

MOTIVATION & EMOTION

Nature of emotion



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Image source **1**

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Nature of emotion

Reading:
Reeve (2018)
Ch 12
(pp. 285-311)

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Outline – Nature of emotion

- What is an emotion?
 - Key questions
 - Definition
 - Emotion & motivation
- What causes an emotion?
 - Two-systems view
 - Chicken-&-egg problem
 - What ends an emotion?
- How many emotions?
 - Biological perspective
 - Cognitive perspective
 - Reconciliation of #s
- What good are emotions?
 - Coping functions
 - Social functions
 - Why we have emotions
- Can we control our emotions?
 - Emotion regulation strategies
- Difference between emotion & mood?
 - Everyday mood
 - Positive affect

Based on Reeve (2018, p. 285) **3**

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Key questions

1. What is an emotion?
2. What causes an emotion?
3. How many emotions are there?
4. What good are the emotions?
5. Can we control our emotions?
6. What is the difference between emotion and mood?

Based on Reeve (2018, p. 286)

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Question 1

What is an emotion?

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Feeling All the Feels: Crash Course Psychology #25

Youtube

(00:00 - 2:01 mins)

<https://www.youtube.com/embed/gAMbkJk6gnE?end=121>



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Emotions and the brain

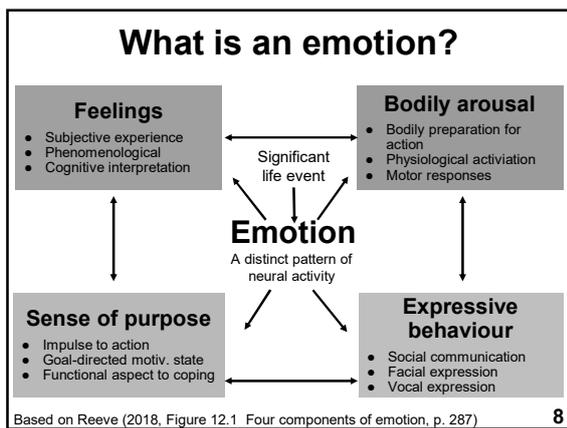


The Emotional Brain

Video: (2:02 mins)

<https://www.youtube.com/watch?v=xNY0AAUtH3g>

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Based on Reeve (2018, Figure 12.1 Four components of emotion, p. 287)

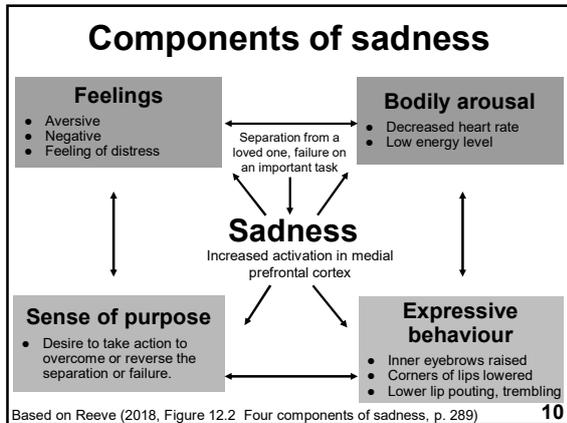
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Components of emotion

- **Feelings:** Subjectively felt experience that has meaning, personal significance, and levels of intensity and quality.
- **Bodily Arousal:** Neural (brain), physiological (heart rate, hormones), and body (posture, musculature) activation prepares the body for adaptive coping behavior.
- **Sense of Purpose:** Goal-directed motivation to do something specific (to cope successfully with the significant life event).
- **Expressive Behaviour:** Public expression of our private state through facial expressions, voice intonations, gestures, and posture.

Based on Reeve (2018, pp. 287-288)

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Definition of emotion

“short-lived, feeling-purposeful-expressive-bodily responses that help us adapt to the opportunities and challenges we face during important life events”

Based on Reeve (2018, pp. 288) **11**

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Definition of emotion

“synchronised brain-based systems that coordinate feeling, bodily response, purpose, and expression so as to ready the individual to adapt successfully to life circumstances”

Based on Reeve (2018, p. 289) **12**

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Relationship between motivation & emotion

- **Emotion as motivation:**
Emotions are one type of motive which energises and directs behaviour.
- **Emotion as readout:**
Emotions serve as an ongoing “readout” system to indicate how well or poorly personal adaptation is going.

