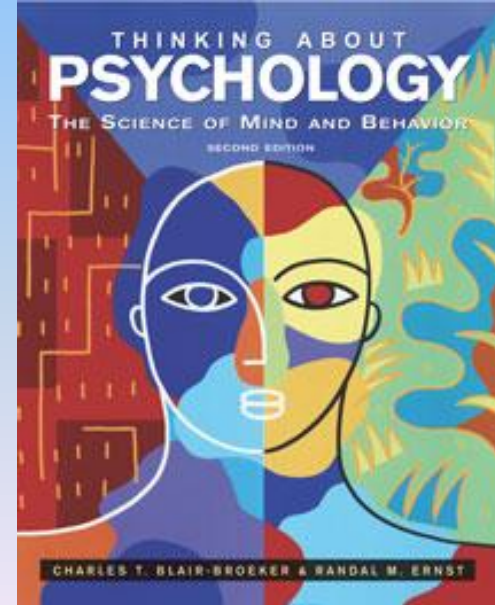


Thinking About Psychology: The Science of Mind and Behavior 2e

Charles T. Blair-Broeker
Randal M. Ernst



Biopsychological Domain



Motivation and Emotion Chapter



Module 11

Emotion

Emotions

- Whole-organism responses, involving:
 - **Physiological arousal** (increased heart rate, perspiring, etc.)
 - **Expressive behaviors** (smiling, shouting with joy, etc.)
 - **Conscious experience** (understanding what the emotion means to you)

Debates in Emotion Research

- Which comes first, physiological arousal or the subjective experience of an emotion?
- Can we react emotionally before appraising a situation, or does thinking always precede emotion?

Module 11: Emotion

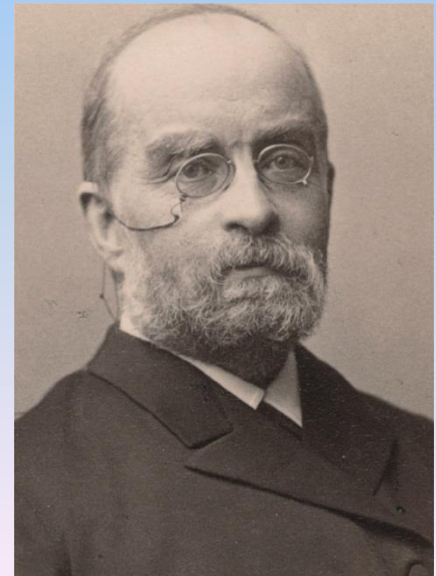
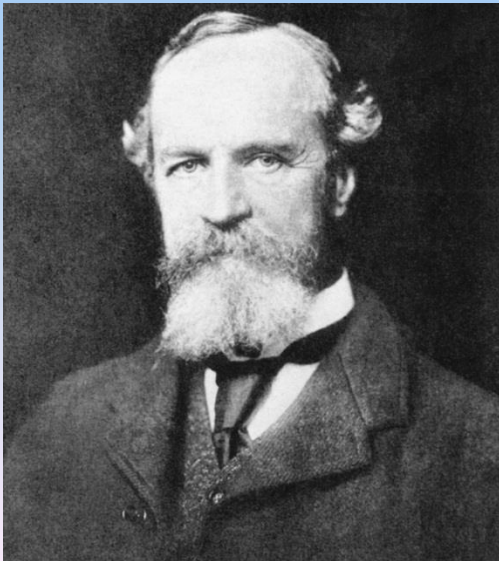
Theories of Emotion: Historical Approaches

Common Sense Theory

- Emotion-arousing stimulus leads to a conscious feeling (fear, anger) and a physiological response.
- Seeing an angry dog triggers feelings of fear and physical responses such as trembling.

James-Lange Theory

- The theory that we experience emotion because we are aware of our bodily response to an emotion-arousing stimulus
- Our awareness of the physiological reaction leads to our experience of an emotion.



**Sight of
oncoming car**
(perception of
stimulus)



James-Lange Theory

**Sight of
oncoming car**
(perception of
stimulus)



James-Lange Theory

Pounding heart
(arousal)



**Sight of
oncoming car**
(perception of
stimulus)



James-Lange Theory

Pounding heart
(arousal)



Fear
(emotion)



Cannon-Bard Theory

- The theory that an emotion-arousing stimulus *simultaneously* triggers physiological responses and the subjective experience of an emotion.

