

# LESSON 10

## EMOTION

### SUMMARY

We experience joy and sorrow, excitement and disappointment, love and fear and many more emotions in our daily lives.

### Nature of Emotion

The term 'emotion' is derived from the Latin word 'emovere' which means to stir up, agitate, excite or move. Emotions are generally referred to as a stirred-up condition involving subjective experience and affective reactions.



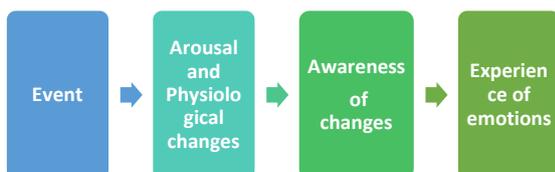
Basic aspects of emotions

- **Cognitive aspect:** It involves thoughts, beliefs and expectations that are involved when we experience emotions.
- **Physiological aspect:** It involves physiological activation.
- **Behavioural aspect:** It includes various forms of emotional expressions.

### Theories of Emotion

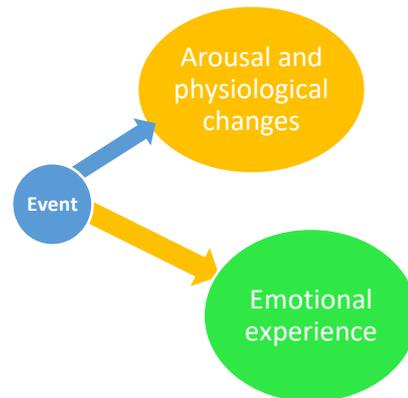
#### 1) James-Lange theory of emotion

William James and Carl Lange stated that physiological changes give rise to emotional experience. According to them first you cry then you feel sad, first you run then you feel afraid.



#### 2) Cannon-Bard theory of emotion

Cannon and Bard said that when we face an event, we feel physiological changes and perception of emotion together.



S. Schachter and J.E. Singer suggested that cognitive processes play a major role in the experience of emotion. According to them if you are aroused by an outside stimulus, you will notice the arousal and look toward the environment to find out why the arousal has occurred. After that you will label which emotion you are experiencing. When we are excited by an event or stimulus, it provides the basis for an emotional experience. This excitement is shaped into a specific emotion by an attribution process.

### Dimensions and Development of Emotions

Emotions can be placed along two dimensions i.e., Arousal and Valence.

Although the general ability to respond emotionally is present at birth, emotional development is due to maturation and learning.

The role of learning in emotional development becomes clear if we notice emotional expressions peculiar to some cultures. E.g.- in Indian culture, fathers don't show their affection openly to children because it's not welcomed whereas there are no such inhibitions in Western culture.

<b>Features of Emotions</b>	You will experience an emotion when any of your basic needs are not satisfied or challenged. You also experience positive emotion on satisfaction of a need
	Under the influence of an emotion you experience physiological changes such as facial expressions, gestures, change in the rhythm of the heartbeat, blood pressure, and breathing pattern
	Your thinking, reasoning, memory and other psychological functions are affected by emotions
	During an emotional state tremendous amount of energy is released which helps facing critical situations
	Both maturation and learning play an important role in development and expression of emotions
	When you have pleasant emotional experiences, you will be in positive mood. In contrast, unpleasant emotional experiences would lead to negative moods
	The experience of emotion can first increase your performance to some extent but if heightened and prolonged it will decrease the level of performance

## Relationship between Motivation and Emotion

Motivation is present along with emotion in every day experience in our life. You are motivated to do things which give pleasant emotional experiences and avoid doing things which make you unhappy or sad. Emotions provide energy for motives. The stronger the emotion, the greater will be the level of motivation. The more you get angry the more you fight.

## Emotion and Physiology

During emotional experience a number of physiological systems are involved. The organs which are closely related with emotional experiences are:

**Adrenal glands** - These glands are located near the kidneys. They secrete a hormone called adrenalin which regulates the emotional arousal. The secretion of adrenalin causes- dilation of air passage of lungs, increase in heart beat and blood pressure and slowing down of digestive process. These glands play a significant role in preparing the organism for emergency reactions. These are stimulated by hypothalamus through sympathetic nervous system to release adrenalin.

**Autonomic nervous system** – it is of two types-

- 1) **Sympathetic nervous system** – it is active during aroused states and prepares the body for mobilisation of

actions needed in various situations. It brings about the dilation of the pupil, increased sweating and heartbeat, dryness of mouth etc.

- 2) **Parasympathetic nervous system** - Activation of this system decreases the heart rate and blood pressure and increases digestive activity. All the changes caused by sympathetic system during emotional arousal are brought back to a normal state of functioning (calm and relaxed) by this system.

**Hypothalamus** - The physiological expressions during emotion are activated by hypothalamus. It sends impulses to muscles and glands.

**Arousal** - When we are emotional we often feel excited. This excited state is an aroused state. The degree of arousal is measured by heart rate, blood pressure, breathing pattern, pupil size and skin conductance.

### **Organism Functioning During Emotional Arousal**

Physical changes- facial expressions

Physiological changes - heartbeat, pulse rate, perspiration

Psychological changes - Thought pattern, perception and memory etc.

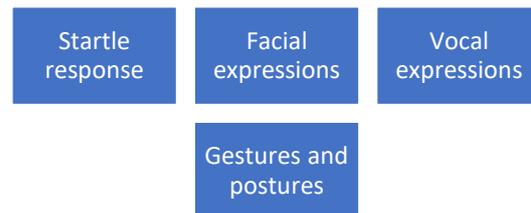
## **Expression of Emotions**

We reveal our felt emotions in bodily responses and in expressive behaviours.

Facial expressions are important for the communication that takes place non-verbally. Facial gestures are found to differ across cultures. However, researchers have shown certain universal facial language for basic emotions.

In India, Sage Bharata Natyashastra described eight major emotions in Natyashastra, also called 'rasas' meaning aesthetic relish.

The key forms of emotional expression include the following:



## **Major Emotions**

**Fear** - Fear is caused by situations which are perceived as physically threatening. The situations that produce fear change with age. Maturation and personal experiences contribute to the development of fear. Fear can also be developed through conditioning. Unfounded fears or extreme fear of something is called phobia.

**Anxiety** - Anxiety is a state of painful discomfort of mind. During anxiety a vague fear or apprehension occurs. The sense of anxiety can be an unconscious

memory of fear arousing stimulus. In extreme cases anxiety may take the form of a mental disorder.

**Pleasure** - Pleasure or happiness is a positive emotion which gives satisfaction to the person who experiences it. Pleasure is the reaction to the satisfaction of a need or attainment of a goal. People derive pleasure from different sources during different stages of life.

**Affection** - It is a pleasant emotional reaction directed towards a person, an animal or an object. It is built up as a result of pleasant experience. Learning plays an important role in determining the persons or objects to which child's affection becomes attached. Affectionate responses are shown in an outgoing striving and approach behaviours.

**Emotional Competence** - One needs to understand one's own and other's emotions and learn to express, control and manage emotions in social situations as t emotional competence, emotional maturity and emotional intelligence are important for the growth of a person.

### **Evaluate yourself**

1. What is the role of psychological processes in emotional behaviour?
2. Discuss the major emotions.