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# Emotions

## Emotions

A class of subjective feelings that are elicited by stimuli that have high significance to an individual

- stimuli that produce high arousal generally produces strong feelings.
- are rapid & automated

## BASIC Emotions:-

Basic emotion are innates & "hard wired"

- fear, happy, angry, disgust, surprise & sad.

→ complex emotions are mixture of many aspect of emotions.

(classified in two dimension

pleasant & unpleasant

→ level of activation or arousal  
association with emotions.

## Physical Arousal & Emotion:-

sympathetic nervous system is aroused with emotions (e.g. fight-or-flight response)



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→ different emotion stimulate different response

- Fear  $\Rightarrow$  decrease in skin temperature
- Angry  $\Rightarrow$  increase in skin temperature

## AMYGDALA

It is involved in processing our emotions & memories associated with fear. It is the part of Limbic system in our brain & is key to how we process strong emotion like fear & pleasure.

## Facial Expressions:-

Each basic emotion is associated with a unique facial expression  
→ facial expressions are innate & "hard wired"  
→ Display rule:- social & cultural rule that regulates emotional expression, especially facial expression



## James Lang theory:

The James Lang theory suggested that physical change in our body first which led to the experience of emotions.

stimulus → physiological arousal →  
interpret → response

eg when a mobile snatcher comes to snatch your mobile so mobile snatcher is stimulus from that your automatic physical arousal kicks/triggers from which you starts to tremble & then you experience the fear.

## Cannon-Bard theory:

According to this theory we react to stimulus & experience the associated emotion at the same time

stimulus → Brain → Interpret →  
response → physiological change



→ In this thalamus send a message to brain in response to stimulus resulting in physiological ~~then~~ reaction

Eg. I see a snake I am afraid & I begin to tremble  
<sup>off my feet</sup> Snail (stimulus) your thalamus sends a message to brain & in response at the same time your arousal triggers you start to tremble with fear.

### Two factor theory:-

Two factor theory focuses on our physical arousal & how cognitively label that arousal.

stimulus → physiological arousal → cognitive (thought) → response

→ In this we response to a stimulus <sup>when our</sup> physiological arousal <sup>by</sup> triggers & cognitive thought comes in our mind then we respond

→ when a dog (stimulus) bark our physiological arousal triggers & then according to cognitive thought we response.