

EMOTIONS

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Psychology

Learning Outcomes

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- ***Definition of Emotion***
- ***Functions of Emotions***
- ***Determining the range of Emotions***
- ***Theories of Emotions***
- ***Expressing Emotion***
 - ✓ ***Verbal Communication***
 - ✓ ***Nonverbal Communication***

Emotions

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“Feelings that generally have both physiological and cognitive elements and that influence behavior is known as emotions.”

“Emotion is feeling aspect of consciousness, characterized by physiological arousal, specific expressive behavior and inner awareness of feelings.”

Functions of Emotion

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- *Preparing us for actions*
- *Shaping our behavior*
- *Helping us interact more effectively with others.*

Labeling our feelings

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- Positive

- ✓ Love
- ✓ Joy....Pleasure, Pride, contentment

- Negative

- ✓ Anger....annoyance, Aggression, dislike, jealousy
- ✓ Sadness....Torture, Grief, guilt, Loneliness
- ✓ Fear.....Horror, worry

Theories of Emotions

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- ***The James-Lange Theory***
- ***The Cannon-Bard Theory***
- ***The Cognitive Theory***

The James-Lange Theory

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William James and Carl Lange

- *“The belief that emotional experience is a reaction to bodily events occurring as a result of an external situation.”*
- *e.g. I feel sad because I am crying*
- *I feel happy because I am talking and laughing*
- *Seeing a dog causes physiological changes (heart beat, increased sweat and breathing) leading towards generation of emotions (fear).*

Criticism

- *Physiological changes do not produce emotional experience.*
- *Sometimes emotional experiences occur before physiological changes.*

The Canon-Bard Theory

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- ***“The belief that both physiological and emotional arousal are produced simultaneously by the same nerve stimuli”.***
- *Emotions occur simultaneously with biological changes*
- *When you see growling dog, you feel afraid and you may start running. Brain functions simultaneously*

Cognitive Theory

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- *“It states that emotional experience depends on one’s perception or judgment of the situation one is in.”*
- *Environment is very influential in building our emotions.*

Expressing Emotion

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- ***Verbal Communication***

“I am angry that you didn’t offer to clean up the dinner”.

“I am very happy for you.”

- ***Nonverbal Communication***

- ✓ ***Facial Expressions***

- ✓ ***Body Language***

- ✓ ***Personal distance***

Gender differences in Emotional Expression

***THANK YOU
HAPPY LEARNING STUDENTS!***