**Sight of
oncoming car**
(perception of
stimulus)



Cannon-Bard Theory

**Sight of
oncoming car**
(perception of
stimulus)



Cannon-Bard Theory

Pounding heart
(arousal)



Fear
(emotion)



Module 11: Emotion

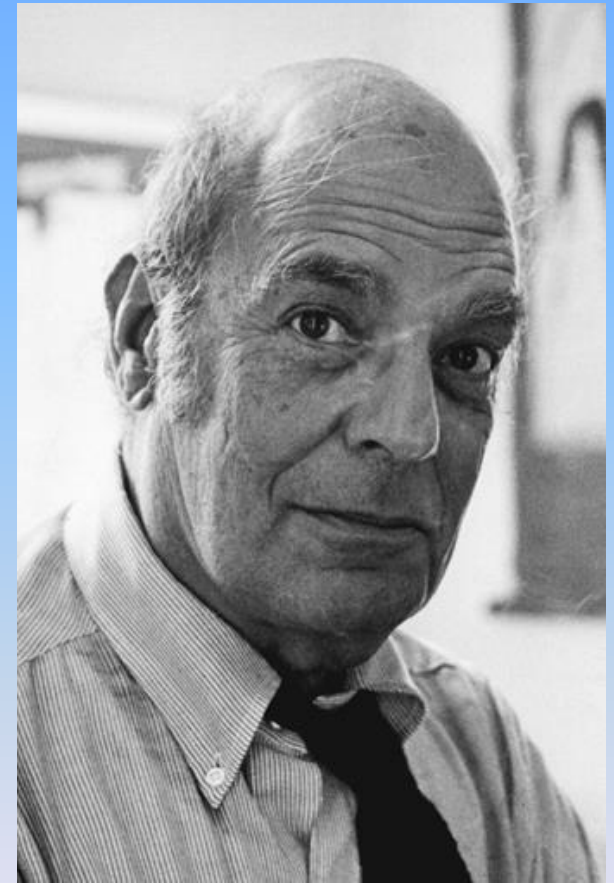
Theories of Emotion: Cognition and Emotion

Cognitive Appraisal

- One's thoughts about a situation
- How a person interprets a situation in the environment

Two-Factor Theory

- The theory that to experience emotion we must be physically aroused and must *cognitively label* the arousal
- Emotions involve *two* factors:
 - A *physiological arousal*
 - A *cognitive label* of the arousal
- Also called the *Schachter-Singer Theory*



Stanley Schachter

**Sight of
oncoming car**
(perception of
stimulus)



Schachter's
Two-Factor Theory

**Sight of
oncoming car**
(perception of
stimulus)



Schachter's
Two-Factor Theory

Pounding heart
(arousal)



Cognitive label
"I'm afraid"

**Sight of
oncoming car**
(perception of
stimulus)



Schachter's
Two-Factor Theory

Pounding heart
(arousal)

