

## Week 11 - Day 1 (Ch 13 Pt 1 Emotions and Their Functions)

Mar 28, 2016

[Quizlet on terms from this lecture](#)

### Emotions & Their Functions

#### Questions

- What are emotions?
- How do we know what
  - emotions we are
  - feeling?
- How do we communicate our emotions?
- How do we recognize emotions in others?
- What happens when we recognize emotions in other people?
- What functions do emotions serve?
- How might emotions have provided evolutionary benefits?

#### The Components of Emotion

- Physiological changes
  - Face
  - Brain
  - Body
- Cognitive processes
  - Beliefs & understandings
  - Why do we feel the way we do
  - Labeling our own emotions
- Action tendencies
  - Fight or flight
  - Embrace or withdraw
- Culture and social context play a role

Audio 0:03:12

#### Positive & Negative Emotions

- Independent
  - Can feel them both at the same time
  - Different neurotransmitters:
    - Positive = dopamine (the reward chemical)
    - Negative = norepinephrine
  - Graduation: May feel happy & sad cry either way



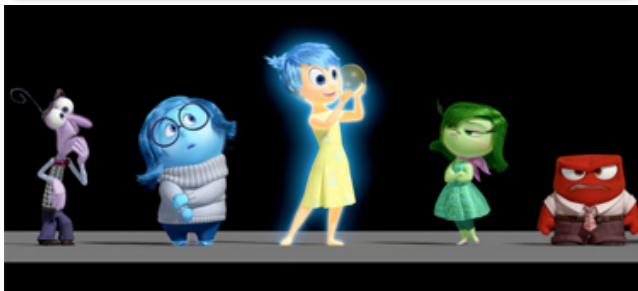
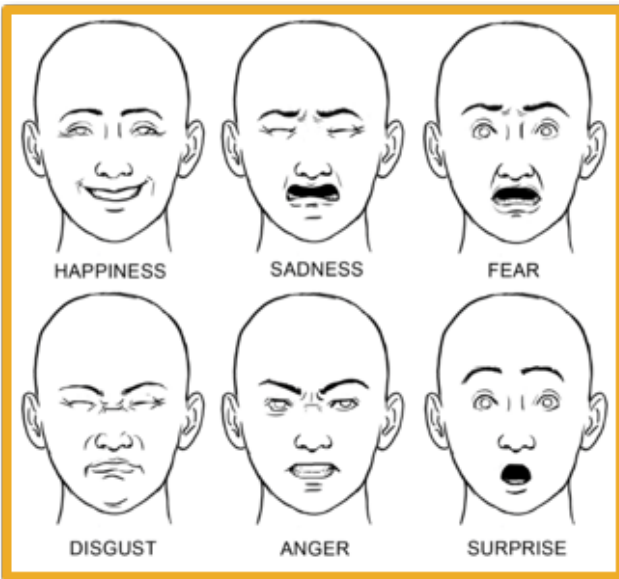
## Two Main Types of Emotions

1. Primary Emotions
2. Secondary Emotions



## Primary Emotions

- Five to Seven:
  - (Audio 0:06:50)
  - Fear, sadness, happiness/joy, disgust, anger
  - Maybe surprise and/or contempt
- Evolutionarily adaptive
- Shared across cultures
- Associated with specific physical states

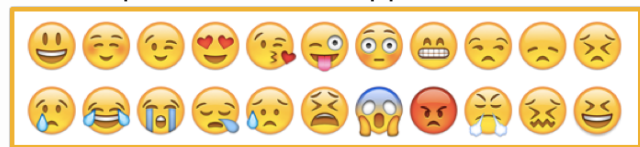


- These emotions are universal
  - Some are more associated with specific states
  - Inside Out is actually fairly accurate

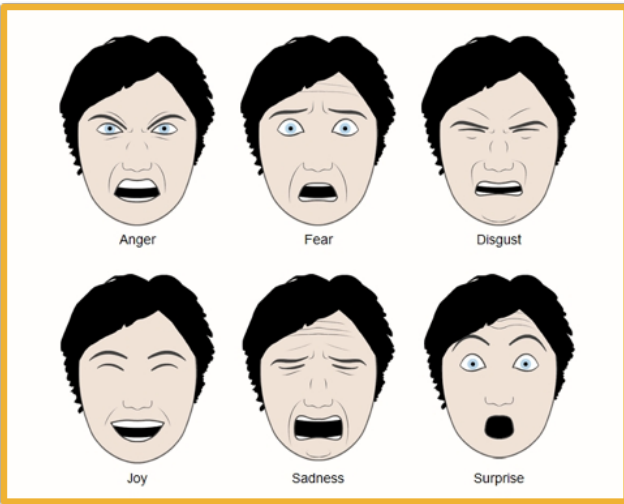
## Secondary Emotions

Audio 0:08:40 + Secondary emotions are blends of primary emotions + Examples: Remorse, guilt, submission, pride, shame, embarrassment, anticipation, relief, disappointment,