Based on Reeve (2018, pp. 290-291) 13

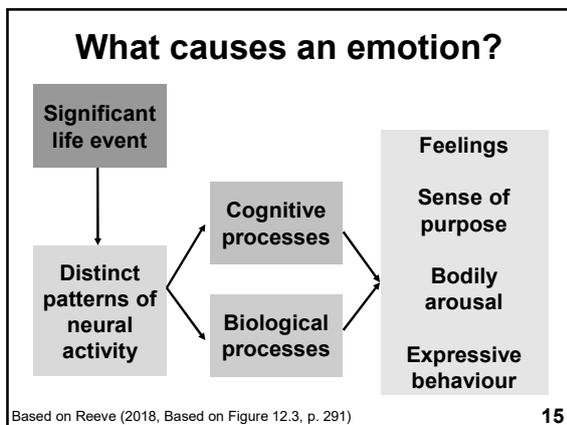
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Question 2

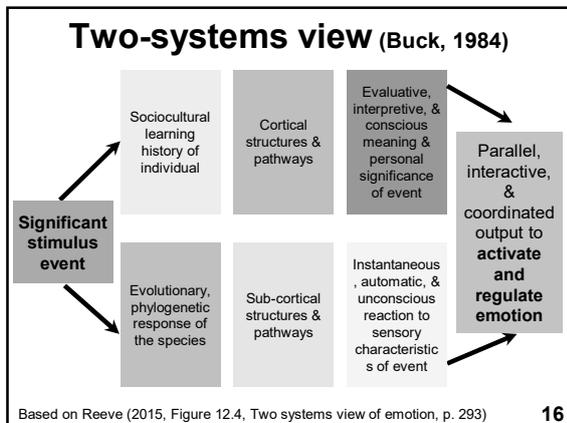
What causes an emotion?

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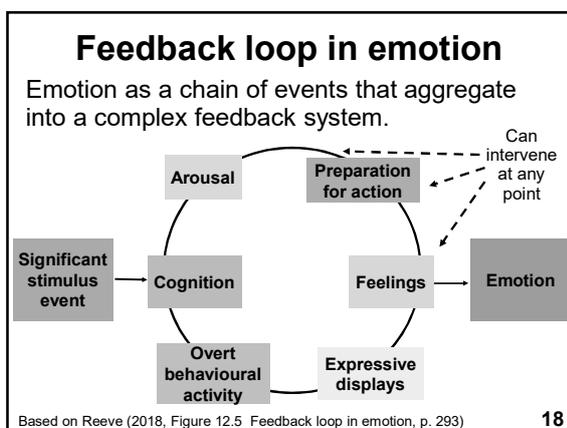
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- ### Other two-systems views
- Levenson (1994)
 - the two systems influence one another
 - Panksepp (1994)
 - some emotions are primarily from the biological system (e.g., fear and anger), whilst
 - other emotions arise from experience, modeling and culture (e.g., gratitude and hope).
- Based on Reeve (2018, p. 293) **17**

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What ends an emotion?

- Removal of the significant life event that activated the emotion in the first place.
- Person engages in coping behaviour that successfully manages and alters (or removes) the significant life event.

Based on Reeve (2018, pp. 293-294) **19**

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Biology and cognition in emotion

Biology is causal core of emotion	Cognitive activity required for emotion
■ Izard (1989)	■ Lazarus (1984, 1991)
■ Ekman (1992)	■ Scherer (1994, 1997)
■ Panksepp (1982, 1994)	■ Weiner (1986)

Based on Reeve (2018, pp. 294-297) **20**

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Question 3

How many emotions are there?

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Meet Riley's Emotions - Inside Out (2015)



Video: (3:08 mins)

<https://www.youtube.com/watch?v=puXSw8yrVnI> **22**

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How many emotions are there?

