

# EMOTIONS

- **Emotion** results in physical and psychological changes that influence thought and behaviour.
- **Emotions** are feelings that generally have both physiological and cognitive elements and that influence behavior.



- According to the American Psychological Association (APA),
- Emotion is defined as “a complex reaction pattern, involving experiential, behavioral and physiological elements.”
- Emotions are how individuals deal with matters or situations .





# Feelings and Emotions

Many people use the terms “feeling” and “emotion” as synonyms, but there is a slight difference between both.

A fundamental difference between feelings and emotions is that **feelings are experienced consciously, while emotions manifest either consciously or subconsciously.**



# EMOTIONS VERSUS FEELINGS

Emotions are physical states that arise as a response to external stimuli

Aroused before feelings

Physical states

Can be observed through the physical reaction

Feelings are mental associations and reactions to emotions

Caused by emotions

Mental associations and reactions

Can be hidden

# Why Emotions are important?

- Different types of emotions seem to rule our daily lives.
- We **make decisions based on** whether we are **happy, angry, sad, bored, or frustrated.**
- We choose activities and hobbies based on the emotions they provoke.
- Understanding emotions can help us to direct life with greater ease and stability.





# The 3 Key Elements of Emotion

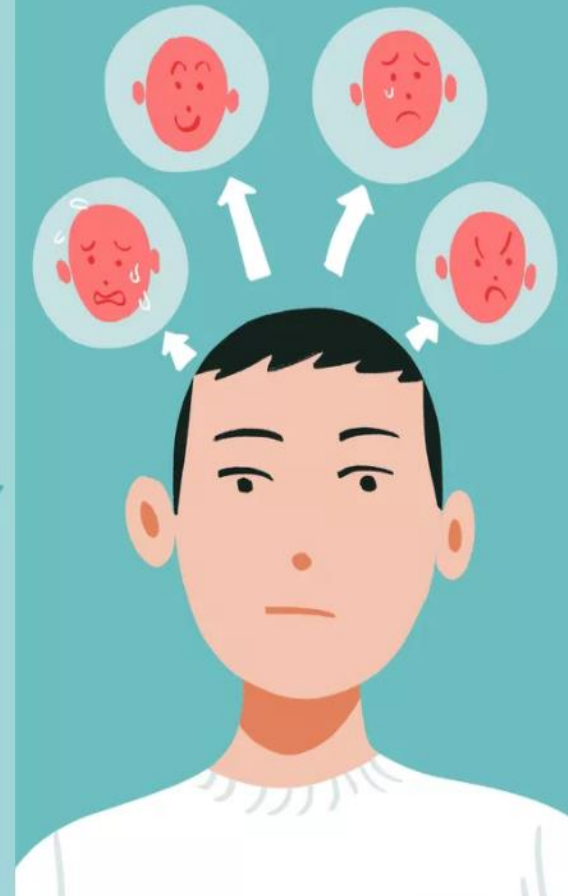
## Subjective Experience



## Physiological Response



## Behavioral Response



# SUBJECTIVE EXPERIENCE

- All emotions begin with a subjective experience, also referred to as a stimulus, but what does that mean?
- Subjective experiences can range from something as simple as seeing a colour to something as major as losing a loved one.
- No matter how intense the experience is, it can **provoke many emotions in a single individual** and the emotions each individual feel may be different.
- For example, one person may feel anger and regret at the loss of a loved one while another may experience intense sadness.





# PHYSIOLOGICAL RESPONSES

- We all know how it feels to have our heart beat fast with fear.
- for instance, the heart is pounding and we are breathing deeply.
- This physiological response is the result of the autonomic nervous system's reaction to the emotion we're experiencing.
- The autonomic nervous system is the part of the nervous system that supplies the information to internal organs.



- Interestingly, studies have shown autonomic physiological responses are strongest when a person's facial expressions most closely resemble the expression of the emotion they're experiencing.

The most likely reactions, which are associated with activation of the autonomic nervous system, include **an increase in your rate of breathing, an acceleration of your heart rate, a widening of your pupils, and a dryness in your mouth.**



- At the same time, though, your sweat glands probably will increase their activity because **increased sweating** will help you rid yourself of the excess heat developed by any emergency activity in which you engage.
- The body for facing emergency/threat either by **fight or by flight**, i.e. fights if possible, otherwise escapes from the situation.
- When facing a threat, these responses automatically prepare your body to flee from danger or face the threat head-on.



# BEHAVIORAL RESPONSES

- The final component is the **actual expression of emotion**.
- We spend a significant amount of time **interpreting the emotional expressions of the people around us**.
- **Our ability to accurately understand these expressions** is tied to what psychologists call emotional intelligence, and **these expressions play a major part in our overall body language**.
- Research suggests that many expressions are universal, such as a smile to indicate happiness or a frown to indicate sadness.
- Sociocultural norms also play a role in how we express and interpret emotions.



- Behavioral responses can include a smile, a grimace,
  - 🙄 **Grimacing Face** conveys a wide range of moderately negative emotions, including disapproval, discomfort, and disgust.
  - a laugh or a sigh, 😞 (sadness, surprise, tiredness) along with many other reactions depending on societal norms and personality.



# Emotions vs. Moods

- In everyday language, people often use the terms "emotions" and "moods" interchangeably.
- But psychologists actually make distinctions between the two. How do they differ?
- **An emotion** is normally quite **short-lived, but intense.**
- Emotions are also likely to have a definite and identifiable cause.
- For example, after disagreeing with a friend over politics, you might feel angry for a short period of time.



- **A mood**, on the other hand, is usually much **milder** than an emotion, **but long-lasting**.
- In many cases, **it can be difficult to identify the specific cause of a mood.**
- For example, you might find yourself feeling gloomy for several days without any clear, identifiable reason.





# UNDERSTANDING EMOTIONAL EXPERIENCES

- At one time or another, **all of us have experienced the strong feelings** that accompany both **very pleasant and very negative experiences.**
- Perhaps **we have felt the thrill of getting a sought-after job, the joy of being in love, the sorrow over someone's death, the pleasure of a friendship, the enjoyment of a movie.**



Cheerful



Angry



Shy



# THE FUNCTIONS OF EMOTIONS

## ○ *Preparing us for action*

- Emotions act as a **link** between events in **our environment** and **our responses**. For example, if you saw an angry dog charging toward you, your emotional reaction (fear) would be there as the activation of the “fight-or-flight” response

## ○ *Shaping our future behavior*

- Emotions **promote learning** that will help us **make appropriate responses in future**. For instance, your emotional response to unpleasant events teaches you to avoid similar circumstances in the future.

## ○ *Helping us interact more effectively with others*

- We often **communicate the emotions we experience** through our **verbal and nonverbal behaviors**, making our emotions **obvious to observers**. These behaviors can **act as a signal to observers**, allowing them to **understand better** what we are experiencing and to help them **predict our future behavior**.

