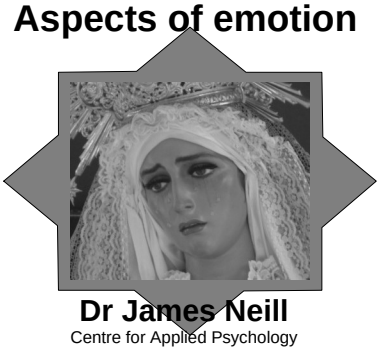
Motivation & Emotion

Aspects of emotion



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2011

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Aspects of emotion

(Emotion Part 2):

Biological, cognitive & socio-cultural aspects)

Reading:

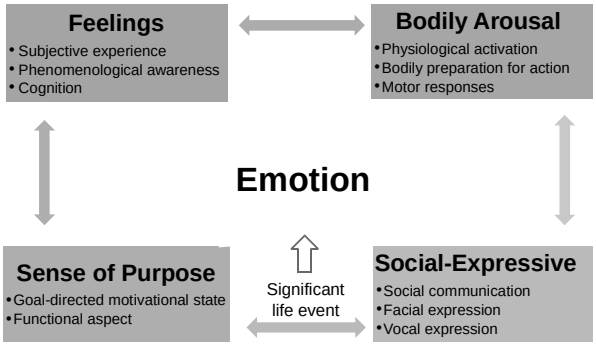
Reeve (2009)
Ch 12
(pp. 329-364)

Review of last lecture:

Five perennial questions about emotion

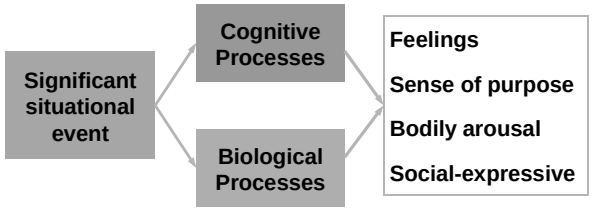
1. What is an emotion?
2. What causes an emotion?
3. How many emotions are there?
4. What good are the emotions?
5. What is the difference between emotion & mood?

What is an emotion?



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

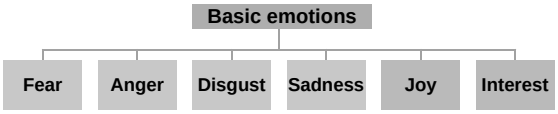
What causes an emotion?



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

Basic emotions

(Families/clusters of emotions)



-ve emotion themes

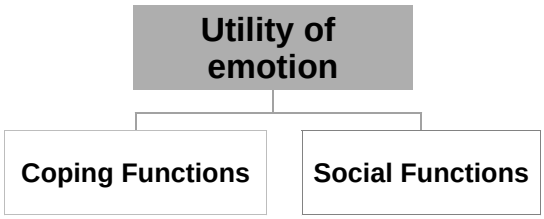
Threat and harm.
Potential of threatening and harmful events causes fear.
In fighting off or rejecting them we experience anger and disgust.
After they occur, there is sadness

+ve emotion themes

Motive involvement (Interest) & satisfaction (Joy)

Based on Reeve (2009, pp. 312-317)

What good are the emotions?



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

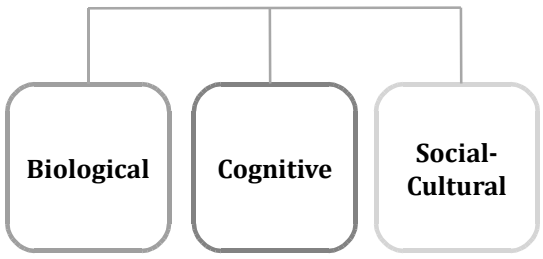
Based on Reeve (2009, pp. 317-320)

What is the difference between emotion & mood?

Criteria	Emotions	Moods
Antecedents	Significant life events	Ill-defined
Action-Specificity	Specific	Influence cognition
Time course	Short-lived	Long-lived

Based on Reeve (2009, p. 322)

Three central aspects of emotion



Based on Reeve (2009, p. 329)

Outline – Aspects of emotion

- Biological
  - James-Lange theory
  - Contemporary perspective
  - Differential emtions theory
  - Facial feedback hypothesis
- Cognitive
  - Appraisal
  - Complex appraisal
  - Appraisal process
  - Emotion knwoledge
  - 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
or
Stimulus → Bodily reaction → Emotion

James-Lange theory of emotion:
Two hypotheses

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)

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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.