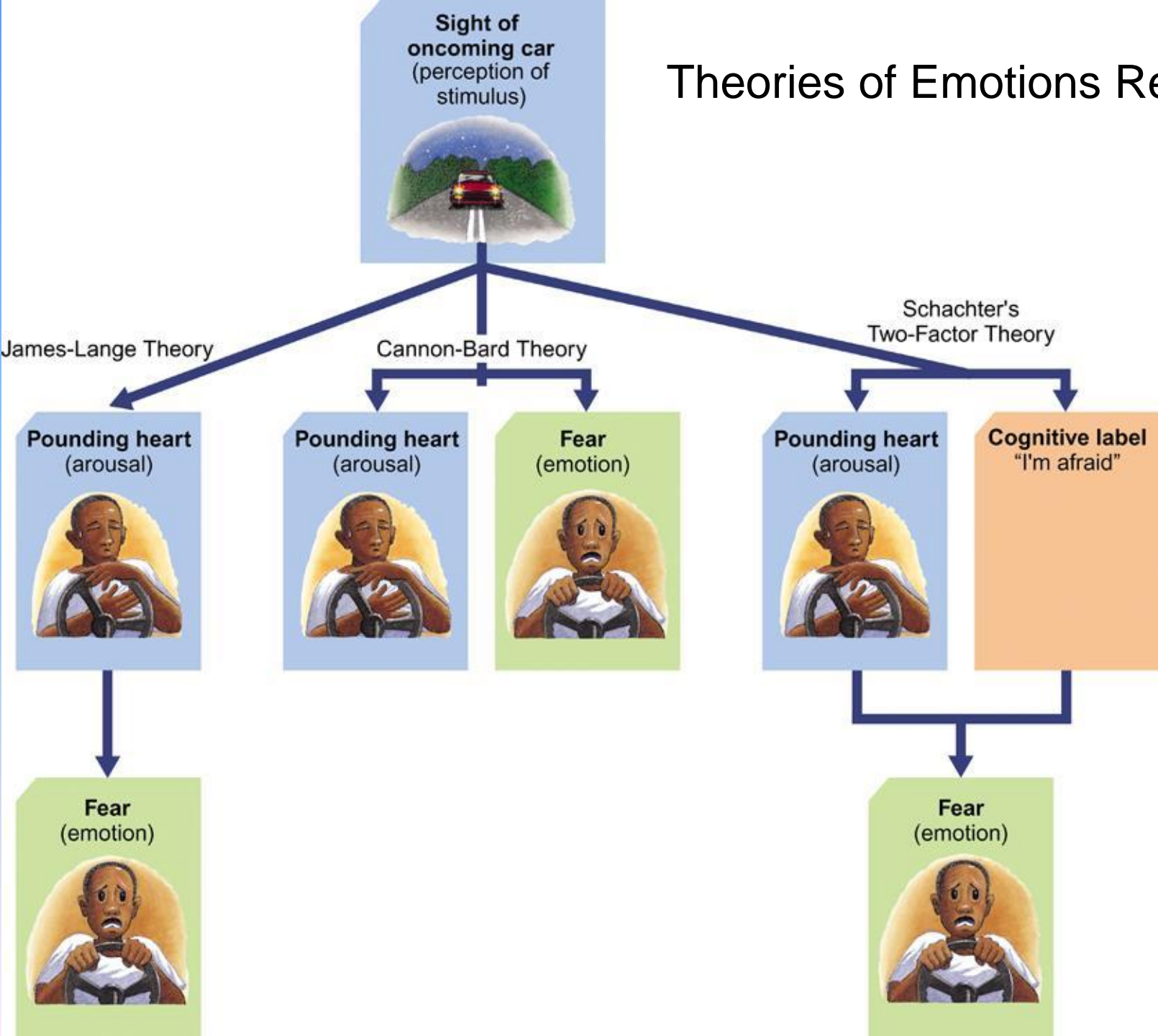


Cognitive label
"I'm afraid"

Fear
(emotion)



