

Lecture – 4 - Emotion

An emotion is a complex multicomponent episode that creates a readiness to act .

An intense emotion has at least six components . Typically an emotion begins with
1 - a cognitive appraisal , a person's assessment of the personal meaning of his or her current circumstances and considered the first component of emotion which trigger a cascade of response .

2 - the second component of emotion is the subjective experience of emotion : -which the affective state or the feeling tone the emotion brings .

3 – the third component is closely related includes Thought and action tendencies : - urges to think and act in certain ways .

4 – A fourth component includes internal bodily reactions especially those of the autonomic nervous system , the division of peripheral that controls the heart and other smooth muscles .

5 – the fifth component includes Facial expression : - the muscle actions that move facial landmarks in a particular ways .

6 – The final component includes responses to emotion : - meaning how people cope with or react to their own emotion or the situation that elicited it .

Cognitive appraisal is an interpretation of the personal meaning of a situation that result in an emotion . Such appraisals affect both the intensity and the quality of an emotion . when people are induced into a state of undifferentiated arousal , the quality of their emotional experience may be influenced by their appraisal of the situation , cognitive appraisal can occur outside of conscious awareness and brain research identifies the Amygdala as involved in automatic appraisal .

Subjective experiences of emotions or feeling , guide behavior , decision making , and judgment .

Different emotion carry urges to think and act in certain ways called **Thought – action tendencies** . Feeling also steer memory , learning and risk assessments .

Body changes and emotion include internal bodily reactions : - Intensive negative emotions involve physiological arousal caused by activation of the sympathetic division of the autonomic nervous system .

Positive emotions have an undoing effect on lingering negative emotional arousal .

people with spinal cord injuries , which limit feedback from the autonomic nervous system , report experiencing less intense emotions , autonomic arousal may also help differentiate the emotions to a degree the pattern of arousal (for example , heartbeat , skin temperature) differ for different emotion .

The facial expressions that accompany a subset of emotions have a universal meaning , people from different cultures agree on what emotion a person in a particular photograph is expressing , cultures may differ in the factors that elicit certain emotions and in rules for proper display of emotion . in addition to their communicative functions , emotional expression may contribute to the subjective experience of emotion .

Responses to emotion:- Emotion regulation

People almost always respond to or regulate their emotions by either exaggerating or minimizing them and the ability to do so predicts social success .The strategies people use to regulate emotions can have unexpected repercussions , for instance , suppressing facial expression increases autonomic arousal and impair memory .

Emotion vary by gender and culture , many gender differences can be linked to gender stereotypes about emotions , which assign powerless emotions , like sadness and fear to women and powerful emotions like anger and pride to men . Cultural difference in individualism versus collectivism also yield differences in emotion , with collectivism (which refer to cultures that emphasize the fundamental connectedness and interdependence among people) so greater focus on relationship affecting both appraisal processes and regulation strategies , while individualism which to cultures that emphasize the fundamental separateness and independence of individual .

The psychoanalytic hypothesis that aggression is a basic drive receives some support from studies showing a biological basis for aggression , In some animals , aggression is controlled by neurological mechanism in Hypothalamus . Stimulation of hypothalamus of rat or cat lead to a rage or killing response . In human and certain other mammals , aggressive behavior is largely under cortical control and hence is affected by past experience and social influences .

According to social – learning theory , aggressive response can be learned through imitation and increase in frequency when positively reinforced , Children are more likely to express aggressive responses when they are reinforced for such actions than when they are punished for the actions .

Evidence indicates that aggression either increases subsequent aggressive behavior or maintain it at the same level , when given repeated opportunities to shock another person who cannot retaliate , college students become more punitive .

The indirect or vicarious expression of aggression has similar effects , There is a positive relationship between the amount of media violence children consume and the extent to which they act aggressively .