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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.

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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.

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Neural activation

•Neural firing: The pattern of electrocortical activity (in the brain) at any time
•Different emotions are activated by different rates of cortical neural firing

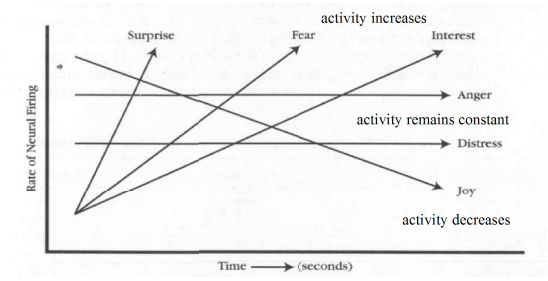

Figure 12.1 Emotion Activation as a Function of Changes in the rate of Neural Firing
Based on Reeve (2009, Figure 12.1, p. 335; Source: Tomkins (1970))

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.

Based on Reeve (2009, p. 335)

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Izard's 10 fundamental emotions
(Differential emotions theory)

Positive Emotions	Neutral Emotions	Negative Emotions
Interest	Surprise	Fear
Joy		Anger
		Disgust
		Distress
		Contempt
		Shame
		Guilt

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

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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)

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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

e.g., Does smiling make you happy?

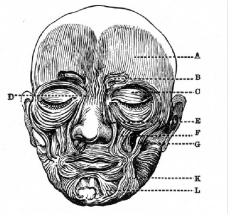
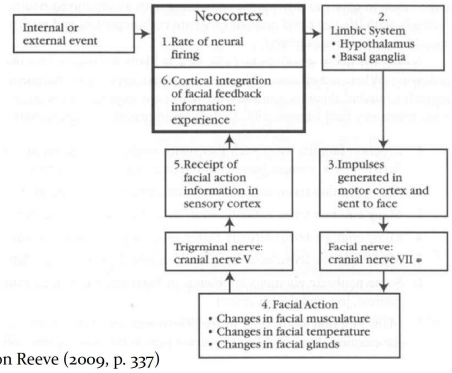


FIG. 1.—Diagram of the muscles of the face, from Sir C. Bell.

Facial feedback hypothesis

Figure 12.2 Sequence of the Emotion –Activating Events According to the Facial Feedback Hypothesis



Based on Reeve (2009, p. 337)

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.

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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)

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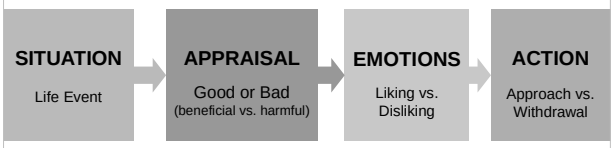
Appraisal theory of emotion

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

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

SITUATION
Life Event

Appraisal	Emotion
Type of Benefit	
• Making progress toward a goal	• Happiness
• Taking credit for an achievement	• Pride
• Improving on a distressing condition	• Pride
• Believing a desired outcome is possible	• Hope
• Desiring or participating in affection	• Love
• Being moved by another's suffering	• Compassion
• Appreciating an altruistic gift	• Gratitude
Type of Harm	
• Being demeaned by a personal offense	• Anger
• Transgressing a moral imperative	• Guilt
• Failing to live up to an ego ideal	• Shame
• Experiencing an irrevocable loss	• Sadness
• Taking in an indigestible object or idea	• Disgust
Type of Threat	
• Facing an uncertain, unspecific threat	
• Facing immediate, overwhelming danger	• Anxiety • Fright
• Wanting what someone else has	• Envy
• Resenting a rival for one's own loss	• Jealousy

Based on Reeve (2009, p. 347)

Primary appraisal involves an estimate of whether one has anything at stake in the encounter. (Is it important to my well-being?)

