

PSYCHOLOGY 12 - EMOTIONS
CHAPTER 12.3

EMOTION

- A set of complex reactions to stimuli involving subjective feelings, physiological arousal and observational behaviour
- All emotions have three parts: physical, behavioural and cognitive
- Emotional Intelligence



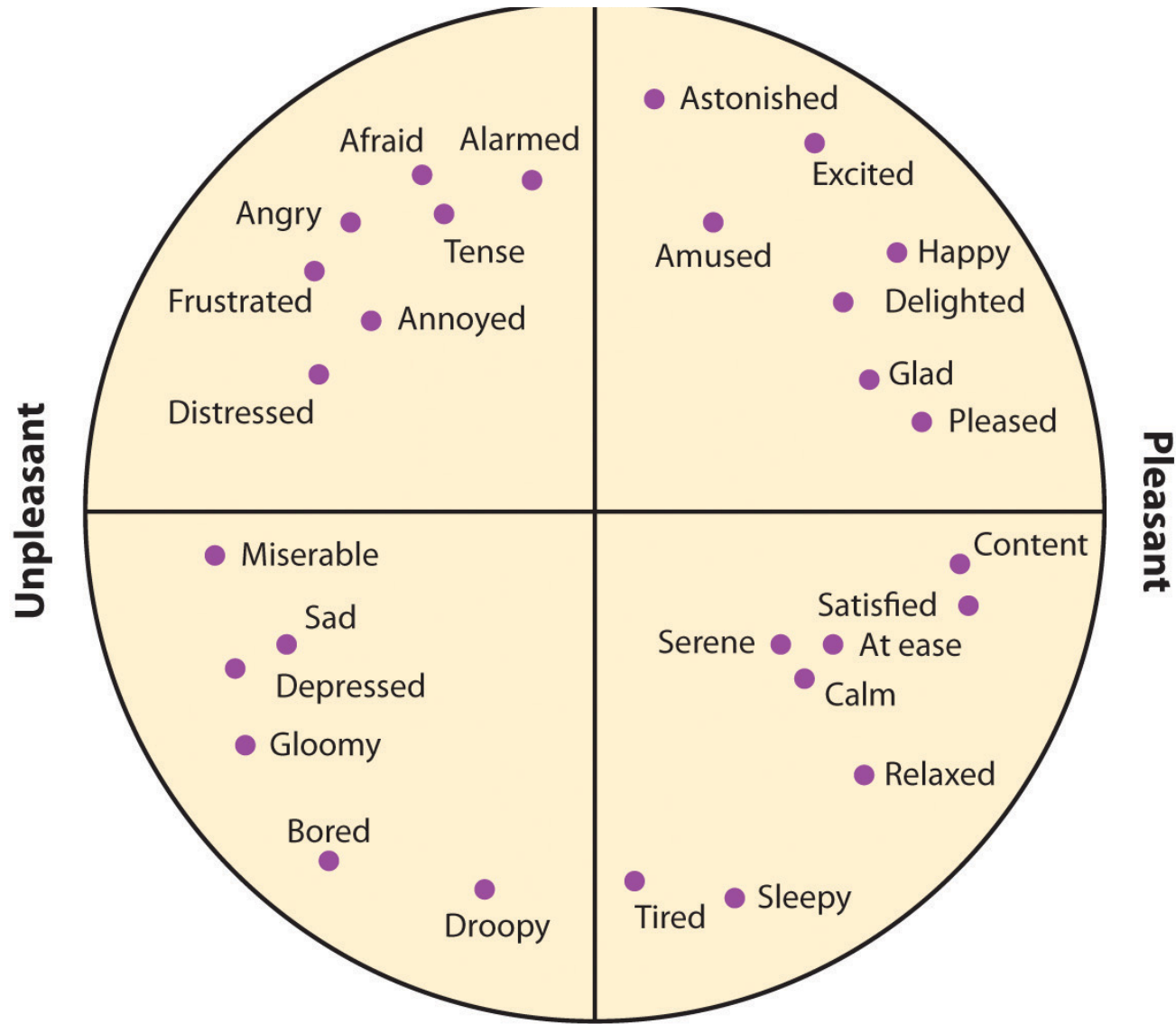
THE BASIC EMOTIONS

-According to research from Paul Ekman, there are 6 basic emotions: Fear, Happiness, Disgust, Surprise, Sadness and Anger.

