

Unit 10

EMOTIONS

After reading this chapter the student will be able to:

To Understand Meaning & Nature Emotions

Different Bases of Emotions

To Understand classification of Emotions

To human postions & Negative Emotions

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Introduction

There are three ancient fields of psychology- Cognition, Conation and Emotion. Out of these emotion is considered as a basic source of an action. 'Emotion is a self defining term. Happiness, Optimism, Anger, Fear are some of the main emotions which are present in our life. For example, after all her efforts Sita failed in the examination than she would feel sad and depressed and if Rahul gets success in his first attempt than he will become happy and optimistic. This chapter will help you to understand meaning and nature of emotions. Here physiological, cognitive and cultural aspects of emotion are explained. Along with this positive and negative emotions are also discussed.

Meaning and nature of emotions:

Emotion is a term which we all understand. Anger, fear, happiness are the main emotions of life. Psychologists have tried to explain emotion but as it a complex state, therefore there is no full consent about the definition. 'Emotion' is derived from Latin word 'emovere', which means to excite. Keeping its verbal meaning in mind it can be said that emotion is the second name of an excited state of a person. According to Geldard, "Emotions are igniters to actions."

According to English and English, "Emotion is a complex feeling state accompanied by characteristic motor or glandular activities."

According to Baron, Byrne and Kantonivitz, "By emotion we mean a subjective feeling state involving physiological arousal, accompanied by characteristic behavior."

According to Santrock, "We will define emotion as a feeling or affect that can involve physiological arousal, conscious experience and behavioral

expressions."

On the basis of above definitions it can be concluded in context of emotions that:

1. Emotion is a complex state.
2. The second important aspect is the bodily reactions.
3. Emotion involves some expressive behavior.
4. Emotion necessarily involves some variety of subjective feelings.

Physiological basis of emotion:

It means internal bodily state because of arousal of emotions, in the absence of these internal bodily changes the intensity of emotions can't be produced within a person. In fact what a person feels in form of emotions is a result of these internal bodily changes. Change in Heart rate, pulse rate, respiration rate, blood pressure, etc are some major bodily changes occurs with the change in emotions. According to Williams James, any incident in an environment produces bodily reactions than a person experience emotion. Therefore when a child saw a bear (incident) he started running (bodily reaction) and then he will feel fear (emotion). Another psychologist named Lang also gave such type of views therefore this theory is called as a James Lange theory. In contrary to this theory Canon- Bard said that in the presence of any particular stimulus the cortex produces together, the bodily reactions and emotion. Emergency reactions and feeling of emotion are experienced together rather occurring one by one.

Many researchers have cleared that there is a role of centrally located part of brain called Limbic System in emotions. It is found that higher order expression of emotions can be suppressed or

stopped. It is also found that left hemisphere is responsible for generation of positive emotions and right hemisphere is responsible for negative emotion. Whenever there is any type damage in the left part of the brain it develops depression, anger, and disappointment, while the damage in right hemisphere produces hedonism or stability. The chemical reactions that take places in the brain are associated with the experience of emotions.

Autonomic nervous system plays a role in emotions. Suppose you are walking on an isolate road all of sudden a man comes out from a dark corner, in this terrorizing situation noticeable changes can be seen, which explains the activation of parasympathetic system. Contraction occurs in the nerves going towards stomach and intestines' as a result of which digestion stops. Pancreas secretes a hormone named glycogen, which ignites the liver so that it releases the stored sugar in the nerves. Adrenal secretes a hormone epinephrine. Deep breath and speedy respiration can be there. As the heart beat increases it speeds up the blood circulation. Dilation in pupil occurs and the sweat glands activate muscles of neck and shoulders gets high strain and muscles under skin contracts. When the fear producing situation finishes or vanishes then other physical changes related to sympathetic system takes place.