Biological perspective	Cognitive perspective
<ul style="list-style-type: none">■ 2 to 8■ Emphasises primary emotions (e.g., anger, fear)	<ul style="list-style-type: none">■ Unlimited■ Acknowledges importance of primary emotions, but stresses complex (secondary, acquired) emotions

Based on Reeve (2018, pp. 297-299) **23**

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Wheel of emotions (Plutchik)

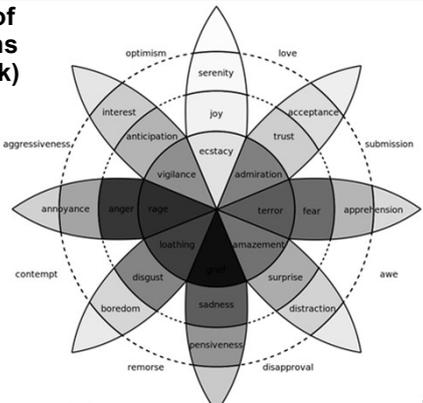


Image source: <https://commons.wikimedia.org/wiki/File:Plutchik-wheel.svg> **24**

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Basic emotions

Responses to significant life events

Fear	Anger	Dis-gust	Sad-ness	Inter-est	Joy
potential of threat and harm	fighting off threat and harm	rejecting threat and harm	after threat and harm	motive involvement	satis-faction

Response to threat and harm Response to involvement and satisfaction

Based on Reeve (2018, pp. 294-295) **25**

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Basic emotions criteria

1. Distinct facial expression
2. Distinct pattern of physiology
3. Automatic (unlearned) appraisal
4. Distinct antecedent cause
5. Inescapable (inevitable) activation
6. Presence in other primates
7. Rapid onset
8. Brief duration
9. Distinctive subjective feeling state
10. Distinctive cognition (e.g., thoughts, images)

Based on Reeve (2018, p. 297) **26**

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Basic emotion exclusion reasons

1. Experience-based derivative of a basic emotion (e.g., anxiety is a derivative of fear)
2. Mood (e.g., irritation)
3. Attitudes (e.g., hatred)
4. Personality traits (e.g., hostile)
5. Disorders (e.g., depression)
6. Blends (e.g., love = interest + joy)
7. Aspect of emotion (e.g., a cause (such as homesickness) or consequence (such as avoidance))

Based on Reeve (2018, p. 298) **27**

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What is an emotion?
(Ekman)



Video: (7:35 mins)
https://www.youtube.com/watch?v=gaZDLOAg_Po

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Question 4

What good are the emotions?

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What good are the emotions?

Utility of emotion:

Coping functions
→ adapt better to life event

Social functions
→ make social interactions better

Based on Reeve (2019, pp. 299-301)

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There is no such thing as a bad emotion

- “Negative” emotions are unpleasant or aversive
- However, there is no such thing as a “bad” emotion
- All emotions serve an adaptive, functional purpose.

Based on Reeve (2018, p. 300) 31

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Function of each basic emotion

Fundamental Life Task	Emotion	Coping Function
Goal progress, attainment	Joy	Soothe, play
Separation or failure	Sadness	Reverse the separation or failure
Interference with goal pursuits	Anger	Overcome barriers and restrictions
Threat or danger present	Fear	Protect, avoid
Spoiled object	Disgust	Repulsion
Novelty, need-involvement	Interest	Explore, take in information
Achievement	Pride	Acquire skills, persist
Judging another as inferior	Contempt	Maintain the social hierarchy
Feelings of inferiority	Shame	Protect, restore the self
Behaving inadequately	Guilt	Reconsider and change behavior

Based on Reeve (2018, Table 12.2, p. 353) 32

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Coping functions of emotion

- Emotions help people deal with fundamental life tasks (universal human predicaments such as threat, obstacles, loss, and achievement).
- When encountering a fundamental life task, we have an ingrained, automated way of coping that is generally effective.
- We can learn to cope more effectively, but basic emotional reactions are a good (although sometimes too primitive) start to solving fundamental life tasks.

Based on Reeve (2018, pp. 299-300) 33

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Social functions of emotion

- Communicate our feelings to others: e.g., infants, caregivers.
- Influence how others interact with us: Emotional expressions let others predict how we will respond to them
- Invite and facilitate social interaction: e.g., a social smile says, "I am friendly; I would like us to be friends."
- Create, maintain, & dissolve relationships: e.g., joy brings us together, anger breaks a relationship

Based on Reeve (2018, pp. 300-301) **34**

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Question 5

Can we control our emotions?

