



Organizational Behavior

Prof. Jayshree Desai

By
Nagarjuna Kalluru

The image features six white, oval-shaped masks arranged in two rows of three. Each mask displays a different facial expression: the top row shows sadness, surprise, and happiness; the bottom row shows a neutral or slightly sad expression, anger, and fear. The masks are set against a dark background, and a decorative blue and white wavy border is at the top. The word "Emotions" is written in a large, white, serif font across the center of the masks.

Emotions

Imagine life with out

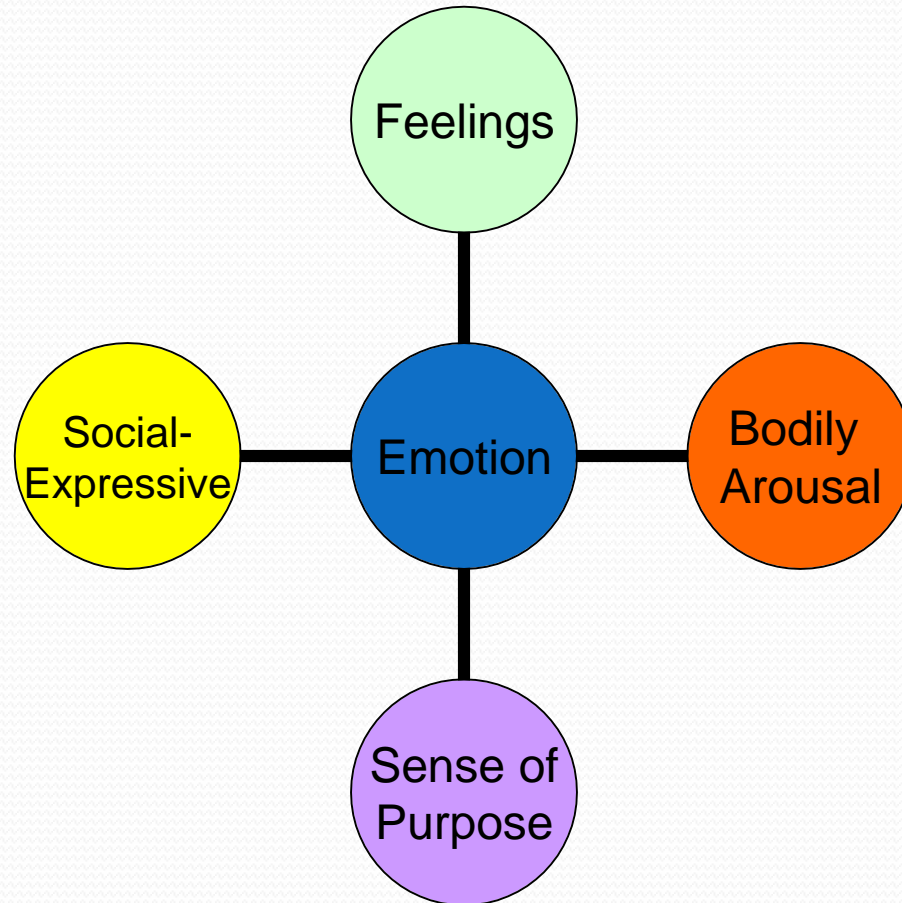
- Love
- Joy
- Fear
- Sadness
- Surprise
- Anger



What are emotions

- They are Intense feelings that are directed at someone or something
- Emotions are private experiences.
- We infer observable behavior associated with emotion.

Four components of Emotion



Feeling component

- Emotions are subjective feelings
- Make us feel in a particular way.
- Anger or joy.
- Meaning and personal significance.
- Vary in intensity and quality.
- Rooted in mental processes (labeling).



Bodily Arousal

- Biological activation.
- Autonomic and hormonal systems.
- Prepare and activate adaptive coping behavior during emotion.
- Body prepared for action.
- Alert posture, clenched fists.



Purposive component

- Give emotion its goal-directed force.
- Motivation to take action.
- Cope with emotion-causing circumstances.
- Why people benefit from emotions.
- Social and evolutionary advantage.



Social-Expressive component

- Emotion's communicative aspect.
- Postures, gestures, vocalizations, facial expressions make our emotions public.
- Verbal and nonverbal communication.
- Helps us interpret the situation.
- How person reacts to event.



Facial Expressions Convey Emotions



Categories Of Emotions

- Emotions Are Divided Into Two Categories
- Primary emotions
- Secondary emotions

Primary Emotions

- A primary human emotion types are the one triggered in response to an event



Primary Emotions

- Love
- Joy
- Anger
- Sadness
- Surprise
- Fear

Secondary Emotions

- If we experience fear , the secondary emotions would be : feel threatened or feel anger , depending on the situation we are experiencing.



