

# What Are Emotions?

- Emotion -- feeling, or affect
  - Involve an individual's communication with the world
- In infancy - communication is central part of emotion
- Classifying Emotions
  - Positive
    - Happiness, joy, love, enthusiasm
  - Negative
    - Anxiety, anger, guilt, and sadness

# Emotions: Biological and Environmental Influences

- Biological Influences
  - Certain brain regions play a role in emotions
  - Facial expressions of basic emotions such as
    - Happiness, surprise, anger, and fear are the same across cultures
- Environmental Influences
  - Display rules
    - When, where, and how emotions should be expressed
    - Are not culturally universal

# Early Emotions: Crying

- Babies have at least three types of cries:
  - Basic cry
    - hunger
    - Rhythmic with brief rest between cries
  - Anger cry
    - Louder and more intense than basic cry
  - Pain cry
    - Longer initial cry, sudden onset, breath held between cries
    - The pain cry may be stimulated by physical pain or by any high-intensity stimulus

