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LECTURE NOTES FOR SECTION 3 OF CLASS BEGIN HERE

Emotion

Four Components of Emotion

Physiological processes <-> Expressive Behavior <-> Cognitive Appraisal

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Emotion

The Physiological Component

The Autonomic Nervous System

Polygraph Tests as Lie Detectors

- Assumes that lying leaves distinctive physiological clues
- Empirical support is weak and conflicting
- Test is inadmissible in most courts
- It is illegal to use for most job screening

The Expressive Component

Facial EMG Studies of Emotion

- Electrodes placed on the face record activity in various muscles
- Positive emotions increase activity in cheeks
- Negative emotions increase activity in forehead and brow area

The Cognitive Component

Counterfactual thinking

- What could have been
- Examined pictures of Olympic medal winners
- Happier if won bronze than silver

Cannon-Bard Theory of Emotion

- Emotion originates in the thalamus
- “Body” (physiological systems) and “Mind” (emotional experience) are independently activated at the same time

James-Lange Theory of Emotion

- Emotion arises from physiological arousal
 - Happiness comes from smiling
 - Sadness comes from crying

Sensory Feedback

- Facial-Feedback Hypothesis
 - The hypothesis that changes in facial expression can produce corresponding changes in emotion.

Facial Feedback

- Strack
- Hold Pencil in mouth while doing task
- Mimic frowning or smiling
- Measure mood

The people who frowned were in a worse mood after, and vice versa

Mood After Manipulation

Two-factor Theory of Emotion

- Physiological arousal
 - Sweaty palms
 - Increased heart rate
 - rapid breathing
- Cognitive Label
 - Attribute source of arousal to a cause
- To have an emotion, both factors are required

Dutton and Aron's study

Four Components of Emotion

Emotion

- **A state of arousal involving facial and bodily changes, brain activation, cognitive appraisals, subjective feelings, and tendencies toward action.**

Emotion and the brain

Amygdala- responsible for assessing fear/ damage to this results in abnormality in processing fear
Cerebral cortex generates a more complete picture
These 2 parts of the brain work together

Hormones and Emotion

- When experiencing an intense emotion, two hormones are released.
 - Epinephrine
 - Norepinephrine
- Results in increased alertness and arousal.
- At high levels, it can create the sensation of being out of control emotionally.

Facial Expressions

The same facial expressions of basic emotions are found across cultures and in totally blind and deaf children

Basic Emotions

- Fear
- Anger
- Disgust
- Surprise
- Happiness
- Sadness
- Contempt

Culture and Emotional Variation

- Culture determines what people feel angry, sad, lonely, happy, ashamed or disgusted about.
- Some cultures don't have words for emotions that seem universal to others.
 - *Tahitian and sadness*
- Some cultures have words for specific emotions unknown to other cultures.