Appraisal model of emotion

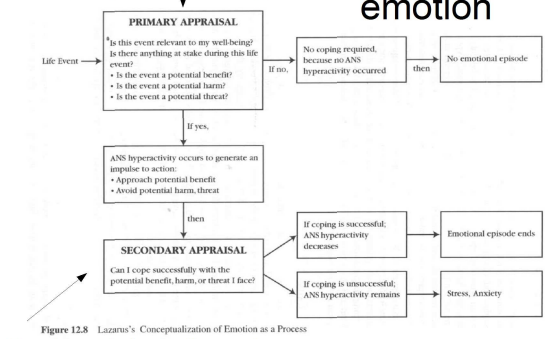


Figure 12.8 Lazarus's Conceptualization of Emotion as a Process

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

Based on Reeve (2009, p. 349)

Emotion differentiation

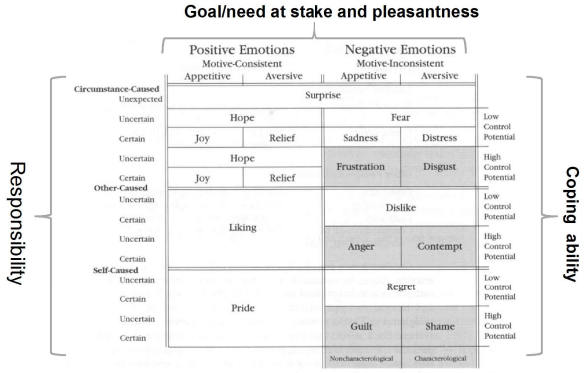


Figure 12.10 Decision Tree of Six Dimensions of Appraisal to Differentiate Among 17 Emotions Based on Reeve (2009, p. 351)

Appraisal theory of emotion

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

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.

Attributions

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

Attribution theory of emotion

The attribution roots to the seven emotions.

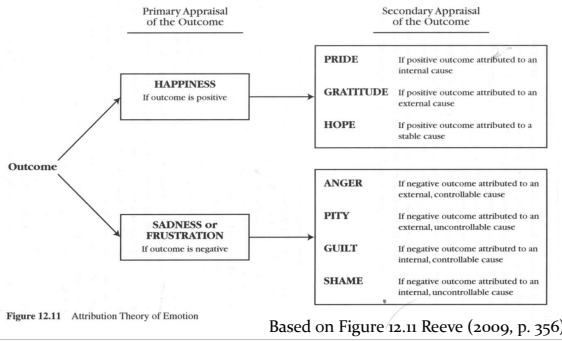
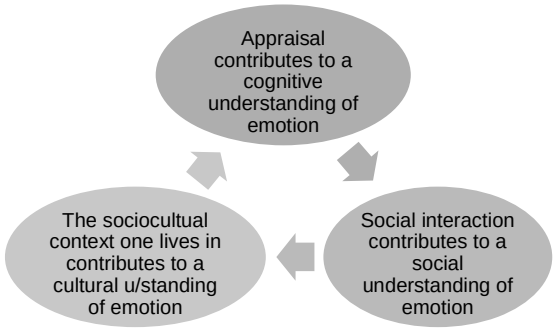


Figure 12.11 Attribution Theory of Emotion

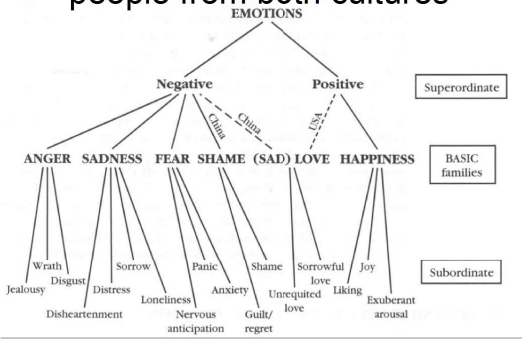
Based on Figure 12.11 Reeve (2009, p. 356)

Social & cultural aspects of emotion



Based on Reeve (2009, p. 357)

Similar & dissimilar basic emotions for people from both cultures



Based on Reeve, Figure 12.13 Cluster Analysis of Basic Emotion Families in Chinese and English (2009, p. 357)

Social & cultural aspects of emotion

Emotion Knowledge	Expression management	Emotion management
Other people and cultures in general instruct us about the causes of our emotions	How we should express out emotions	When to control our emotions

Based on Reeve (2009, pp. *)

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Socio-cultural aspects of emotion

1. Mimicry
2. Feeback
3. Contagion
4. Emotional socialisation
5. Managing emotions

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Upcoming lectures

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

References

- Reeve, J. (2009). *Understanding motivation and emotion* (5th ed.). Hoboken, NJ: Wiley.
- Tomkins, S. S. (1970) Affect as the primary motivational system. In M. B. Arnold (ed.), *Feelings and emotions* (pp. 101-110). New York: Academic Press.

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