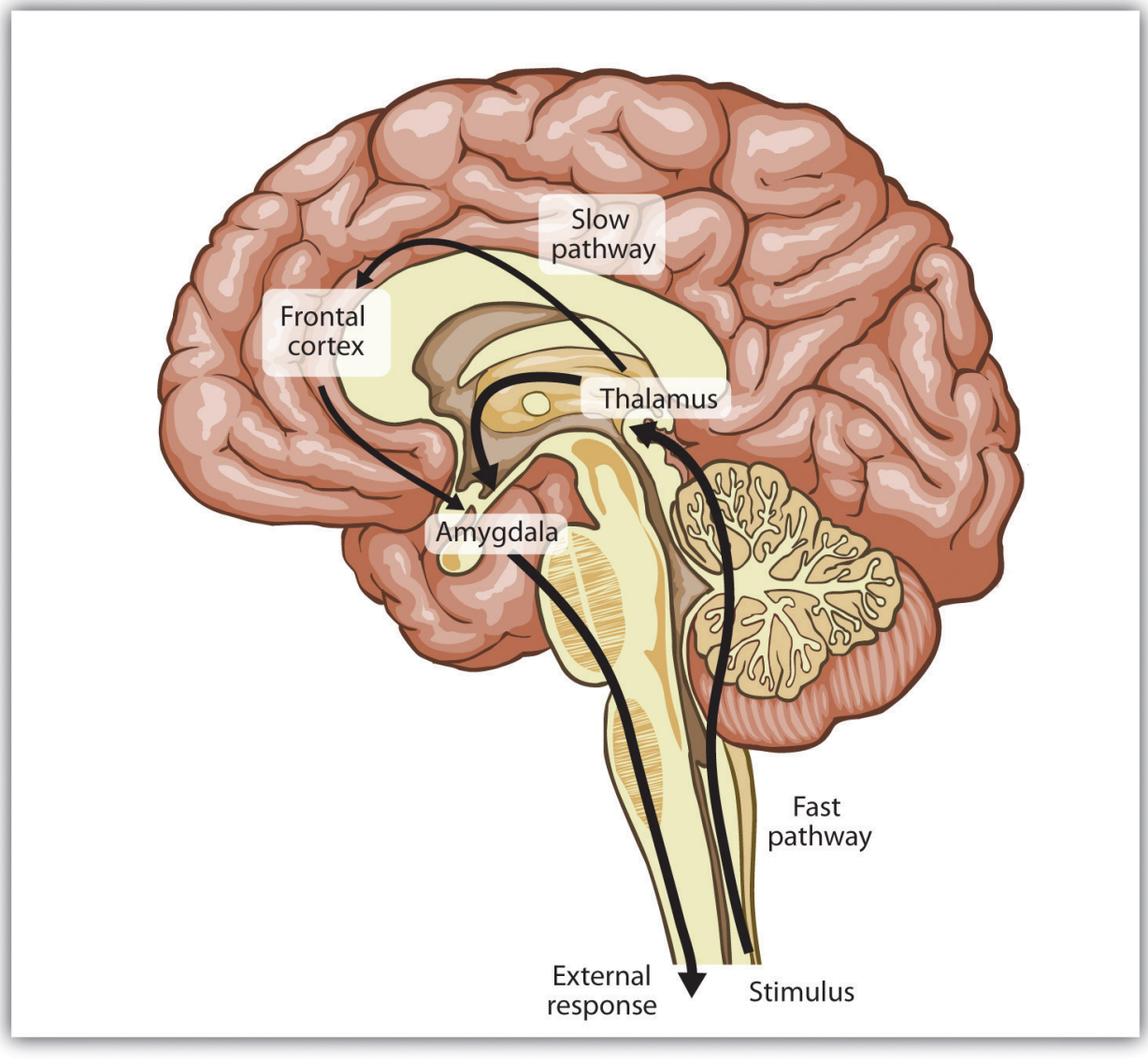
- 4?
- Evolutionary & Cross-cultural
- Social learning



