

PTS 2021-2022

Meet - uat-ztns-shm

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REC

Dr. Rajbala Singh is presenting

Emotions

You are sharing your entire screen. Stop Sharing

Complex multicomponent episode
that creates readiness to act

Dr. Rajbala Singh

Dr. Rajbala Singh

Aditya Dev

SAI SHRUTI I

Shubham Saurav

ARPAN ARORA

Dinku Dinku

22 others

You

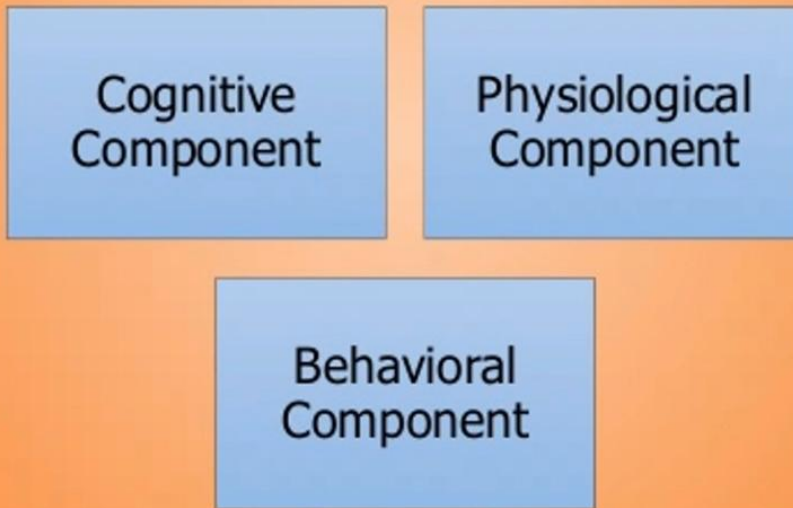
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

REC

Dr. Rajbala Singh is presenting

Components of emotion



Experimental Psychology

 Dr. Rajbala Singh	 Dr. Rajbala Singh	 Aditya Dev
 SAI SHRUTI I	 Shubham Saurav	 ARPAN ARORA
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REC

Dr. Rajbala Singh is presenting

What are Emotions and Moods?

Affect

Defines as a broad range of feelings that people Experience. Affect can be experienced in form moods and emotions

Emotions

- Caused by specific event
- Very brief in duration (in seconds or minutes)
- Specific and numerous in nature (fear, anger, sadness, happiness, disgust, surprise)
- Accompanied by distinct facial expression
- Action oriented (behavior) in nature










Moods

- Cause is often general and unclear
- Last longer than emotions (days)
- More general (two dimensions positive affect and negative affect)
- Generally not indicated by expressions
- Cognitive in nature

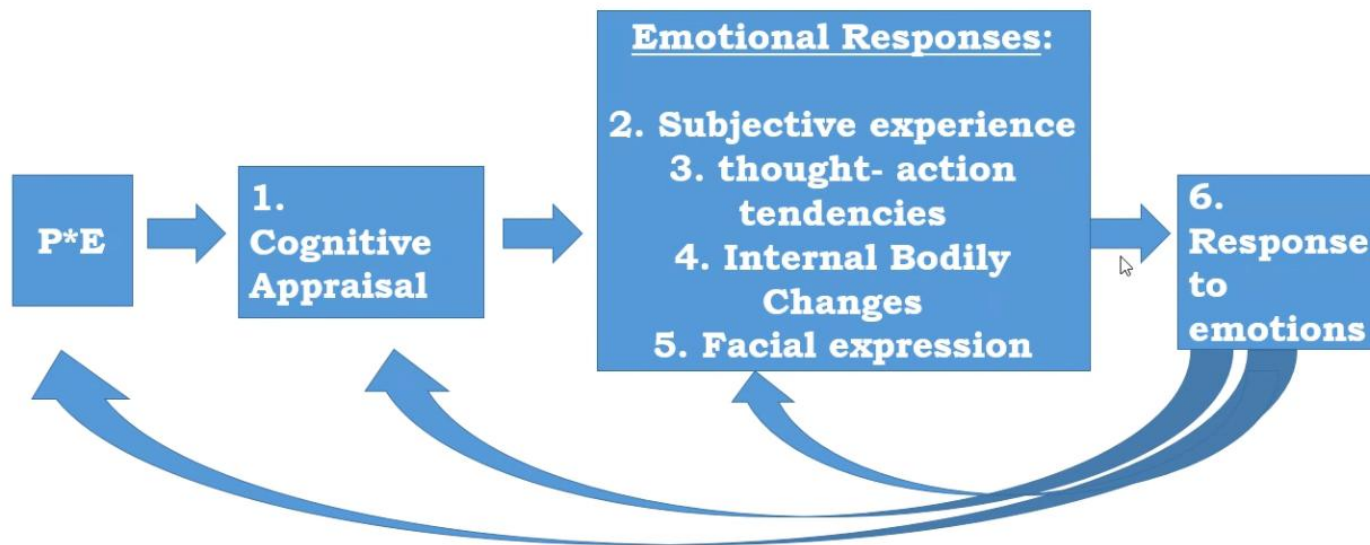
Robbins and Judge (2008): Organizational Behavior, Pearson, Prentice Hall

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 Dr. Rajbala Singh	 Dr. Rajbala Singh	 Aditya Dev
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Process of Emotions












If people could be induced to be in a general state of autonomic arousal, the quality of their Emotion would be determined solely by their appraisal of the situation

 Dr. Rajbala Singh	 Dr. Rajbala Singh	 Aditya Dev
 ARPAN ARORA	 Satyam Goyal	 Dinku Dinku
 SAI SHRUTI I	 25 others	 You

Emotional Hygiene

- **Dental hygiene** involves brushing our teeth and flossing every day, and **personal hygiene** involves cleaning ourselves and taking care of physical injuries when we sustain them...
- **Emotional hygiene** refers to being mindful of our **psychological health** and adopting brief daily habits to monitor and address psychological wounds when we sustain them.

 Dr. Rajbala Singh	 Dr. Rajbala Singh	 Aditya Dev
 ARPAN ARORA	 Satyam Goyal	 Dinku Dinku
 UTKARSH PANC...	 25 others	 You