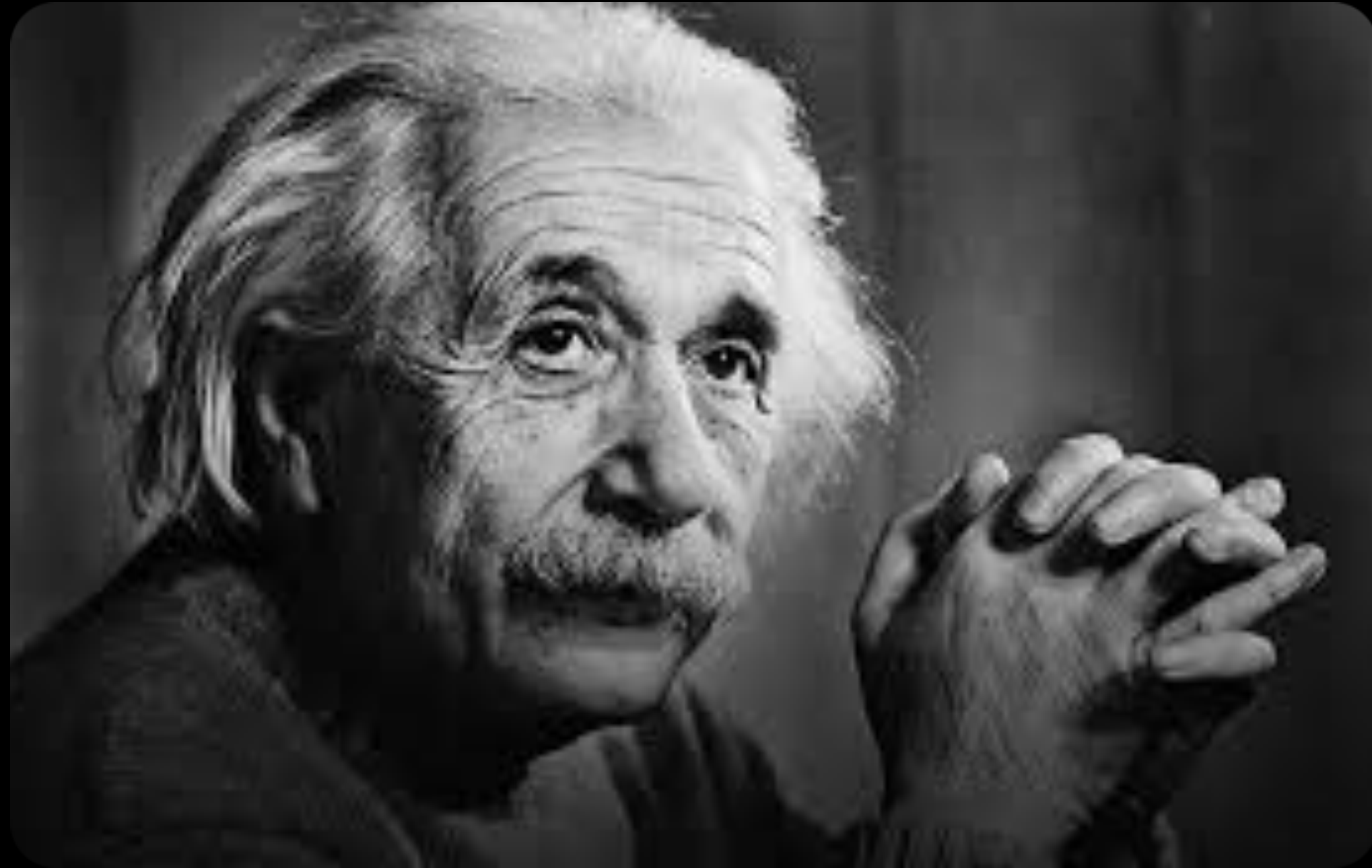


# Human Emotion

Psychology 3131  
Professor June Gruber





*“The most beautiful thing we can experience is the mysterious. It is the fundamental emotion that stands at the cradle of true art and true science.”*