nervousness, etc. + Anger + sadness = guilt +



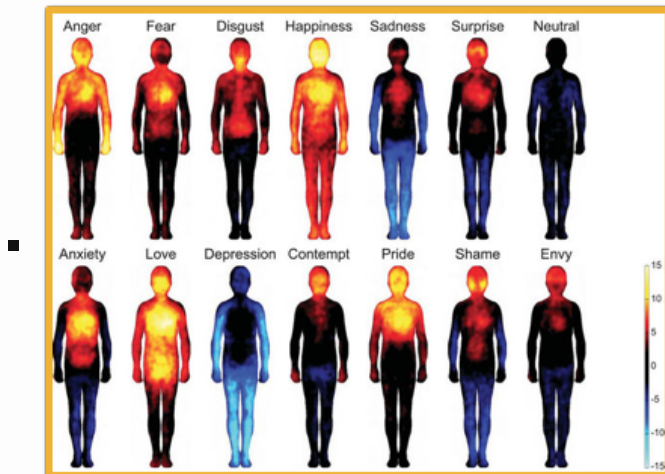
## Grimace Project



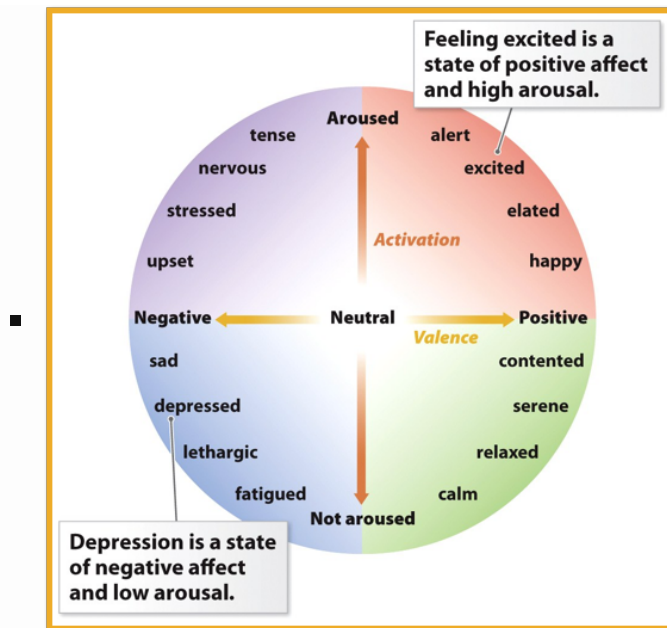
- [grimace project](#)

## Circumplex Model

- Audio 0:11:13
  - Two axes:
  - Valence: Positive or negative
  - Activation: Aroused or not aroused
    - Physiological state that may include increased brain activity and/or autonomic arousal (increased heart rate, sweating, muscle tension, etc.)



- With depressive emotions, you kind of lose ability to use some of your extremities



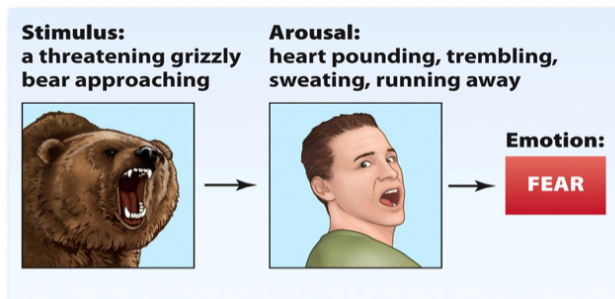
- Ex: depressed, not fun, not aroused
- happy: aroused and positive

## How do we experience emotions?

Audio 0:14:30 + Three theories + James-Lange Theory + Cannon-Bard Theory + The Schachter-Singer 2-Factor Theory

### James-Lange Theory

- Physical change leads person to feel an emotion



### Facial Feedback Hypothesis

- Mold facial muscles to mimic an emotion: activate the associated emotion
  - Facial expression triggers the experience of the emotion



