

Emotions



Emotion

■ Emotion

- a response of the whole organism, involving
 - | physiological arousal
 - expressive behaviors
 - conscious experience
 - interpretation



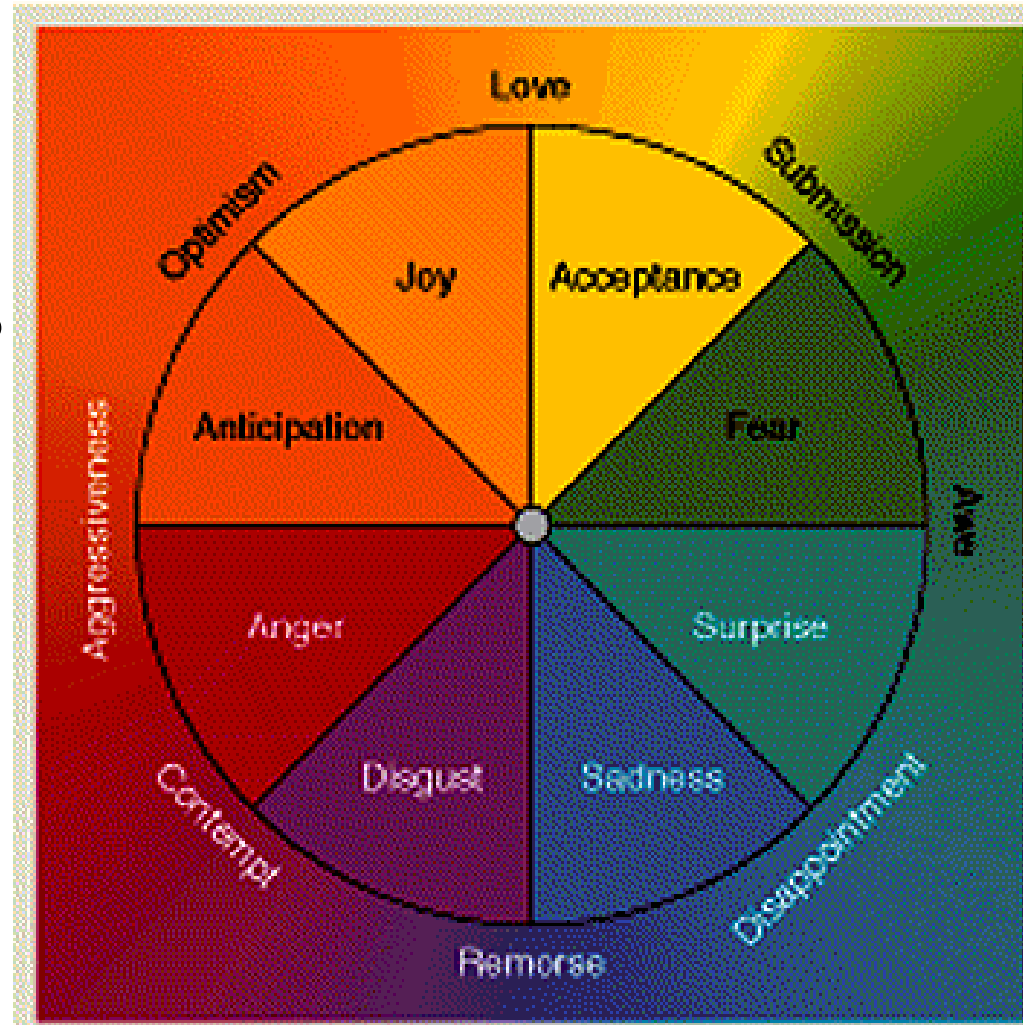
Extremely Complicated!