Secondary Emotions

- Passion
- Optimism
- Irritation
- Disgust
- Shame
- Nervousness

Variety Of Emotions

- Positive human emotions
- Negative human emotions



Positive Emotions

- Positive emotions that lead one to feel good about one's self will lead to an emotionally happy and satisfied result.



Positive Emotions

Some of the positive emotions are

- Hopeful
- Confident
- Peaceful



Negative Emotions

- Negative emotions sap your energy and undermine your effectiveness. In the negative emotional state, you find the lack of desire to do anything.



Negative Emotions

Some of the negative emotions are

- Exhausted
- Panic
- Obnoxious(unpleasant)



THEORIES OF EMOTIONS



Cannon-bard theory of emotion

It states that

- we react to a stimulus and experience the associated emotion at the same time.
- we feel emotions and experience physiological reactions such as sweating, trembling and muscle tension simultaneously.

For example: I see a snake --> I am afraid --> I begin to tremble.

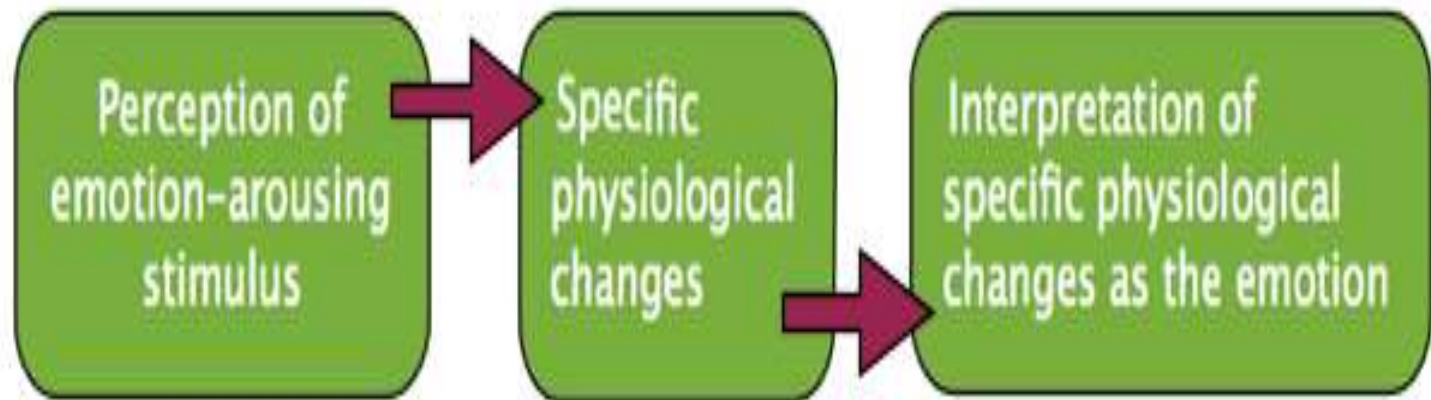


James-Lange theory of emotion

It states that

- emotions occur as a result of physiological reactions to events.
- proposes that you will interpret your physical reactions and conclude that you are frightened.

- For instance I see a bear “I am trembling, therefore I am afraid.”



