Aspects of emotion

Dr James Neill
Centre for Applied Psychology
University of Canberra
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1. What is an emotion?

Feelings
- Subjective experience
- Phenomenological awareness
- Cognition

Bodily Arousal
- Physiological activation
- Bodily preparation for action
- Motor responses

Emotion

Sense of Purpose
- Goal-directed motivational state
- Functional aspect

Social-Expressive
- Social communication
- Facial expression

Based on Reeve (2009, Figure 11.1 Four components of emotion, p. 300)

2. What causes an emotion?

Based on Reeve (2009, Figure 11.3, Causes of the emotion experience, p. 303)

Significant situational event

Cognitive Processes

Feelings

Sense of purpose

Bodily arousal

Social-expressive

Based on Reeve (2009, Figure 11.3, Causes of the emotion experience, p. 303)

3. How many emotions are there?

Basic emotions

(Families/clusters of emotions)

<table>
<thead>
<tr>
<th>Basic emotions</th>
<th>Fear</th>
<th>Anger</th>
<th>Disgust</th>
<th>Sadness</th>
<th>Joy</th>
<th>Interest</th>
</tr>
</thead>
</table>

-ve emotion themes
- Threat and harm. Potential of threatening and harmful events causes fear. In fighting off or rejecting them we experience anger and disgust. After they occur, there is sadness

+ve emotion themes
- Motive involvement (Interest) & satisfaction (Joy)

Based on Reeve (2009, pp. 322-327)

4. What good are the emotions?

5. What is the difference between emotion & mood?

Review of last lecture:
Five perennial questions about emotion

1. What is an emotion?
2. What causes an emotion?
3. How many emotions are there?
4. What good are the emotions?
5. What is the difference between emotion & mood?
What good are the emotions?

Utility of emotion

- Coping Functions
- Social Functions

Emotions regulate behaviour (as part of a complex feedback system)

Based on Reeve (2009, pp. 317-320)

What is the difference between emotion & mood?

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Emotions</th>
<th>Moods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Significant life events</td>
<td></td>
<td>Ill-defined</td>
</tr>
<tr>
<td>Specific</td>
<td>Influence cognition</td>
<td></td>
</tr>
<tr>
<td>Short-lived</td>
<td>Long-lived</td>
<td></td>
</tr>
</tbody>
</table>

Based on Reeve (2009, p. 322)

Three central aspects of emotion

- Biological
- Cognitive
- Social-Cultural

Based on Reeve (2009, p. 329)

Outline – Aspects of emotion

- Biological
  - James-Lange theory
  - Contemporary perspective
  - Differential emotions theory
  - Facial feedback hypothesis
- Cognitive
  - Appraisal
  - Complex appraisal
  - Appraisal process
  - Emotion knowledge
  - Attributions
- Socio-cultural
  - Social interaction
  - Emotional socialization

Based on Reeve (2009, p. 329)

Aspects of emotion

- Biological Aspects
  - Autonomic nervous system
  - Endocrine system
  - Neural brain circuits
  - Rate of neural firing
  - Facial feedback
- Cognitive Aspects
  - Appraisals
  - Knowledge
  - Attributions
  - Socialisation history
  - Cultural identities
- Social & Cultural Aspects
  - Socialisation history
  - Cultural identities

Based on Reeve (2009, pp. *)

James-Lange theory of emotion

1. Does each emotion have unique bodily reactions?
2. To what extent do bodily changes induce emotion?
   - Stimulus → Emotion → Bodily reaction
   - Stimulus → Bodily reaction → Emotion
1. The body reacts uniquely to different emotion-stimulating events,  
2. The body does not react to non-emotion-stimulating events.  

Emotional experience is a way of making sense of bodily changes (e.g., a sudden cold shower → increased heart-rate/arousal → emotion e.g., surprise/shock/fear)

James-Lange theory of emotion: Two hypotheses

James-Lange theory of emotion: Criticisms  
1. The body reactions were part of a general fight-flight response that did not vary between emotions  
2. Emotions are experienced more quickly than physiological reactions  
3. Physiological arousal augments rather than causes emotion. Its role is small, supplemental and relatively unimportant.

James-Lange theory of emotion: Contemporary perspective  
1. Distinct physiological differences (e.g., Heart rate and Skin temperature) are evident for some emotions (e.g., anger, fear, sadness, and disgust). But only a few emotions have distinct ANS patterns (ones with survival value).  
2. Emotions recruit biological and physiological support to enable adapative behaviours such as fighting, fleeing, and nurturing.

James-Lange theory of emotion: Contemporary perspective

Specific neural circuits  
1. Emotion-specific patterns in brain activity.  
2. Gray: Behavioural approach, Fight-flight system, and Behavioural inhibition (→ Joy, Fear Rage and Anxiety)  
3. Neural activation: Different emotions activated by different rates of cortical neural firing: activity increases, stays the same, or decreases.

Specific neural circuits

Differential emotions theory  
1. Ten emotions constitute the principal motivation system for human beings.  
2. Unique feeling: Each emotion has its own unique subjective, phenomenological quality.  
3. Unique expression: Each emotion has its own unique facial-expressive pattern.  
4. Unique neural activity: Each emotion has its own specific rate of neural firing that activates it.  
5. Unique purpose/motivation: Each emotion generates distinctive motivational properties & serves adaptive functions.