Plutchik

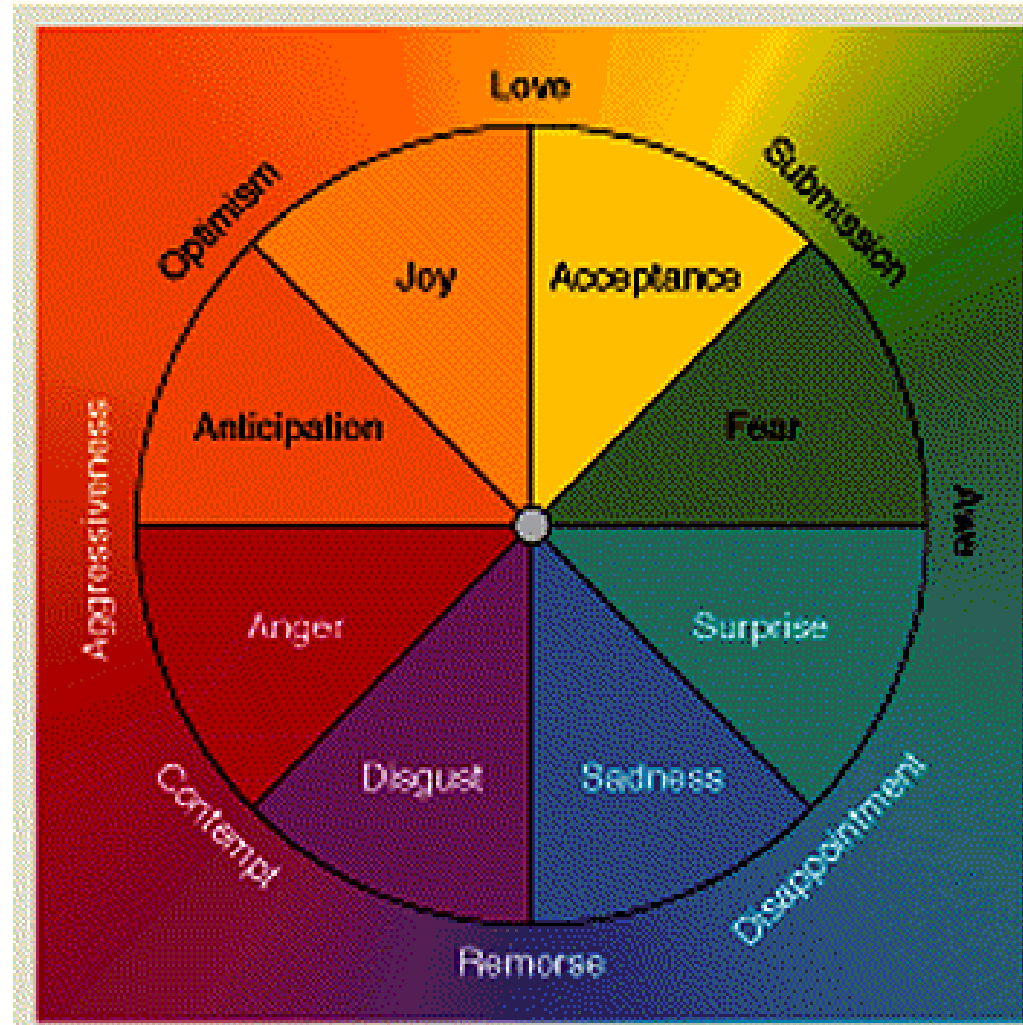
#1: 8 Primary Emotions

- Basic emotions
- Inside “slices”
- All others are based on these



Plutchik

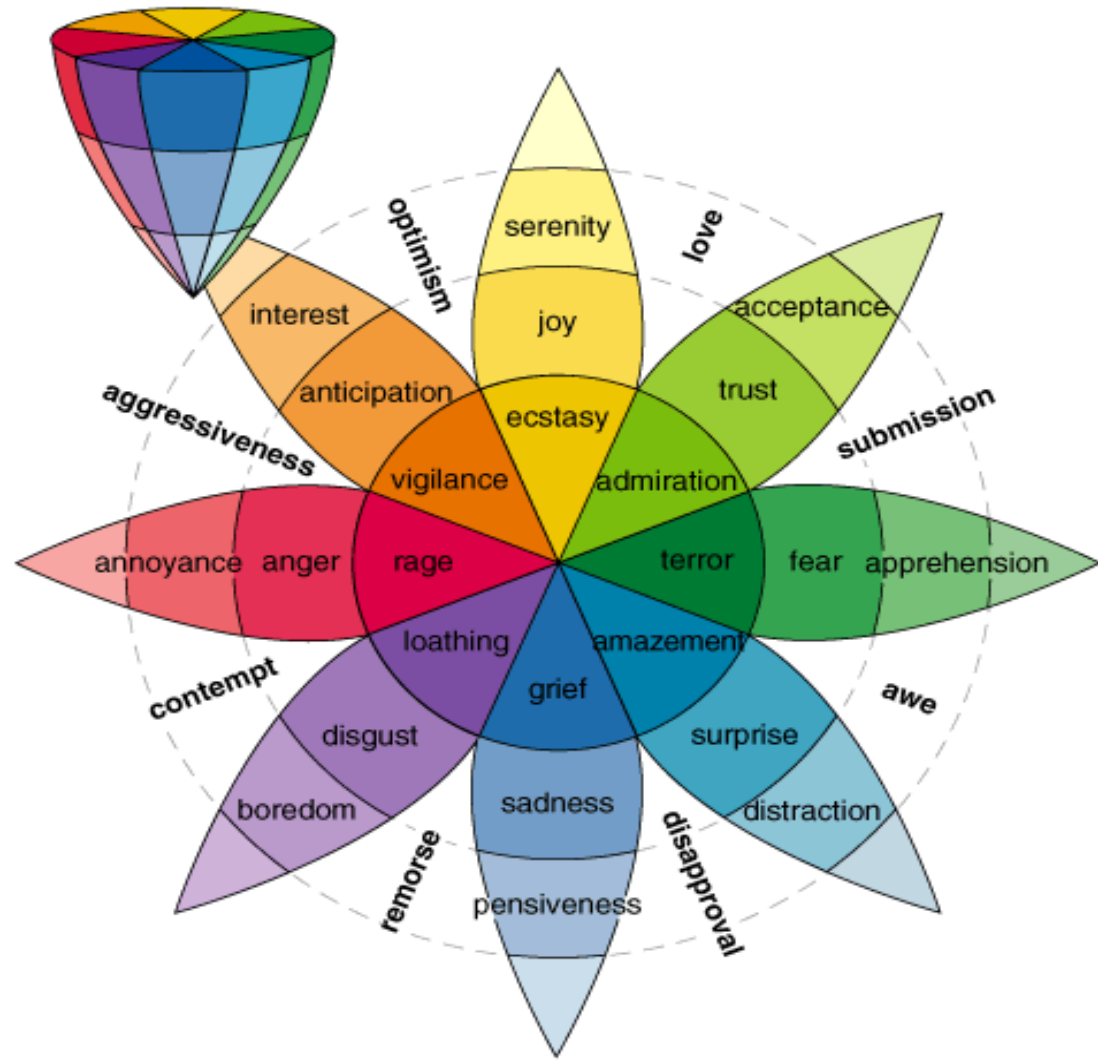
- #2: 8 Secondary Emotions
- Combinations of basic emotions
- Outside indicators



Plutchik

#3: Emotional Intensity

Every
emotion
exists
along a
continuu
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- ▮ #4: Emotional combinations (secondary; tertiary, etc.)
- ▮ #5: Conscious vs. unconscious emotions