- o People holding it like the girl on the left found jokes funnier than people holding it like the girl on the right
- “Fake it until you make it”
  - o Audio 0:18:50
  - o Therapy technique for depression
  - o Going through routines of life as if one enjoys them actually enjoying them
- Laughter Yoga
  - o Prolonged voluntary laughter performed in groups, emphasizing eye contact and playfulness
  - o <https://www.youtube.com/watch?v=-ZvYBjbWXR0> + when you make yourself laugh, it makes you happier

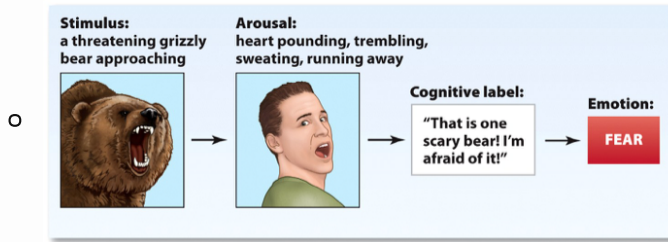
## Cannon-Bard Theory

Audio 0:21:00 + Experience two separate things at roughly the same time: an emotion & a physical reaction + Describes that the reactions are not because of the stimulus, it's the emotion



## The Schacter-Singer 2-Factor Theory

- How arousal is labeled determines the experience of emotion
  - o **Appraisals:** beliefs, perceptions, expectations, and judgments that people use to explain their own and others' behaviors, including which emotion a person will feel in a given circumstance



## Misattribution of Arousal

bridge story

## Excitation Transfer

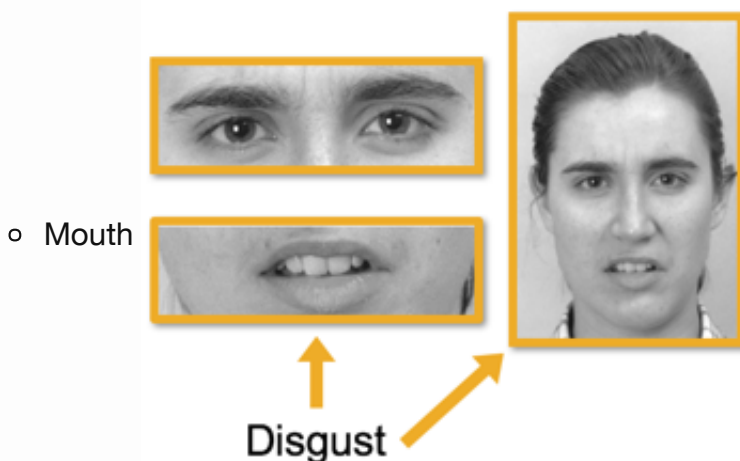
- Rollercoasters, movies, etc. Cause you to be aroused and intensify your emotions. Might make you more attracted or passionate about the people around you

## Emotions are Adaptive

Audio 0:32:05 + Facial Expressions Communicate Emotion + Emotions Serve Cognitive Functions + Decision Making + Emotions Strengthen Interpersonal Relations + Guilt Strengthens Social Bonds + Discourages damaging behavior encourages positive interpersonal + behavior (motivation) + Signal of closeness and caring to other person + Manipulation tactic

## Facial Expressions



- Use others' facial expressions to predict their behavior
- Clues about whether our behavior is acceptable and pleasing to others
  - Rejection
  - Attack
  - Affiliation
- Most important:
  - Eyes



Term	Definition
fear, sadness, joy, disgust, anger	Primary emotions
excitation transfer	The effect of arousing things on your emotions toward the people around you
Components of emotions	includes physiological changes, cognitive processes, and action tendencies
Secondary emotions	includes guilt, pride, shame, etc.
Circumplex model	Model with two axes which describes the physical activation of parts of the body by specific emotions
James-Lange Theory	Theory of emotion that says physical change leads person to feel emotion
Facial Feedback Hypothesis	Hypothesis that says making a face associated with an emotion will make you feel that emotion
Cannon-Bard Theory	Theory of emotion that says emotional expression and feeling emotion happen independently.
The Schachter-Singer 2-Factor Theory	Theory of emotion that says how we label emotion determines how we experience it
Appraisals	Beliefs, perceptions, expectations, and judgments that people use to explain their own and others' behaviors

## PY 101-012 - Spring 2016 (UA)

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Website for notes and other study materials from University of Alabama's Psychology 101 section 012 Spring 2016