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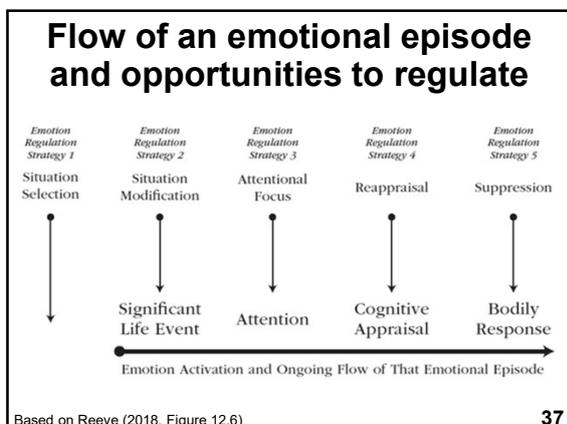
Emotion regulation

Process in which a person seeks to understand and manage:

- which emotion is experienced
- when it is experienced
- how it is experienced
- how it is expressed publically

Based on Reeve (2018, pp. 299-300) **36**

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- ### Emotion regulation strategies
1. **Situation selection:** taking action to make an emotional experience more or less likely.
 2. **Situation modification:** problem-focused coping, efforts to establish control, and searching for social support.
 3. **Attentional focus:** redirecting attention within the situation.
 4. **Reappraisal:** changing the way one thinks about the situation to modify the emotional impact.
 5. **Suppression:** down-regulating one or more of the aspects of emotion (bodily arousal, cognitive, purposive, expressive).
- Based on Reeve (2018, pp. 304-306) 38

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- ### Situation selection
- Taking action to make an emotional experience more or less likely.
 - What to do, where to go, who to spend time with, which activities to engage, what do to after work, during free time, etc.
 - By selecting one situation over another, we preselect which life events we encounter (e.g., friend → joy; job interview → interest, fear, regret).
 - Strategic effort to prevent an emotion from launching (e.g., "If I go there, I'll feel sad. So, I won't go.")
- Based on Reeve (2018, p. 304) **39**

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Situation modification

- Problem-focused coping - efforts to establish primary control over a situation e.g., via search for social support.
- Emotion-eliciting events unfold over time. A confrontation with a bully starts with fear, but we can express challenge or appeasement, tell a joke, hurl an insult, bring along a big friend, etc.
- Conversations that begin as heated arguments don't have to stay breeding grounds for anger, resentment, and contempt. People can apologise, show concern, offer support, solicit advice, behave in a prosocial rather than antisocial way.

Based on Reeve (2018, p. 304) **40**

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Attentional focus

- Redirect one's attention within the situation.
- There are multiple aspects of an experience one might attend to e.g., sitting in class: attend to content of lecture, presenter's funny clothes, person sitting next to you, room temperature, what is happening outside the window, your smartphone, surf the web, doodling.
- Distraction is a common, effective strategy. Doodling, for instance, lessens negative emotionality.
- Rumination increases the intensity and duration of negative emotionality.

Based on Reeve (2018, pp. 304-305) **41**

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Reappraisal

- Changing thinking about an emotion-eliciting situation in order to modify its emotional impact.
- Involves changing the meaning of the situation.
- If someone bumps into you, you may feel angry, but could reappraise as empathy or pity.
- Even tragic events (e.g., cancer diagnosis) can be a catalyst to "bring me closer to my loved ones" or "discover the meaning of life".
- Negative functional reappraisal: Event bad, but not tragic (e.g., "Frustrating to be hassled, but can stand it.")

Based on Reeve (2018, p. 305) **42**

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Suppression

- Down-regulation of emotional experience, including feeling, bodily activation, sense of purpose, or expression.
- Mostly involves “do nots”, as in do not laugh at the politically incorrect joke, do not show anger at the boss, do not cry at the sad movie, do not show fear during the job interview.
- Tends to backfire. Trying to suppress an emotion or its components usually produces more, not less of the emotion.
- Blunt strategy. What works best is a flexible, situation-specific, and situationally-sensitive intervention effort.