Differential emotions theory

Figure 12.1: Emotional Activation as a Function of Changing in the rate of Neural Firing  
Based on Reeve (2009, p. 335; SCIENCE FILEMINS (2470))

![Figure showing emotional activation over time](image-url)
Izard’s 10 fundamental emotions
(Differential emotions theory)

<table>
<thead>
<tr>
<th>Positive Emotions</th>
<th>Neutral Emotions</th>
<th>Negative Emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interest</td>
<td>Surprise</td>
<td>Fear</td>
</tr>
<tr>
<td>Joy</td>
<td></td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Disgust</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Distress</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Contempt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shame</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Guilt</td>
</tr>
</tbody>
</table>

Based on Reeve (2009, Table 12.2 p. 336)

Ekman’s 7 reasons why biological theories focus on a small number of basic emotions

1. Nonbasic emotions are experience-based
2. Many terms better describe moods (e.g., irritation).
3. Many terms better describe attitudes (e.g., hatred).
4. Many terms better describe personality (e.g., hostile).
5. Many terms better describe disorders (e.g., depression).
6. Some terms are blends of emotions (e.g., love).
7. Many terms refer to specific aspects of an emotion (e.g., homesickness)

Facial feedback hypothesis

1. Strong version of FFH (Facial feedback engenders emotion) – most studies suggest a small effect.
2. Weak version of FFH (Facial feedback modifies intensity of emotion): Consensus of support that highlights the two-way relation between emotional feeling and emotional expression. However, critics content that the effect of facial feedback is small.

Facial feedback hypothesis

Emotion stems from feelings aroused by:
1. Movements of the facial musculature
2. Changes in facial temperature
3. Changes in glandular activity in the facial skin

Cognitive aspects of emotion

The central construct in a cognitive understanding of emotion:
- An appraisal is an estimate of the personal significance of an event.

Without an antecedent cognitive appraisal of the event, emotions do not occur.

The appraisal, not the event itself, causes the emotion.

Based on Reeve (2009, pp. 333-334)
Appraisal theory of emotion

3 questions
1. How does the perception of an object or event produce a good or bad appraisal?
2. How does the appraisal generate emotion?
3. How does felt emotion express itself in action?

Arnold’s Appraisal Theory of Emotion

Based on Reeve (2009, Figure 12.7, p. 345)

**Figure 12.8**
Lazarus’s Complex Appraisals

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>APPRAISAL</th>
<th>EMOTIONS</th>
<th>ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Event</td>
<td>Good or Bad</td>
<td>Liking vs. Disliking</td>
<td>Approach vs. Withdrawal</td>
</tr>
</tbody>
</table>

Appraisal

Type of Benefit
- Making progress toward a goal
- Improving on a distressing condition
- Believing a desired outcome is possible
- Taking credit for an achievement
- Being moved by another’s suffering
- Appreciating an altruistic gift

Type of Harm
- Being demeaned by a personal offense
- Transgressing a moral imperative
- Failing to live up to an ego ideal
- Experiencing an irrevocable loss
- Taking in an indigestible object or idea

Type of Threat
- Wanting what someone else has
- Resenting a rival for one’s own loss

Emotion

- Happiness
- Pride
- Hope
- Love
- Compassion
- Gratitude
- Anger
- Guilt
- Shame
- Sadness
- Disgust
- Anxiety
- Fright
- Envy

Emotion differentiation

Figure 12.10: Dimensions of Emotions

SITUATION

Lazarus’s Complex Appraisals

The cognitive processes that intervene between important life events and physiological and behavioral reactivity.

Complex appraisal theories are about 65-70% accurate in predicting people's emotions. Why not 100%?

1. Other processes contribute e.g., biology
2. Appraisals intensify rather than cause emotion
3. Patterns of appraisal for many emotions overlap
4. Developmental differences
5. Emotion knowledge and attributions

Appraisal theory of emotion

Emotion knowledge

1. We learn to distinguish finer shades of emotion as we develop (distinctions are stored cognitively).
2. An individual's emotion knowledge is the number of emotions s/he can distinguish.
3. Emotion knowledge partially underlies the rationale for teaching emotional intelligence.

Emotion knowledge

Based on Reeve (2009, p. 347)

Figure 12.9: Lazarus’s Complex Appraisals

Emotion model of emotion

Primary appraisal involves an estimate of whether one has anything at stake in the encounter. Do I really care? (Is it important to my wellbeing?)

Secondary appraisal involves the person’s assessment of his/her capacity for coping with the possible benefit, harm, or threat.

Based on Reeve (2009, p. 349)
Attributions

1. An attribution is the reason the person uses to explain an important life outcome.
2. Primary attribution – good or bad
3. Secondary attribution – cause
4. Primary + secondary attributions \(\rightarrow\) emotion

Attribution theory of emotion

The attribution roots to the seven emotions.

Social & cultural aspects of emotion

Appraisal contributes to a cognitive understanding of emotion

The sociocultural context one lives in contributes to a cultural understanding of emotion

Social interaction contributes to a social understanding of emotion

Socio-cultural aspects of emotion

1. Mimicry
2. Feedback
3. Contagion
4. Emotional socialisation
5. Managing emotions
Upcoming lectures

- Individual differences
- Personality (Ch13)
- Unconscious motivation (Ch 14)
- Growth psychology (Ch 15)
- Summary & conclusion (Ch 16)

References


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