Physical measures of emotions:

Emotions and other changes which take place in the body can be measured. One of such kind of an instrument is called as polygraph. With the help of this changes occurs in the nervous system of a subject can be measured,

Polygraph and Lie detection:

During lie detection test, many neutral questions

are framed in the beginning so that a base structure can be prepared. These are simple questions. Later on such question being asked which contain information regarding crime, and only a criminal will know the answer. Unfortunately polygraph is not a reliable technique for lie detection. This test works on a hypothesis that lie can be detected. It has to keep in concern that other factor than lie like-happiness, pain anxiety, fear etc can also bring change in physical excitation. Individual differences can be seen. Even a person can lie in this test. Rather than this fact this test can be used to detect lie.

Cognitive basis of emotions:

Cognitive basis means how a person perceives interpret and understand any stimulus or a situation, because on the basis of these cognitive operations he will experience any emotion. For an example, if you are all alone at night suddenly any door or window strikes on the wall due to wind; than you might be scared of thinking that a thief is trying to enter in the house. Here the origin of emotion 'fear' is a special cognitive explanation.

Cultural basis of emotion:

Rather than physical and cognitive basis of emotions cultural basis are also important in emotions. Generally the basis emotions are innate and natural; one need not have to learn them. Mostly psychologists believe that facial expressions and emotion have a prominent biological relationship. For an example those children who were blind by birth and had never seen anybody smiling, smiled in a same manner as a normal vision child will do. On comparing different cultures it is clear that learning plays an important role in emotions. This is of two types. First, in some cultures eclectic

approach of emotion expression is promoted; while in some cultures modeling and reinforcement are used to teach how to express the emotions in a limited extent.

Second learning is more dependent on those stimuli which elicit emotional reactions. It is found that those persons who developed phobia of lift, cars etc, it can be learned by them through fear modeling or classical conditioning.

Positive Emotions:

Happiness, empathy, optimism, gratitude: It is a mental and expressive state of a healthy person. According to Lazarus, happiness is “a result of right progress towards the direction of a right target.” Therefore if your target is to achieve highest marks than taking each step towards this target will develop a feeling of happiness. Are biological components associated with happiness? According to the results received from researches it is found that there is a neurotransmitter named norepinephrine is present in the brain. When the level of norepinephrine is high in the brain than happiness is felt and when the level is low depression is being felt.

Empathy is capability to understand other's feelings. The meaning of empathy is to visualize the objects or situation from other's point of view, so that we can understand about the feelings of the other person. It is easy to provide empathy to anybody if we have gone through the same situation before.

Optimism: It is an emotion along with this it is a descriptive style. According to Share and Carver, optimism is an expectation, in which one belief that whenever there is any problem in life it is for good rather than being bad. Therefore optimism

is used to project positive view among people. For an example, if we prepared so well for an exam and that exam gets postponed for few days than an optimistic person will think that now he will get some more time to prepare well. Is there is any biological basis of optimism? A neurotransmitter named endorphins is found in brain. It has two qualities- to prevent from feeling pain and to produce elation. According to Leonyl Tiger, we are biologically adapted to feel positive emotions rather we have to face failures. According to many personality theorists optimism is a personal quality, not an emotion. According to them it is a natural behavior. Therefore some people are optimistic by nature or depressive.

Gratitude: Gratitude is an emotion through which we appreciate everything we have. According to Robert Emmons there are two main components to pay gratitude: First, we accept that we have the best things of this world. Second, we support that the origin of goodness exists outside us. We accept that other people and spiritual powers provided us with many gifts and graces due to which goodness exists within us and in our lives. Because paying gratitude not only encourages us but also motivates to do something good for others. It helps in developing qualities like helpfulness and kindness.

Anger: Anger is a negative emotion. It distracts us or in other word in this situation person has no hold on his behavior. The main source of anger is frustration. Anger is not a reciprocal of anything, rather is a result of our thinking. It is not automated nor it is out of control and neither is it produced by others. It is generated by the options chosen by a person. As anger is produced by the thoughts

therefore it can be controlled by thoughts. The important points in anger management are:

Try to find out the strength of your thoughts.

