

Quiz 9 – Motivation and Emotion

What Exactly are Feelings?

Question 1

Which of the following statements are true?

- a) Everyone feels the same way when placed in specific situations.
- b) Humans share a set of basic emotions.
- c) Humans express the same emotions the same way in specific situations.
- d) Humans may not share the same complex emotions (e.g., schadenfreude)

- ☐ a. ~~2 only~~
- ☒ b. 2 and 4 only
- ☐ c. ~~1 only~~
- ☐ d. ~~1 and 3 only~~
- ☐ e. ~~None of the above~~

1. This statement is false because people have different reactions to situations based on their individual experiences, beliefs, and personalities.
2. This statement is true. Research suggests that humans share a set of basic emotions such as happiness, sadness, fear, anger, surprise, and disgust. These emotions are considered universal across cultures and are biologically determined.
3. This statement is false because the expression of emotions can vary across cultures and individuals. While some emotions like happiness and sadness have fairly consistent expressions, others like anger and fear can be expressed in different ways depending on the situation or cultural norms.
4. This statement is true. Complex emotions like schadenfreude, which refers to feeling pleasure from someone else's misfortune, are not universally experienced or understood in the same way across cultures.

Question 2

In an experiment, half of the participants had been treated with Botox (facial movements are restricted), and the other half had been treated with a dermal filler material, which does not restrict the movement of facial muscles.

The Botox group performed significantly more poorly on the identification of emotions, via viewing photographs of eyes and the surrounding area, than the control group that had received the dermal filler instead of Botox.

This result suggests that by reducing the ability to imitate another person's facial expressions, Botox limits a person's perception of the emotions of other people. Which of the following theories of emotions best explains the results of this experiment?

- ☐ Cannon-Bard theory
- ☒ James-Lange theory
- ☐ Schachter-Singer theory

The researchers found that a lack of feedback from the body resulted in difficulties in emotional perception. This is most in line with the James-Lange theory of emotions.

Question 3

Which of the following statements is true regarding the relationship between motivation and emotions?

- ☐ Motivation is a type of emotion that is characterized by a strong feeling of enthusiasm or eagerness.
- ☐ Emotions are a type of motivation that is characterized by a strong desire to achieve a specific goal.
- ☒ Motivation and emotions are separate but related constructs that both influence behavior.
- ☐ Motivation and emotions are interchangeable terms that refer to the same underlying psychological processes.

Motivation and emotions are separate but related constructs that both influence behavior. While motivation and emotions both influence behavior, they are distinct psychological constructs. Motivation refers to the internal and external factors that drive and direct behavior towards a particular goal or outcome, while emotions refer to the subjective feelings that are experienced in response to a particular stimulus or situation. While there is overlap between the two constructs, they are separate and distinct psychological processes.

Question 4

An example that supports the James-Lange theory would be the following scenario:

_____.

- ☐ A person who is unable to voluntarily smile can only smile spontaneously in response to something which gives him genuine happiness.
- ☒ A nervous football player smiles confidently at his teammates to hide his anxiety, but starts to actually feel confident after a while.
- ☐ A student orders decaffeinated coffee before an exam but is accidentally given regular coffee. She mistakes the caffeine buzz she feels as nerves about her exam.
- ☐ A couple rides a terrifying roller coaster together and interprets their feelings of arousal as passionate love for each other.
- ☐ Sighted and blind athletes both display the same expressions in response to winning or losing.

The James-Lange theory believes a specific physical response is followed by a subjective feeling. The football player initially appeared to be confident but subsequently felt confident as well, feeling the emotion that he only portrayed but did not feel at the start. A is wrong as the feeling precedes the physical response. C is an example of the Schacter-Singer theory where the student uses context to explain her feelings. D is wrong as the couple misattributed their physiological sensations of arousal to one another and interpreted it as love, which is also suited to the Schacter-Singer theory. E has no indication of whether the physical response precedes or follows the feeling.

Question 5

You're on your way to a party, and you feel your heart beating faster. You think that this elevated heart rate is because you're excited for a night of fun. However, you later realise you were probably nervous about meeting new people, which also contributed to your increased heart rate. Which theory of emotion would struggle to explain this?