*- Albert Einstein*

# Human Emotion

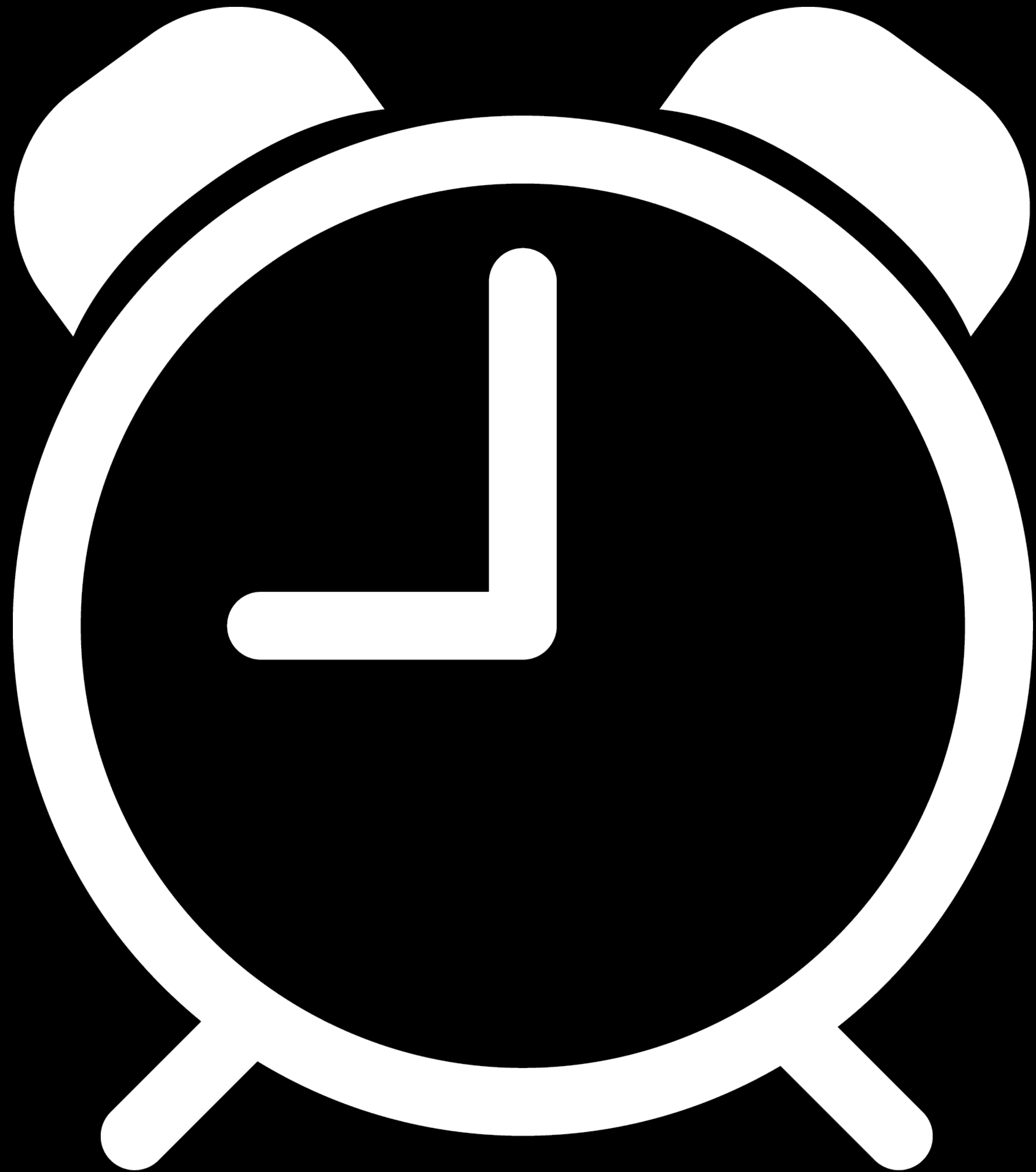
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Professor June Gruber