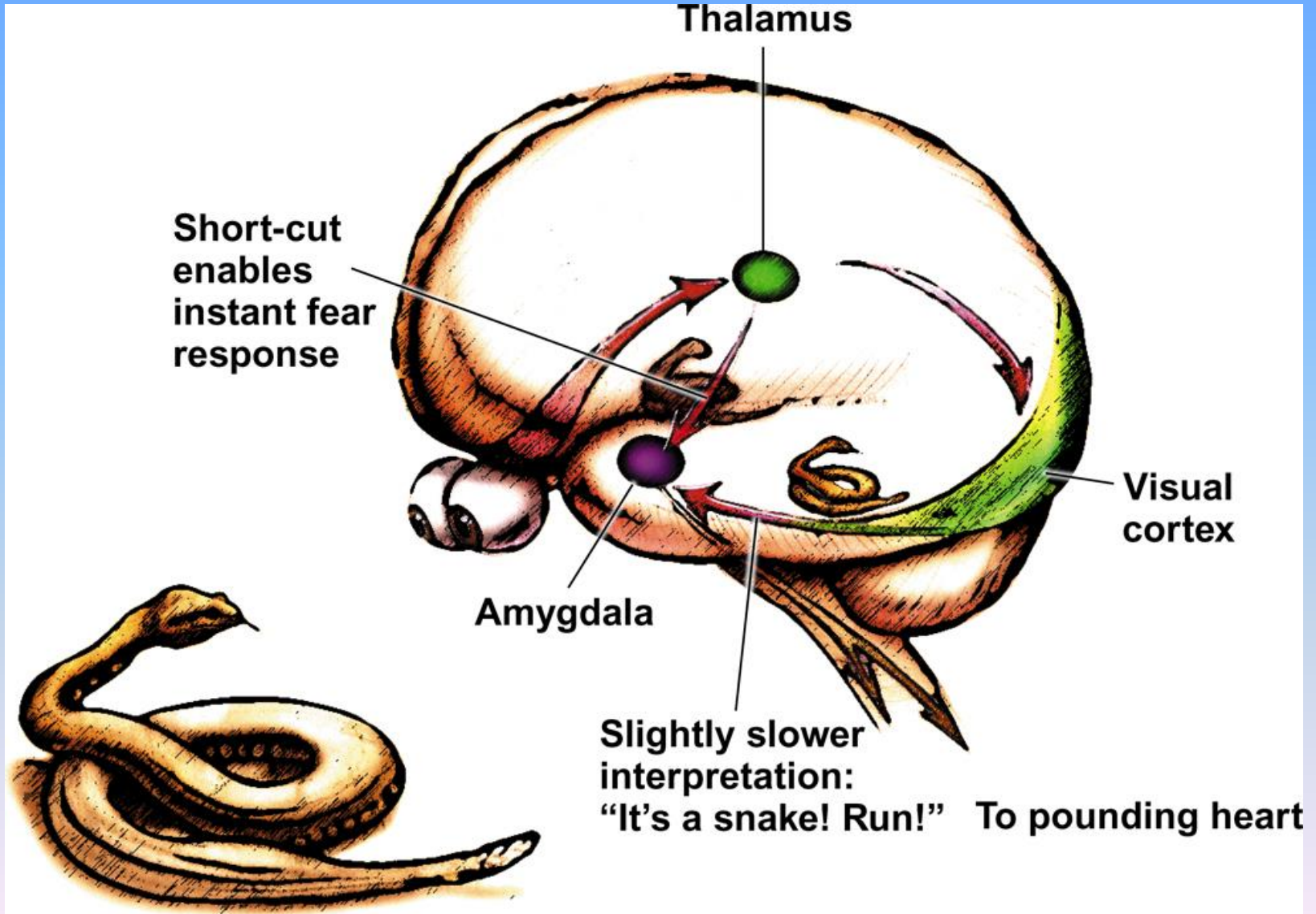
Theories of Emotions Review



Robert Zajonc (1923-)

- American psychologist who concluded that some emotional reactions involve no deliberate thinking and *cognition is not always necessary* for emotion
- Some emotions *skip the thinking part* of the brain

Robert Zajonc (1923-)



Richard Lazarus (1922-)

- American psychologist who concluded that some emotional responses *do not require conscious thought*
- However, there must be a minimum of unconscious thought.

