

## Chapter 11 | Emotion

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### Emotion

• *“Emotions are temporary experiences with either positive, negative, or mixed qualities. People experience emotion with varying intensity as happening to them, as generated in part by a mental assessment of situations and accompanied by both learned and innate physical responses.”*

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### The Nature of Emotion

- Emotion: the feels 😊
- Defining features:
  - Usually temporary
  - Positive, negative or both
    - Alter your thought processes (neg. narrows attention)
  - Triggers motivation to act
- How you interpret situations frames how you will feel about it.

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## The Nature of Emotion

- Emotion: feelings that happen to us, created by the way we think about a situation and how we have learned to deal with situations.



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## Biology of Emotions

- *In the brain...* Limbic System:  
Amygdala: creates and reads!  
Pyramidal motor system (motor cortex) and extrapyramidal motor system.  
Some debate over right or left hemispheres job
- Autonomic Nervous System:  
Sympathetic and Parasympathetic NS—  
fight or flight vs calming mechanism

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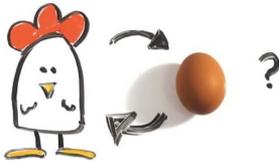
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## What comes first....



The emotion... OR ...your physical reaction

**IT'S NOT WHAT YOU THINK!!**

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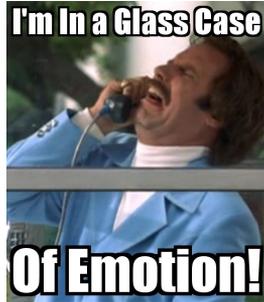
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## Theories of Emotion

- James-Lange Theory
- Cannon-Bard Theory
- Cognitive Theories
  - Schachter-Singer
  - Lazarus (not testable)



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## James-Lange Theory

- AKA Peripheral Theory: because it's all about the peripheral NS (*outside your central focus too!*)
- **YOU ARE AFRAID BECAUSE YOU RUN!**
- Emotions are just our reaction to physiological responses- *if you strip away the PNS response, what remains of the emotion?*

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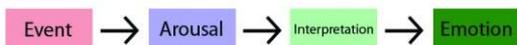
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## James-Lange Theory



Mrs. Bova sees a spider → Physiological response to spider → Mrs. Bova interprets this → Mrs. Bova is afraid

### James-Lange Theory



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## James-Lange Theory



Spinal cord injuries- no PNS, but facial expressions... victims report reduced emotional response!

*Facial-feedback Hypothesis*- James included your involuntary facial expression in the peripheral response- so smiling alone should make you happier

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## Lie Detectors

- Polygraphs assume there is a physiological response to a lie
- Not 100% accurate!
- Let's look instead at microexpressions

*LIE TO ME*



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## Cannon-Bard Theory

No... not this Bard...



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## Cannon-Bard Theory

- Emotion begins with stimuli, comes from the limbic system and heads to the cortex and nervous system at the same time
- **YOU RUN BECAUSE YOU ARE AFRAID**
- *Cannon said the thalamus, we now say other regions (i.e. amygdala!)*
- Emotion occurs because CNS is activated

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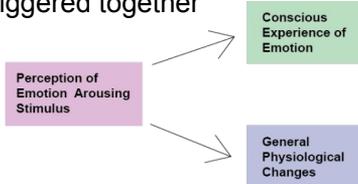
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## Cannon-Bard Theory



Mrs. Bova sees a spider → Mrs. Bova's brain perceives the spider and the fear emotion as well as the biological response are triggered together



(C) The Psychology Notes HQ - www.PsychologyNotesHQ.com

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## Cognitive Theory: Schachter- Singer



I see what you said there James, and I agree, with some modifications...

Emotions are a combination of feedback from our body *AND* the way our brain processes the information!  
**COGNITIVE**

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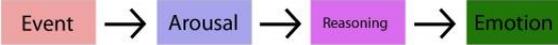
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# Schachter- Singer



Mrs. Bova sees a spider → Mrs. Bova's brain perceives the spider and the biological response is triggered and the fear causes her to *attribute* the response to the spider.

## Schachter-Singer Theory



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Time



James-Lange Theory



Cannon-Bard Theory



Schachter-Singer Two-Factor Theory



Lazarus' Cognitive-mediational Theory



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# Excitation Transfer

You transfer your excitement from one thing to another...

Emily is so excited to go to lunch, that she laughs at my ridiculous jokes

Also plays a part in physical arousal

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## Lazarus: Cognitive Appraisal Theory

Disappointment over a bad exam grade depends upon your feelings about the course and the material

If something is relevant to our well being we have an emotional reaction towards it!

*Culture and language also play a part!*

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## Communicating Emotion

It's all in the face!



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Universal Emotion  
(Paul Ekman)  
Kind of...

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# Emotional Expression

There is both Nature and Nurture!

*Infants show facial expressions, there is less cultural difference in facial expression (happy is happy everywhere!)*

**BUT-** culture affects the way we express emotions, we learn to communicate our emotions, and we use social referencing!

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