# Human Emotion

Psychology 3131  
Professor June Gruber





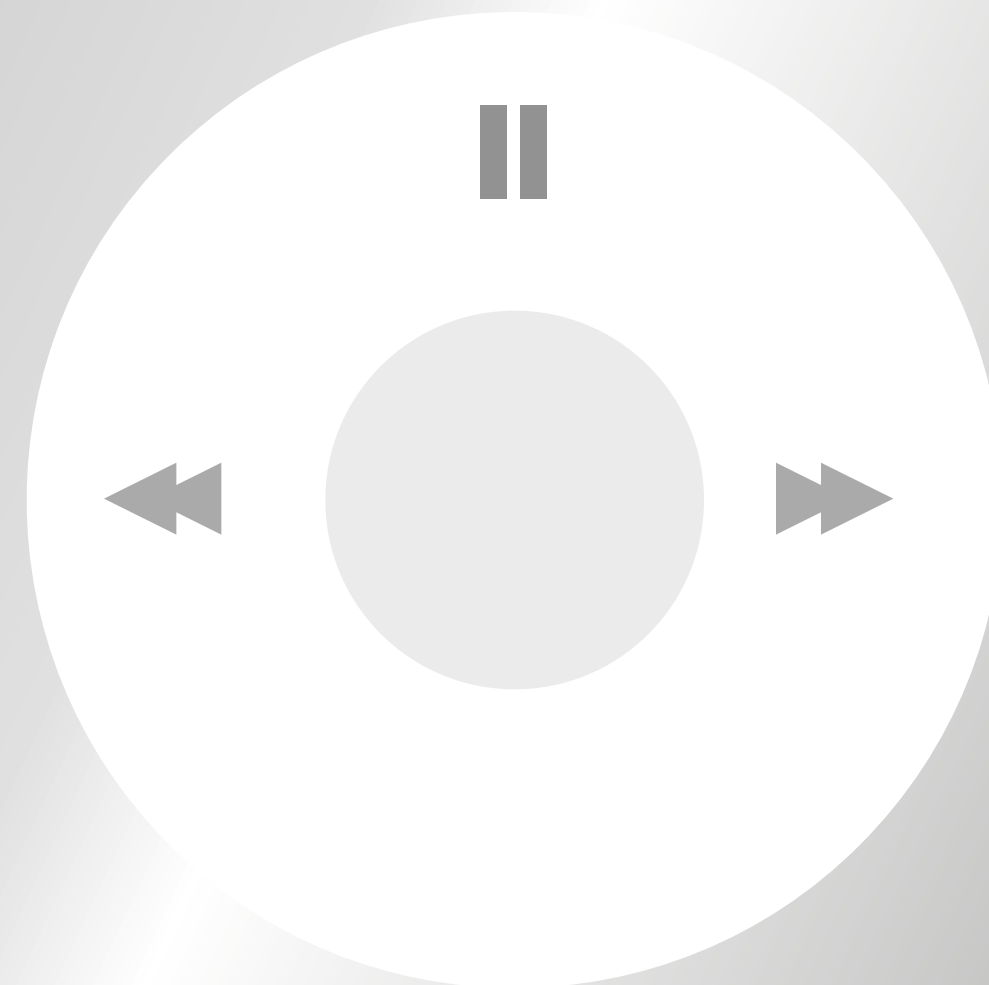
Paper planes

I'm so excited

Just like heaven

Lemonade

Hey Jude



# *Dolores O'Riordan, Lead Singer of the Cranberries, Dies at 46*

[Leer en español](#)