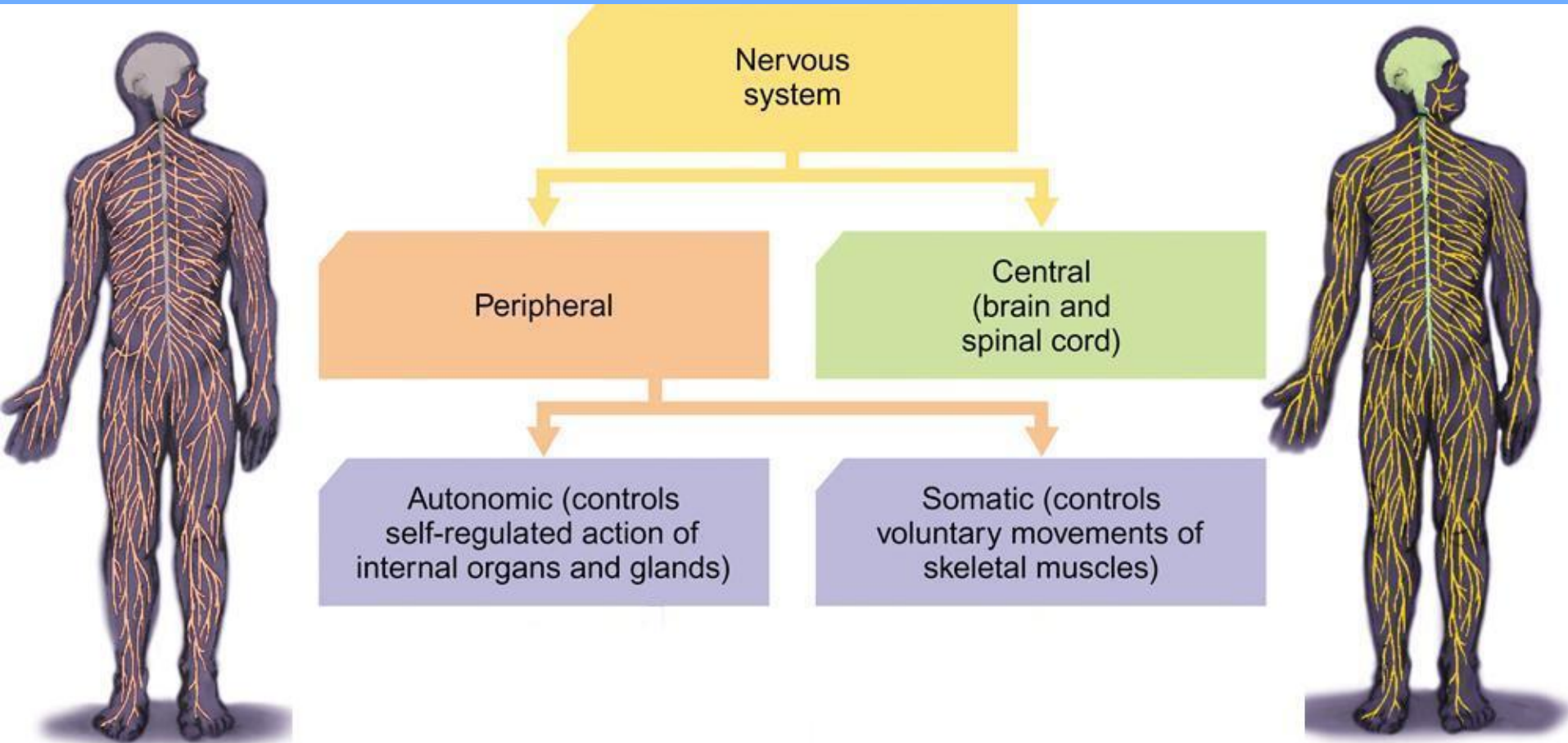
Module 11: Emotion

Fear: A Closer Look

Autonomic Nervous System

- The division of the peripheral nervous system that controls the glands and muscles of the internal organs
- Monitors the autonomic functions
- Controls breathing, blood pressure, and digestive processes
- Divided into the sympathetic and parasympathetic nervous systems