Aspects of Emotion



■ # 1: Physiological Changes

- Every emotion has physiological parallels

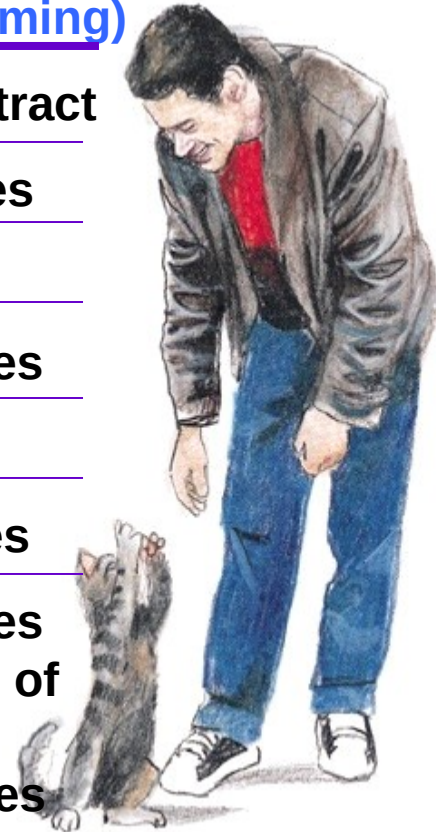
Emotional Arousal

Autonomic nervous system controls
physiological arousal

**Sympathetic
division (arousing)**

**Parasympathetic
division (calming)**

Pupils dilate	EYES	Pupils contract
Decreases	SALIVATION	Increases
Perspires	SKIN	Dries
Increases	RESPIRATION	Decreases
Accelerates	HEART	Slows
Inhibits	DIGESTION	Activates
Secrete stress hormones	ADRENAL GLANDS	Decreases secretion of stress hormones



“Lie” Detectors

□ Polygraph

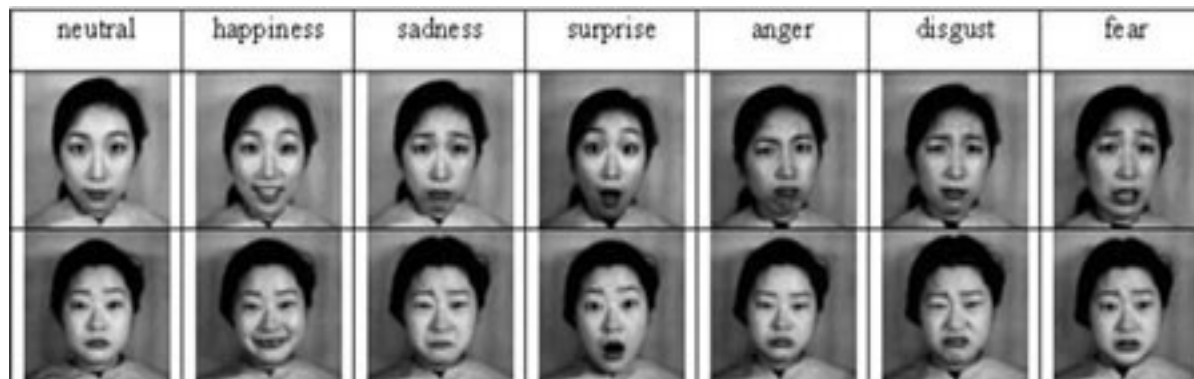
- machine commonly used in attempts to detect lies
- measures several arousal responses that accompany emotion
 - perspiration
 - heart rate
 - blood pressure
 - breathing changes



Aspects of Emotion

□ # 2: Emotional Expression

- Every emotion has expressive parallels
- Relatively apparent or hidden



Expressing Emotion

□ Culturally universal expressions



Emotional “Display” Rules

1. Cultural Display Rules



2. Family Display Rules

Emotional “Display” Rules

3. Vocational Display Rules



4. “Need-of-the-moment” Display Rules

Aspects of Emotion



- | # 3: Emotional Experience
- | The subjective feelings

Experiencing Emotion

■ Subjective Well-Being

- self-perceived happiness or satisfaction with life
- used along with measures of objective well-being
 - physical and economic indicators to evaluate people's quality of life



Experiencing Emotion

Researchers Have Found That Happy People Tend to

However, Happiness Seems Not Much Related to Other Factors, Such as

**Have high self-esteem
(in individualistic countries)**

Age

Be optimistic, outgoing, and agreeable

Gender (women are more often depressed, but also more often joyful)

Have close friendships or a satisfying marriage

Education levels

Have work and leisure that engage their skills

Parenthood (having children or not)

Have a meaningful religious faith

Physical attractiveness

Sleep well and exercise

Aspects of Emotion



- # 4: Emotional Interpretation
 - The meaning given to an emotion