FACTORS AFFECTING EMOTIONS



• PERSONALITY

• CULTURE

DEEPIINDUB.ORG PRESENTS



Mixed & Selected by djmitch



- WEATHER



- STRESS



- AGE



- GENDER



- ENVIRONMENTAL



- MARITAL
RELATION



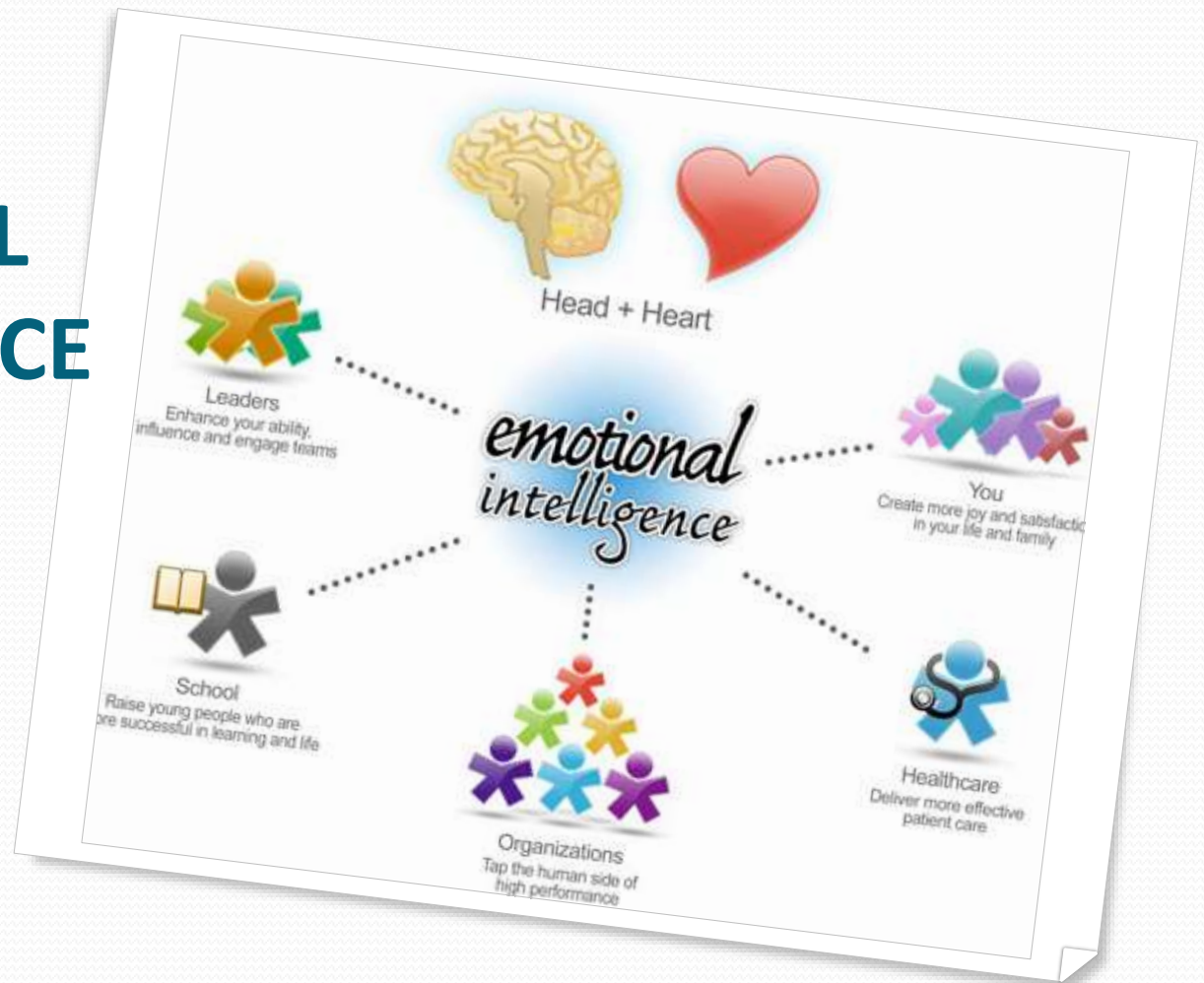
• ORGANIZATIONAL



• SOCIAL



EMOTIONAL INTELLIGENCE



EMOTIONAL INTELLIGENCE

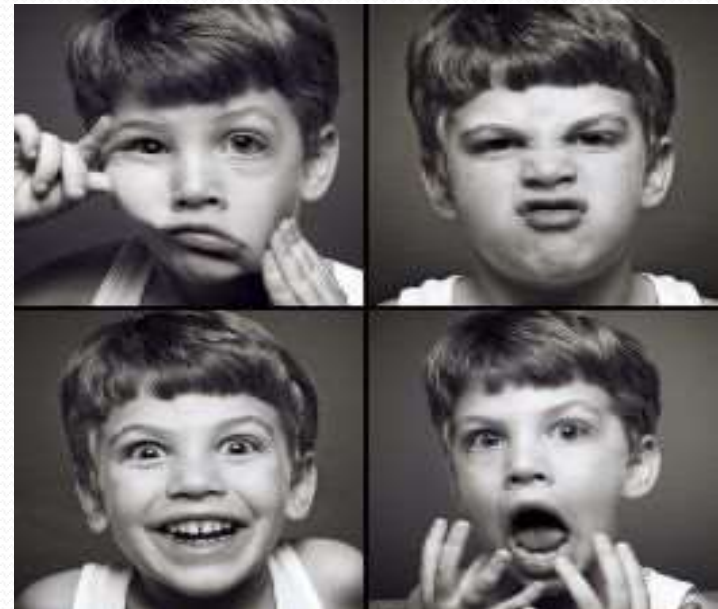
- Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions.



FOUR BRANCHES

- Salovey and Mayer proposed a model that identified four different factors of emotional intelligence

- **Perceiving Emotions:** The first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.



- **Reasoning With Emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.



- **Understanding Emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean.



- **Managing Emotions:** The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspect of emotional management.



What have we learned?