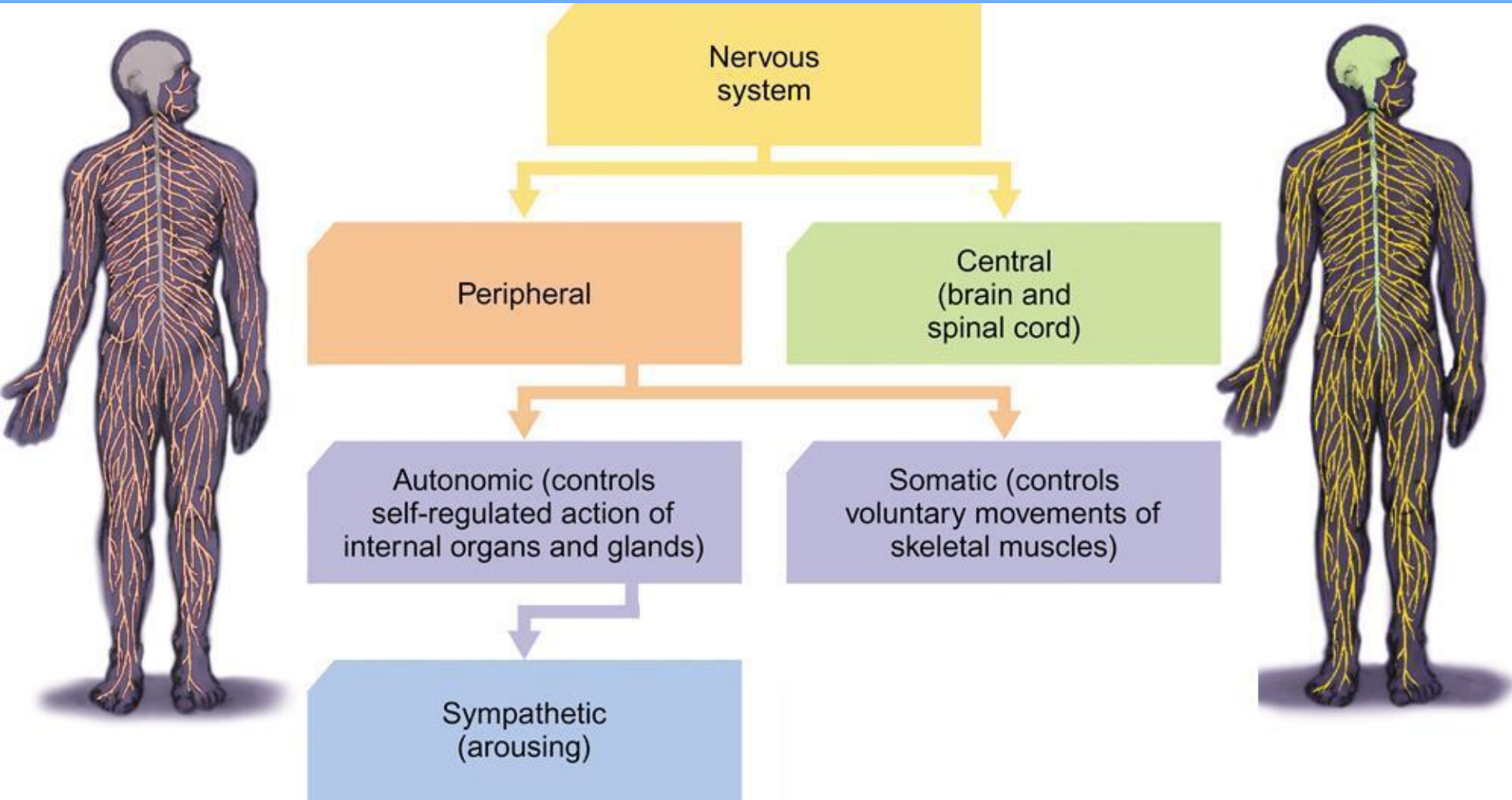
Divisions of the Nervous System



Sympathetic Nervous System

- The part of the autonomic nervous system that *arouses the body* to deal with perceived threats
- Fight or flight response

