

Psychology Study Guide— Test 2

- Emotions are hard to study— you could be a 5 today and a 1 tomorrow but your friend can be an 8. Does that mean she is happier than you?
 - Microexpressions- brief, sudden emotional expressions
- Emotions alter the autonomic nervous system (heart and intestines)
- Both working at same time, always
- Pure autonomic failure= stops regulating organs=nothing influences heart rate, breathing, etc.
 - Sympathetic- neurons cluster to the right and left of spinal cord. 2 chains of neurons. crisis management= flight or fight. Tells us HOW scared or mad someone is. not which one they are
 - Parasympathetic- neurons whose axons extend from medulla and end of the spinal cord= cluster near organs. promote digestion and nonemergency functions. long-term survival.
- James-Lange theory-
 - your behavioral response to a stimulus creates the emotion that you feel. botox= cant smile or frown therefore dont feel emotions. forced smile=happier. ex. heart rate gets high so you realize you are feeling nervous. Hands on hips= feeling powerful.
- Schachter and singer-
 - the intensity of the sympathetic arousal determines the intensity of the emotion but, cognitive appraisal determines what kind of emotion. standing on bridge with woman— heart racing from woman or bridge?= dangerous depending on reaction.
 - Duchenne smile= full expression, muscles around eyes.
 - Emotion does not interfere with decision making unless brain damage to emotion is involved. emotions are related to motivation
- Measuring emotion-
 - self reports (surveys)- :) :(fast and easy but lack validation
 - behavioral (facial expressions) crying, heart rate—> still individual variation. doesn't tell WHY
 - physiological measures (autonomic nervous system)
 - autonomic but we can influence it with things like child birth, meditation, sports
 - opponent-process principle of emotions-
 - sympathetic slows= parasympathetic activity increases.
 - A state becomes weaker with repetition, B strengthens.
 - Drug pleasure vs. withdrawal
 - risk pleasure vs. fear

- pain vs. relief— running, eyebrows.
- Words don't say what a face says.
- basic emotions across cultures (controversial) ... deaf/blind emotions come NATURALLY.= basic emotions
 - happy, sad, fear, anger, disgust, surprise, shame, contempt
 - sometimes it's just a look (shaw. universal)
- Emotions are not experiences= can be broken down to elements
 - intensity vs. pleasure— surprise is between happy and terror
- Broaden and build hypothesis- Barbara Fredrickson; happy mood= readiness for new ideas/ opportunities. sad people may be more realistic and careful.
- Amygdala → pons and medulla— startle reflex. anxiety.
- polygraph-
 - lie detector test—> lying leads to nervous features
- guilty knowledge test
 - robbed at 10? 10:30?

- Stress
 - Selye—
 - change endures stress.
 - knocked out of homeostasis. body's reaction. changes are stressful. argument= poor, constantly. still stressed.
 - Lazarus—
 - when someone thinks something is unavailable. perception. argument= wedding, essay
 - measuring stress-
 - interviews (best), checklist (some things are diff in diff situations), psychological markers.
 - Cortisol release-
 - direct= physiological (sweat), indirect= behavioral- in your head first.
 - constant threat= release of cortisol- enhances metabolism and increases supply of sugar to cells.- high steady energy to combat stress.
 - long term= damage to hippocampus, exhausts immune system
 - short term= enhances memory and immunity
 - Front of driver seat more worn out than back..=

- Type A— more likely for heart disease.
- PTSD
 - high stress= high cortisol= damage hippocampus. smaller hippocampus= increases risk of PTSD
- Coping
 - problem- focused coping- doing something (studying)
 - reappraisal- reinterpreting a situation— making it less threatening. (dont care about test)
 - emotion-focused- regulating emotional reactions (deep breathing). (tranquilizers)
- Inoculate-
 - expose yourself to small stressors.
- small failures= good because you get used to it.
- MORE ON CHAPTER 12.

Can test a baby that is two days old based on eyes/mouth.

Vision can imply preference... nature vs. nurture but already some nurture b/c mother= environment

- Erikson= 8 stages—> each= social/emotional conflict. ***
 - 0-1 trust vs. mistrust (am i safe or am i not?)
 - 1-3 how much control do i have? (shame and doubt)
 - 3-6 good or bad person? (initiative vs. guilt)
 - 6-12 am i successful or worthless? (industry vs inferiority)
 - adolescence who am i? (identity and role confusion)
 - young adulthood should i get married or live alone? (intimacy vs isolation)
 - middle age will i add value to the world? (productive vs. not)
 - late adulthood have i wasted my life? (ego integrity vs. despair)
- attachment sets you up for connections when older
- personal fable
 - “not me, im different”
 - “nobody knows how i feel”
 - not bad because we need people to try
 - adaptive but may influence behavior/feelings
- Conflict with gender, ethnicity and family