

Reading: Reeve (2018)

> Ch 12 (pp. 285-311)

Outline - Nature of emotion

- - Key questions
 - Definition
 - Emotion & motivation
- What causes an emotion?
 - Two-systems view
 - Chicken-&-egg problem
- How many emotions?
 - Biological perspective ■ Cognitive perspective
 - Reconciliation of #s

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- What is an emotion? What good are emotions?
 - Coping functions
 - Social functions
 - Why we have emotions
 - Can we control our emotions?
 - Emotion regulation strategies
 - What ends an emotion? Difference between
 - emotion & mood? ■ Everyday mood
 - Positive affect

Based on Reeve (2018, p. 285) 3

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?

Feeling All the Feels: Crash Course Psychology #25

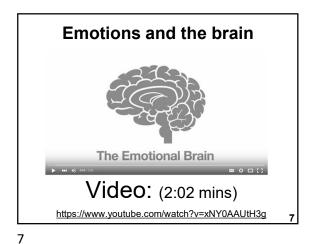
Youtube

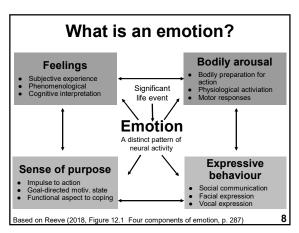
(00:00 - 2:01 mins)

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



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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)

Feelings Aversive Negative Feeling of distress Separation from a loved one, failure on an important task Sadness Increased activation in medial prefrontal cortex Sense of purpose Desire to take action to overcome or reverse the separation or failure. Expressive behaviour Inner eyebrows raised of Corners of lips lowered Corners of lips

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Definition of emotion

"short-lived, feeling-purposiveexpressive-bodily responses that help us adapt to the opportunities and challenges we face during important life events"

Based on Reeve (2018, pp. 288)

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"

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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)

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What causes an emotion?

Two-systems view (Buck, 1984)

Cortical structures &

pathways

Sub-cortical structures &

pathways

Sociocultural

learning history of

individual

Evolutionary, phylogenetic response of

the species

nterpretive, & conscious meaning & personal

significance of event

Instantaneous

unconscious reaction to

sensory

characteristic

automatic. &

Parallel,

interactive,

coordinated

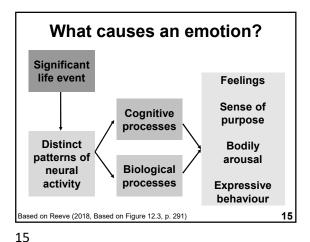
activate

and

regulate emotion

Question 2

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Based on Reeve (2015, Figure 12.4, Two systems view of emotion, p. 293)

Significant stimulus

event

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**

Feedback loop in emotion Emotion as a chain of events that aggregate into a complex feedback system. intervene Preparation Arousal point Significant stimulus Cognition Feelings **Emotion** event **Expressive** behavioural displays activity Based on Reeve (2018, Figure 12.5 Feedback loop in emotion, p. 293) 18

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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)

1 Reeve (2016, pp. 293-294)

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)

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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

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How many emotions are there?

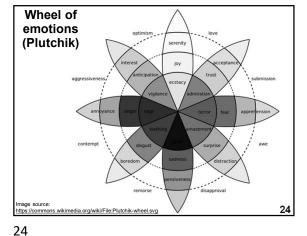
Biological perspective

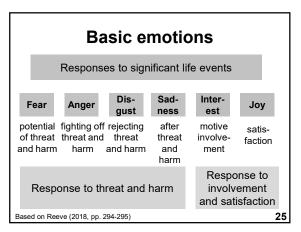
Cognitive perspective

- 2 to 8
- Unlimited
- Emphasises primary Acknowledges emotions (e.g., importance of anger, fear) primary emotion
 - Acknowledges importance of primary emotions, but stresses complex (secondary, acquired) emotions

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

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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)

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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)
- Aspect of emotion
 (e.g., a cause (such as homesickness) or
 consequence (such as avoidance))

Based on Reeve (2018, p. 298)

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)

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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)

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Question 5

Can we control our emotions?

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Social functions of emotion Communicate our feelings to others: e.g.,

Function of each basic emotion

Pride

Contempt

Shame

Emotion Coping Function

Soothe, play

Protect, avoid

Repulsion

Reverse the separation or failure

Explore, take in information

Maintain the social hierarchy

Reconsider and change behavior

Protect, restore the self

Acquire skills, persist

Overcome barriers and restrictions

Fundamental Life Task

Goal progress, attainment

Threat or danger present

ludging another as inferior

Feelings of inferiority

Behaving inadequately

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

Interference with goal pursuits

Separation or failure

Spoiled object

- 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)

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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)

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Flow of an emotional episode and opportunities to regulate Emotion Regulation Regulation Regulation Strategy 1 Strategy 2 Strategy 3 Strategy 4 Strategy 2 Strategy 3 Strategy 4 Strategy 5 Strategy 6 Strategy 7 Strategy 7 Strategy 7 Strategy 8 Reappraisal Suppression Significant Life Event Attention Attentional Focus Response Emotion Activation and Ongoing Flow of That Emotional Episode Based on Reeve (2018, Figure 12.6)

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)

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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

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

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

Lie detection - Lie to me trailer



Video: (2:07 mins)

http://www.youtube.com/watch?v=GVG5AwZph-s

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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.

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- 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

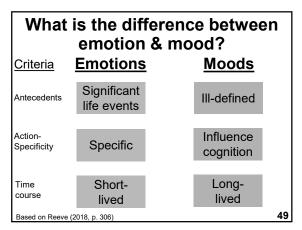
Based on Reeve (2018, pp. 306-307) 47

Circumplex
model of Aroused Elated
Distressed Happy
Displeasure Dissatisfied Neutral Serene
Sad Serene
Contented

Based on Reeve (2018, Figure 12.7)
Deactivation

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Everyday mood

Positive affect and negative affect are independent ways of feeling.

Positive affect

- Pleasurable Unpleasant engagement
- Reward-driven, appetitive
- Approach behaviour
- Dopaminergic pathways
- engagement
- Punishment-driven, aversive
- Withdrawal behaviour

Negative affect

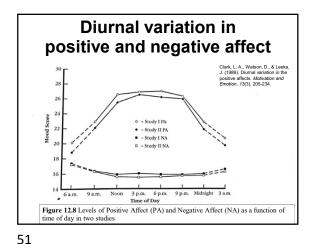
 Serotonergic & noradrenergic pathways

ed on Reeve (2018, pp. 307-308)

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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

sed on Reeve (2018, pp. 309-310)

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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 longerlasting

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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