Based on Reeve (2018, pp. 305-306) **43**

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Lie detection – Lie to me trailer



Video: (2:07 mins)

<http://www.youtube.com/watch?v=GVG5AwZph-s> **44**

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Question 6

**What is the difference
between emotion and
mood?**

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Mood

- Mild, long-lasting, everyday, low-level, general way of feeling.
- Affect is a synonym.
- Positive affect = pleasant engagement. Reward-driven, appetitive motivational system.
- Negative affect = unpleasant engagement. Punishment-driven, aversive motivational system.

Based on Reeve (2018, p. 306) 46

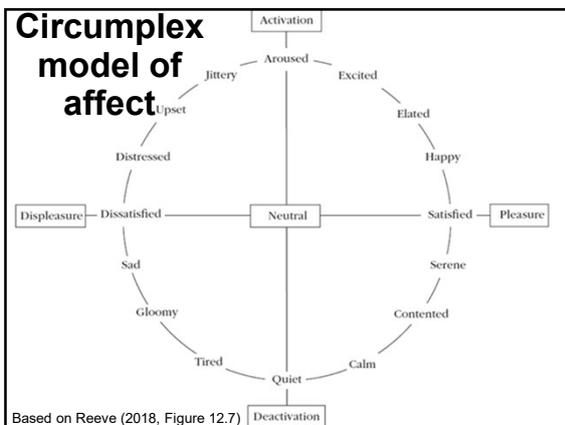
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Core affect

- The neurophysiological state is consciously accessible as the simplest raw (non-reflective) feelings evident in moods, emotions, and feeling.
- Affect is a blend of Valence and Arousal → Circumplex model of affect

Based on Reeve (2018, pp. 306-307) 47

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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 (2018, p. 306) 49

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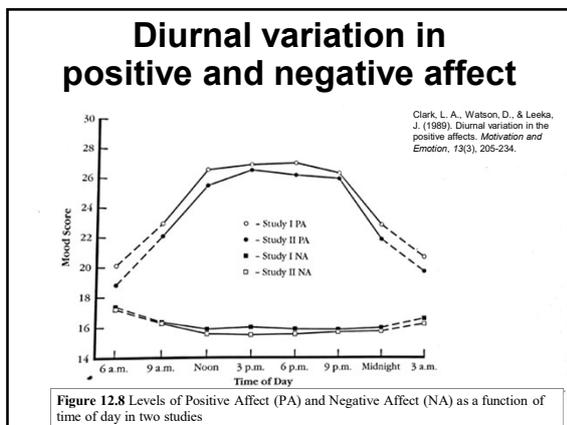
Everyday mood

Positive affect and negative affect are independent ways of feeling.

Positive affect	Negative affect
<ul style="list-style-type: none"> ● Pleasurable engagement ● Reward-driven, appetitive ● Approach behaviour ● Dopaminergic pathways 	<ul style="list-style-type: none"> ● Unpleasant engagement ● Punishment-driven, aversive ● Withdrawal behaviour ● Serotonergic & noradrenergic pathways

Based on Reeve (2018, pp. 307-308) 50

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Positive affect

Everyday, low-level,
general state of feeling good.

Benefits of feeling good:

- Prosocial behaviour
- Creativity
- Decision-making efficiency
- Sociability
- Persistence in the face of failure

Based on Reeve (2018, pp. 309-310) **52**

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Summary

- Emotion components:
feeling, body, motivational, expressive
- Emotions arise from activation of neural
circuits in the sub-cortical brain
- Biological: small set of core emotions;
Cognitive: many more emotions
- Emotions help us cope, communicate, and
adapt
- Emotions are often automatic, but we can
learn to self-regulate
- Emotion is short-lasting; mood is longer-
lasting

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Next lecture 

Aspects of emotion (Ch 13)

- Biological
- Cognitive
- Social and cultural

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References

- Reeve, J. (2015). *Understanding motivation and emotion* (6th ed.). Hoboken, NJ: Wiley.
- Reeve, J. (2018). *Understanding motivation and emotion* (7th ed.). Hoboken, NJ: Wiley.

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