- ☒ James-Lange theory of emotion
- ☐ Cannon-Bard theory of emotion
- ☐ Schacter-Singer two-factor theory
- ☐ Somatovisceral afference model of emotion (SAME)

The James-Lange theory of emotion pairs physical states with specific emotions. It says that emotions are triggered by the experience of a specific physical state. But in this case, we cannot accurately identify which emotions correspond to which state.

Question 6

Tom, Dick and Harry are about to sit for an exam. They all consider this exam to be highly difficult and complex and prepared for it in different ways. Tom decides to take a nice, long nap before the exam. Dick prepares by enjoying a cup of Decaf Coffee, listening to some study music and running through some practice questions. Harry, blasts heavy metal music, drinks a few cans of Monster Energy, and crams the textbook before the exam. Taking into consideration that their preps result in different levels of arousal, how might their performance be affected?

- ☐ Tom = Dick = Harry
- ☒ Dick > Tom = Harry
- ☐ Harry > Dick > Tom
- ☐ Dick = Tom > Harry
- ☐ Tom > Dick > Harry

Considering that the exam is difficult, applying Yerkes-Dodson law, high and low arousal will result in poorer performance, the best answer is B) here.

Tom's pre-exam preparation of taking a nap may lead to a lower level of arousal, which could negatively affect his exam performance.

Dick's pre-exam preparation of listening to music, drinking decaf coffee, and practicing with study questions may lead to a moderate level of arousal, which may help him perform better on the exam.

Harry's pre-exam preparation of consuming energy drinks, listening to loud music, and cramming at the last minute may lead to a high level of arousal, which could either positively or negatively impact his exam performance depending on how well he can handle that level of arousal.

Question 7

Alex is walking in the park when he sees a large dog running towards him. He feels his heart rate increase, and his palms start to sweat.

According to Schachter-Singer two-factor theory, which of the following is the likely sequence of events that led to Alex's emotional response?

- ☐ Emotional response → physiological arousal → cognitive appraisal
- ☒ Physiological arousal → cognitive appraisal → emotional response
- ☐ Cognitive appraisal → physiological arousal → emotional response
- ☐ Physiological arousal → emotional response → cognitive appraisal
- ☐ Cognitive appraisal → emotional response → physiological arousal

Schachter-Singer two-factor theory suggests that emotions are the result of two factors: physiological arousal and cognitive appraisal. In this scenario, Alex's physiological arousal (i.e., increased heart rate and sweating) was the first factor that occurred, which then led to his cognitive appraisal of the situation (i.e., "The dog is running towards me, and it might attack me"), and finally, his emotional response (i.e., fear). Therefore, the correct sequence of events is physiological arousal → cognitive appraisal → emotional response.

Question 8

Xuan Jie and Chiu had been seeing each other for two months, and their mutual friends Ishank and Ying Yi also had been dating for several months. They decided to go on a double date to Universal Studios. Xuan Jie and Chiu are adventurous and love thrill rides, so they spent most of their time riding roller coasters and other thrilling attractions. In contrast, Ishank and Ying Yi preferred to take it easy and watch shows and take calmer rides. Which of the following statements is incorrect?

- ☐ A. ~~According to the James-Lange theory, Xuan Jie and Chiu are likely to accurately attribute their feelings of fear to the thrilling roller coasters.~~
- ☐ B. ~~According to the Cannon-Bard theory, Xuan Jie and Chiu may find each other more attractive because their cognitive assessments of the fearful situation were inaccurate.~~
- ☒ C. According to the Cannon-Bard theory, Ishank and Ying Yi may feel bored because of the boredom stemming from the physical sensations of their activities.
- ☐ D. ~~According to the appraisal theory, Ishank and Ying Yi may interpret their trip as relaxed.~~

According to the Cannon-Bard theory, cognitive assessments are independent of physical sensations, so their boredom did not rely on the physical sensations.

For option B., note that no cognitive assessment is required for the feeling of fear; that is to say, in that scenario put forward, it is not the cognitive appraisal of the physiological reaction that gives rise to the feeling of fear that has occurred, but rather a misattribution of the fear that is already felt. As no cognitive appraisal of physiological reactions is proposed for the fear to be felt, this is in line with the Cannon-Bard theory of emotion.