Only you can control your anger

Avoid negative self conversation. Don't expel negative emotions too much.

Don't transpose charges of hidden motives and acts, behind others behavior.

Don't let the irrational beliefs to be developed about any situation or a person.

Try to find out creative methods to express your anger. Try to control the limit and timing of your anger.

Fear: Fear is a primary emotion. It is rarely felt by a person. It is considered as a negative emotion. It is generated with a feeling or sense of danger. In this situation person tries to move away from the danger. Much kind of behaviors can be expressed in fear. Example to run with fear, crying, screaming and sometime person faints in fear. Increase in heart rate, respiration and blood pressure can be seen. In this situation person wants to reach to a safe place.

There are different causes of feeling fear. There can be difference in causes of fear of a child, an adult or an old person. Generally it is seen that small children feel fear from unusual and unfriendly objects and loud noise (Friedman, 1969). On contrary to this an adult or an old person feels fear in danger situation. Feeling and origin of fear, depends upon the age, experience, gender, personality, cultural and social factors of a person. If fear settles down permanently in the behavior then it affects the adjustment and health of the person.

Anxiety: Anxiety is counted as a negative emotion. The source of its origin can be cognitive

or fantasy or sometimes both. The anxiety means the unexpected extremely large and generalized sadness or only suspect of it. The causes of anxiety are sometimes clear and sometimes unclear. The anxiety works as a motivator for a person, when the anxiety takes a huge form than it is called as free floating anxiety. Long term stress and conflict also produces anxiety, when the anxiety is originated from real causes than it is called as objective anxiety. On contrary to this unconscious conflicts produces neurotic anxiety. According to Hilgard et al, (1975), anxiety develops by physical problem, unconscious conflicts, frustration and suspect of loss of self esteem, and if it happens than a person tries to get rid from the anxiety or at least try to decrease this. Defense mechanism can be used to get rid from the tension originated due to anxiety.

Main terms: Emotions, Physical arousal, sympathetic system, contraction, polygraph, Modeling, Empathy, Neurotransmitter, Anxiety.

Important points:

Emotion is a complex state. In this a person performs some bodily reactions and expressive behavior and it contains some subjective feelings.

Central and A.N.S plays an important role in emotions.

Left hemisphere of the brain is responsible for generation of positive emotions and right hemisphere is responsible for negative emotions.

Emotions and bodily changes can be measured. List includes polygraph test which is used to detect lie.

Cognitive basis of emotions means how does

a person perceive any situation or a stimulus and interpret.

On comparing different cultures it is clear that learning plays an important role in emotions.

Emotions are of two types: positive – happiness, empathy, optimism, gratitude and negative emotions- anger, fear, anxiety.

Multiple choice questions:

1. Emotion is made of which Latin word:
 - a. Emocation
 - b. Emovere
 - c. Emoverse
 - d. Emoveration
2. A person saw a bear or a lion and runs, that is why becomes afraid. This statement points out which of the following theory?
 - a. Canon – Bard theory
 - b. James Lange theory
 - c. Schachter- Singer theory.
 - d. Cognitive appraisal theory
3. Polygraph is used to:
 - a. detect intelligence.
 - b. detect aptitude
 - c. detect attitude
 - d. detect lie
4. Which part of brain is responsible for positive emotions?

- a. Right hemisphere
- b. Limbic system
- c. Left hemisphere
- d. Cerebellum

Very short answers questions:

1. Define emotions.
2. Define word 'Emovere'.
3. Name the lie detection equipment.

Short answers questions:

1. What do mean by physiological basis of emotions?
2. According to which theory both emotion behavior and emotion feeling takes place together?
3. What do you understand by empathy?

Eassy type questions:

1. How the culture does affect the expression of emotions?
2. Define the emotion and discuss positive and negative emotions in detail.

To do:

- ☐ Using polygraph technique students should try to detect lie.
- ☐ Visualize the expression of emotions in different culture.

Answers to Multiple Choice Questions

1. (b)
2. (b)
3. (d)
4. (c)