SECONDARY EMOTIONS

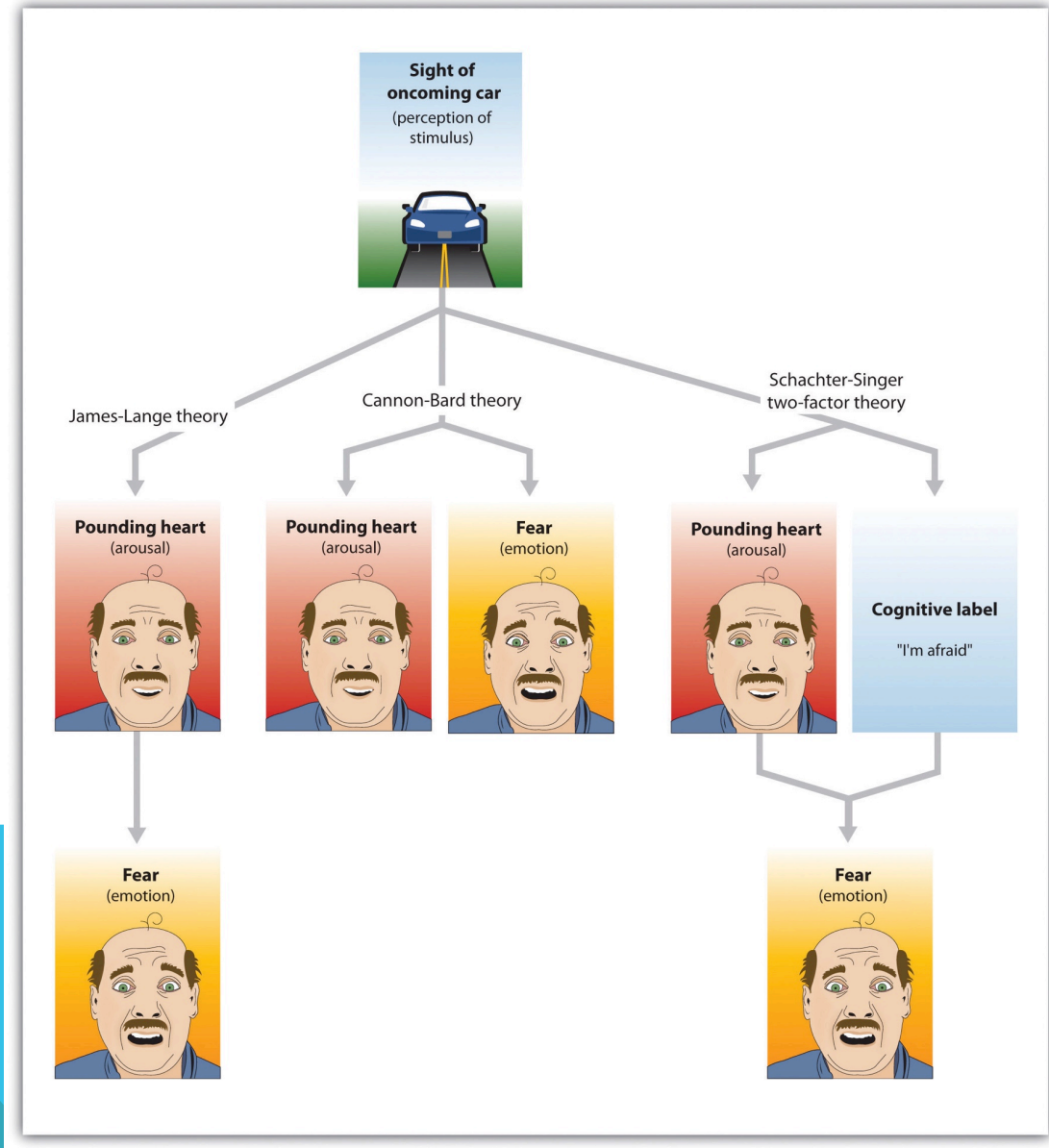


EMOTIONAL PATHWAYS



THEORIES OF EMOTION

What physical signs accompanies an intense emotion?



THE JAMES – LANGE THEORY

Our experience of an emotion is the result of the arousal that we experience.

This approach proposes that the arousal and the emotion are not independent, but rather that the emotion depends on the arousal.

“We feel sorry because we cry, angry because we strike, afraid because we tremble” (William James, 1884, p. 190).

-fast pathway



THE CANNON-BARD THEORY

The experience of an emotion is accompanied by physiological arousal.

According to this theory “emotion” refers to the simultaneous burst of activity in your brain and the gut reactions.



THE SCHACHTER-SINGER THEORY

the experience of emotion is determined by the intensity of the arousal we are experiencing, but that the cognitive appraisal of the situation determines what the emotion will be

- Misattribution of arousal (love/hate, Capilano suspension bridge experiment).
- Epinephrine informed/uninformed study
- Slow pathway



THE OPPONENT – PROCESS THEORY

- emotions unbalance homeostasis. The body's sympathetic (energizes) system and the parasympathetic (calms) system act to regulate and manipulate our emotions.
- the removal of a stimulus that excites one emotion causes a swing to an opposite emotion. Can be classically trained
- ex. parachuting



COMMUNICATING EMOTION – NON-VERBAL CUES

- Proxemics
- Body appearance
- Body positioning and movement
- Gestures
- Facial expressions
- Paralanguage

