

Foundations of Psychology

Emotion 1: lecture notes 2012

BESC 1126/1381

By the end of this module you should be able to:

- Identify and discuss the three components of an emotional response
- Describe briefly the role of the autonomic nervous system in the production and experience of emotions
- Explain and contrast the common-sense view of emotion with the theories of James-Lange, Canon-Bard, Schachter-Singer, and LeDoux
- Compare the psychodynamic, cognitive, and evolutionary perspectives on emotion

1. What is emotion?

Burton et al. (2012) define emotion as “a positive or negative feeling state that typically includes arousal, subjective experience and behavioural expression” (p.366).

Emotions therefore have three components:

- _____ arousal
- _____ experience
- _____ change (affect)

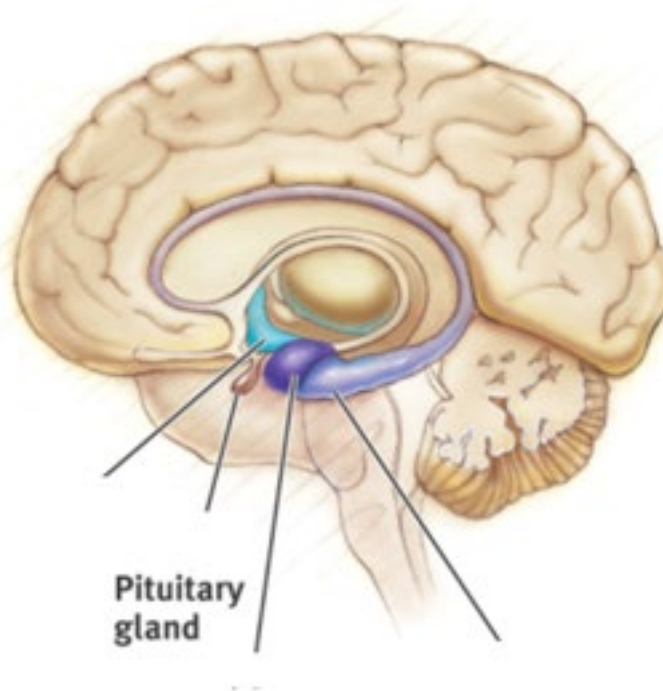
Distinguishing emotion and mood

	Emotion	Mood
Cause		
Duration		

Emotion	Possible stimulus
	<ul style="list-style-type: none"> • Prevented from doing something you want • Any threat or danger
Sadness	<ul style="list-style-type: none"> • Something gruesome, awful • A sudden unexpected event

1.1 Physiological arousal

- the autonomic nervous system
- the _____ system



Research: The happy rats (Olds & Milner, 1954)

1.2 Subjective experience

We can rate our subjective emotional experience on a range of dimensions including:

- positive/negative
- intensity
- control

Robert Plutchik’s (1980) circumplex

Three key points:

- similarity
- _____
- mixed emotions

1.3 Emotional behaviour

The human face can make _____ different expressions.

Research: Unmasking the Face: A Guide to Recognising Emotions from Facial Expressions (Ekman & Friesen, 1975)

- _____ fundamental expressions consistently identified across cultures: emotions

The communicative function of emotional behaviour

- Charles Darwin’s work in the late _____

Research: The monkey study (Izard, 1975)

- Moebius syndrome

2. How can emotion be explained theoretically?

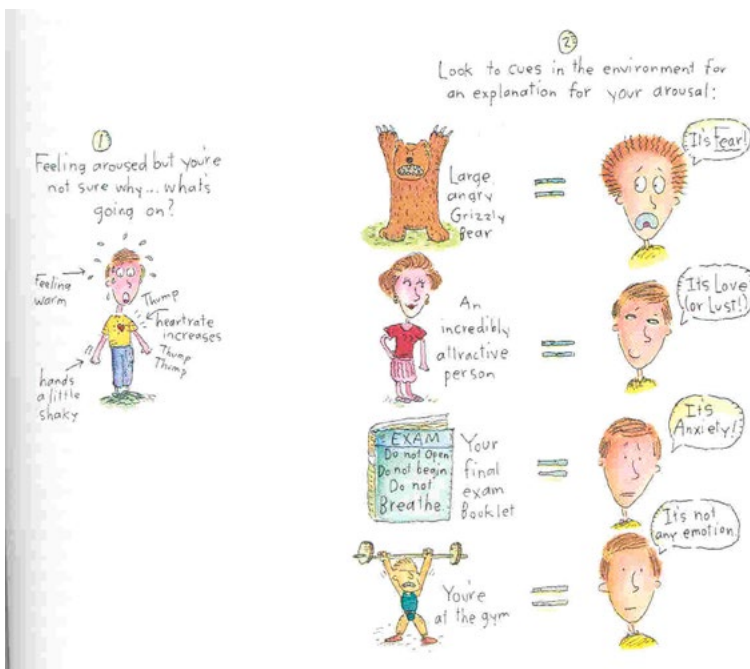
2.1 The common sense approach

2.2 The James-Lange theory

Critical responses:

- Physiological arousal can occur _____ associated emotions
- Physiological changes are _____ for range of intense emotions
- Some physiological changes accompanying emotion are quite _____

2.3 The Schachter-Singer two-factor theory



Critical responses:

- One of the most influential and widely cited studies in psychology
- Many studies have failed to support/qualified the theory
- When cause is not obvious we tend to interpret emotions _____
- Effect of _____ arousal

2.4 Evolutionary theory: LeDoux's emotional brain

Critical responses:

- Can the theory be applied to emotions other than _____?