Conscious experience (thoughts- is this a kidnapping? & feelings- fear)
Think of a situation that caused you to become emotional and analyze the emotion using all the aspects of its definition:

- Cognitive Appraisal/ Conscious Experience
- Learned Response/ Expressive Behaviors
- Innate Response / Physiological Arousal

**For example**: Imagine your teacher unjustly says your work is worthless. Rage wells up inside you because you have worked very hard. You have determined your teacher is not kidding but is serious. When in this rage, you start to feel your face flush and your heart rate increase. You also begin to clench your fist and you feel as though you want to hit the wall next to you.
Biology of Emotion

Central Nervous System

- **Amygdala**: emotional associations.
- **Pyramidal motor system**: controls voluntary movements
- **Extrapyramidal motor system**: expresses genuine emotions
- **Cerebral cortex**: hemispheres play different roles
  - Right side is more dominant in recognition of emotion

Autonomic Nervous System

- Involved in many of the physiological changes that accompany emotions
- Sympathetic and Parasympathetic – fight or flight syndrome
Nervous system

Peripheral

- Autonomic (controls self-regulated action of internal organs and glands)
  - Sympathetic (arousing)
  - Parasympathetic (calming)

- Somatic (controls voluntary movements of skeletal muscles)

Central (brain and spinal cord)
3 Theories of Emotion

Two Controversies/Questions

1. Does your physiological arousal precede or follow your emotional experience?

2. Does cognition always precede emotion?
James-Lange/James’s Peripheral Theory

Update: Facial Feedback Hypothesis
Cannon’s Central Theory/Cannon-Bard

Update: High Spinal Cord Injuries
Imagine that your brain could not sense your heart pounding or your stomach churning. According to both the James-Lange and Canon-Bard theories how would this affect your experienced emotions?

- **James-Lange** – emotional experience would be diminished because to experience emotion you must first perceive your body’s arousal.

- **Canon-Bard** – experience emotions normally because emotions occur separate from body arousal.
Cognitive Theories: Schachter-Singer (2 Factor Theory)

Update:
Excitation Transfer/ Spillover Effect: Carrying over arousal from one experience to an independent situation
Attribution: Cognitive process of identifying the cause of an event.

• Heart rate, breathing, and perspiration might be caused by what emotions?
Different Roads to Emotions

- **Zajonc & LeDoux (low road)**
  - Concludes that simple emotions (fear, anger) are processed without thinking and **emotions can occur before cognition takes place**
  - Example: We still fear snakes even when we know it is a harmless snake

- **Lazarus (high road)**
  - Concludes that complex emotions like guilt, happiness, and love involve how we appraise the situation **(Cognitive Appraisal Theory)**
Cognitive Theories: R. Lazarus & Cognitive Appraisal Theory

Event Occurs

Is this event relevant to my well being?

Emotional Experience (Positive or Negative)
Emotion Scenarios

For each of the following scenarios, list one of the theories of emotion that best applies.

When Spencer took his first ride on the big Ferris wheel, he looked down at the fairground one hundred feet below him and became aware of his high level of physiological arousal. Suddenly he felt scared.
Emotion Scenarios

For each of the following scenarios, list one of the theories of emotion that best applies.

Sitting side by side, Amy and Howard watched the television as the news reporter announced, “With the votes from the remaining counties, there’s no questions that Senator Smith has won reelection!” At that moment, Howard jumped off the couch and cheered with joy, and Amy stomped angrily out of the room. Which theory of emotion BEST accounts for their different reactions to the same information?
Sigmund is walking through the jungle when he encounters a tiger...

- Sigmund notices that his heart begins to race. He remembers the episode on the Discovery Channel about tigers and realizes he might get attacked! He then begins to sprint.
- His body automatically responds by activating the sympathetic system. His pupils dilate, his heart rate goes up, and his breathing increases. Sigmund begins to sprint away. While running he realizes how scared he is.
- Sigmund notices the tiger and realizes that he could most likely be attacked and killed. He feels a sense of fear and begins to run.
- Sigmund’s brain responds to the stimulus. His brain sends this information to his autonomic system, which causes a physical response. At the same time he realizes how scared he is and begins to run away.
<table>
<thead>
<tr>
<th>Theory</th>
<th>Explanation of Emotions</th>
<th>Example</th>
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<tbody>
<tr>
<td>James-Lange</td>
<td>Emotions arise from our awareness of our specific bodily responses to emotion</td>
<td>We observe our heart racing after a threat and then feel afraid.</td>
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<td></td>
<td>arousing stimuli.</td>
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<tr>
<td>Cannon-Bard</td>
<td>Emotion-arousing stimuli trigger our bodily responses and simultaneous subjective</td>
<td>Our heart races at the same time that we feel afraid.</td>
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<tr>
<td></td>
<td>experience.</td>
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<td>Schachter-Singer</td>
<td>Our experience of emotion depends on two factors: general arousal and a conscious</td>
<td>We may interpret our arousal as fear or excitement, depending on the</td>
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<td>(Two-Factor)</td>
<td>cognitive label.</td>
<td>context</td>
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<tr>
<td>Zajonc; LeDoux</td>
<td>Some embodied responses happen instantly, without conscious appraisal.</td>
<td>We automatically feel startled by a sound in the forest before labeling it as a threat.</td>
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<tr>
<td>Lazarus</td>
<td>Cognitive Appraisal (“Is it dangerous or not?”) – sometimes without our awareness—defines emotion</td>
<td>The sound is “just the wind”</td>
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Innate Expressions of Emotion