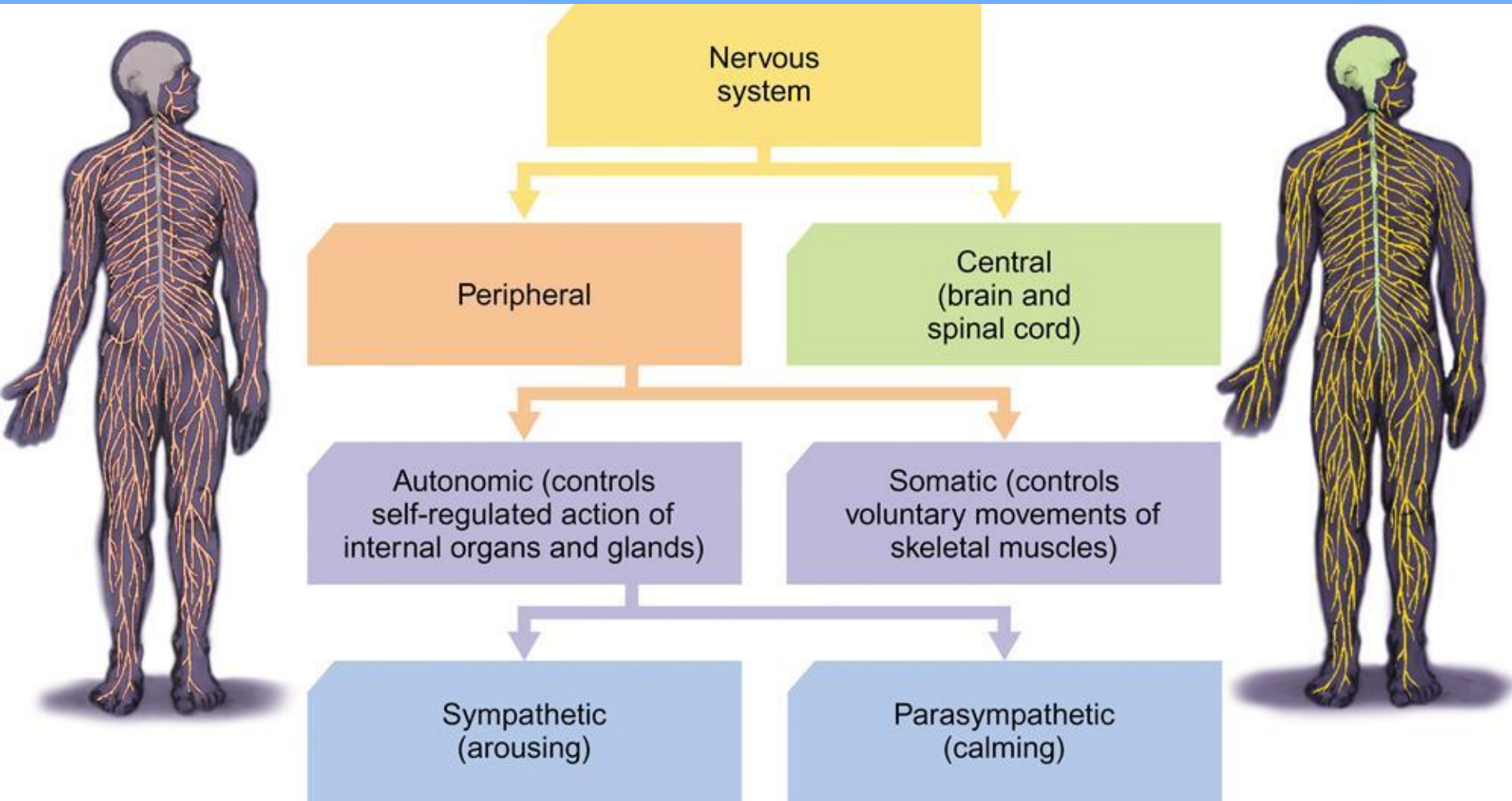
Divisions of the Nervous System



Parasympathetic Nervous System

- The part of the autonomic nervous system that *calms* the body
- Brings the body back down to a relaxed state

Divisions of the Nervous System



The Sympathetic and Parasympathetic Divisions of the Autonomic Nervous System



Sympathetic division (arousing)		Parasympathetic division (calming)
Pupils dilate	EYES	Pupils contract
Decreases	SALIVATION	Increases
Perspires	SKIN	Dries
Increases	RESPIRATION	Decreases
Accelerates	HEART	Slows
Inhibits	DIGESTION	Activates
Secrete stress hormones	ADRENAL GLANDS	Decrease secretion of stress hormones



Module 11: Emotion

The Expression of Emotion: Nonverbal Communication

Nonverbal Communication

- Communicating feelings without words:
 - Facial expressions
 - Tone of voice
 - Hand gestures
- Also called “body language”

Module 11: Emotion

The Expression of Emotion: Gender and Cultural Effects on Emotion

Gender Effects

- Women are better at reading nonverbal communication of emotions.
- Women tend to express emotions more than men do.

Display Rules

- The cultural rules governing how and when a person may express emotion
- Rules greatly vary from culture to culture.

Facial Expressions

- Paul Ekman studied facial expressions in an attempt to determine if they are inborn or culturally based.



The End