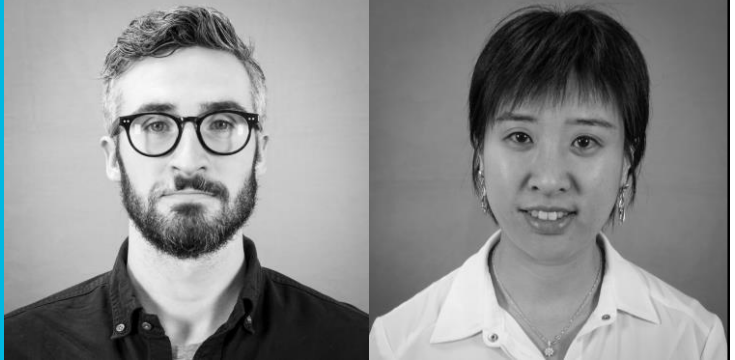


**Module:**  
**Psychological Foundations of Mental Health**

Week 3:  
Introduction to emotion and  
emotional processing

**Dr. Tom Barry****Dr. Jennifer Lau****Topic 1: The nature of emotion**

Part 2 of 3

## Section 2 : Why do we need emotions?

## Why do we need emotions?

What function, if any, do emotions serve?

### NEGATIVE VIEW:



B F Skinner

"We all know that emotions are useless and bad for our peace of mind and our blood pressure"

- Skinner 1948

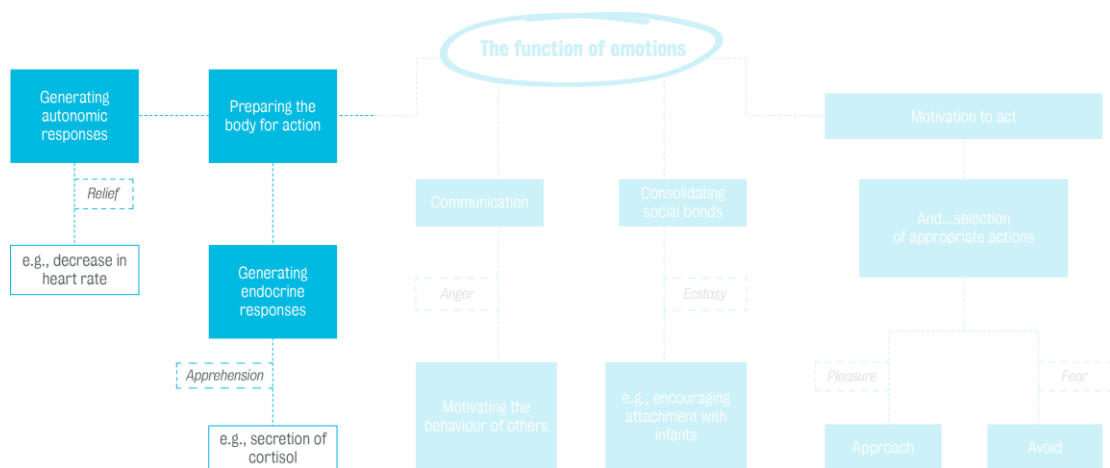
### Most scientist take a POSITIVE view:

"Emotions, positive and negative, as solutions to problems or opportunities related to physical or social survival."

- Keltner & Gross 1999

## Why do we need emotions?

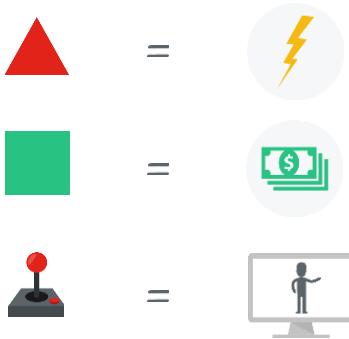
Emotions are thought to provide some basic functions:



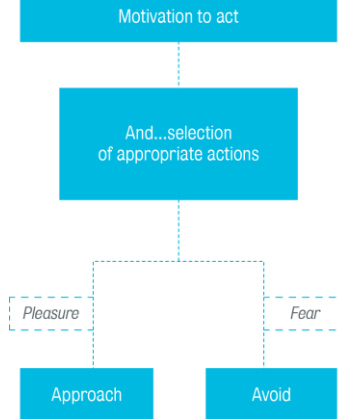
## Why do we need emotions?

Emotions can help us approach or avoid things

Test with conditioning exercise



### The function of emotions



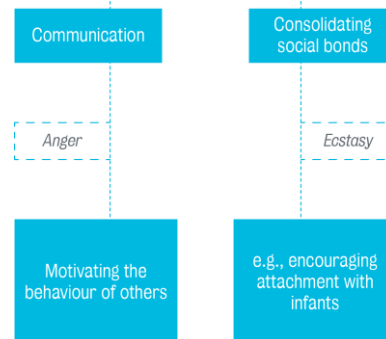
## Why do we need emotions?

Emotions motivate the behavior of others

### Emotional expressions:

- As information
- As warning
- For bonding

### The function of emotions



## Why do we need emotions?

Emotions → cognitive processes:

- Memory
- Selection
- Improve retrieval
- Action selection

## Why do we need emotions?

Emotions may be detrimental to survival

Exposure to inappropriate emotions  
could be detrimental