By CHRISTINE HAUSER JAN. 15, 2018



**CULTURE** | By AINARA TIEFENTHÄLER and CHRISTINE HAUSER | 1:12

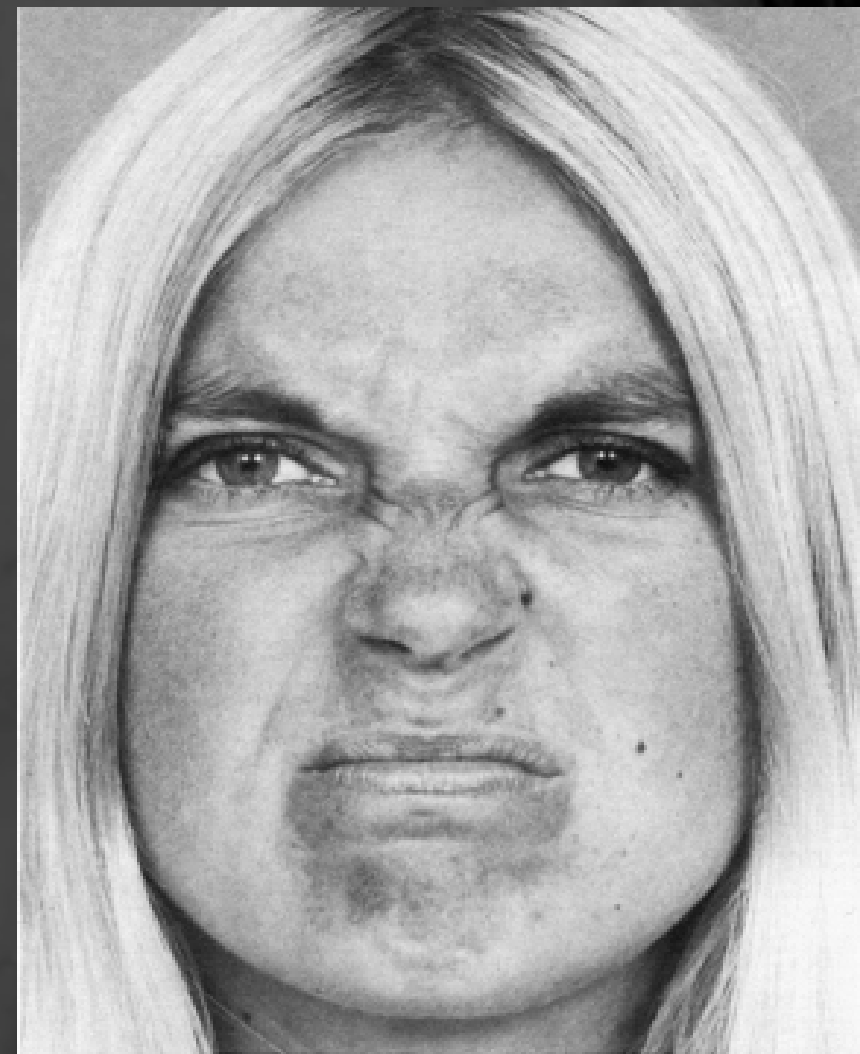
Dolores O'Riordan Dies at 46

## RELATED COVERAGE

[ROCK REVIEW; Prim and Precise, for All Her Abandon](#)

[Irish Group Living by Its Tunes](#)

[Review/Pop; Irish Smiles and Scowls](#)



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# Human Emotion



# Human Emotion



# Human Emotion

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Psychology  
Psychiatry & Psychotherapy  
Neuroscience  
Linguistics  
Anthropology  
Sociology  
Economics  
Philosophy  
Political Science  
Computer Science  
Art & Music

<b>Introduction &amp; Overview</b>	<b>What is Emotion</b>	<b>Emotion Elicitation</b>	<b>Emotion Measurement</b>	<b>Emotion in Animals</b>
<b>Evolution &amp; Emotion</b>	<b>Culture &amp; Emotion</b>	<b>Emotion &amp; Morality</b>	<b>Gender &amp; Sex</b>	<b>Aging &amp; Emotional Brain</b>
<b>Self-Conscious Emotions</b>	<b>Emotions and Others</b>	<b>Laughter, Crying, &amp; Touch</b>	<b>Unconscious Feelings</b>	<b>Cognition &amp; Emotion</b>
<b>Brain and Physiology of Emotion</b>	<b>Emotion Regulation</b>	<b>Emotional Intelligence</b>	<b>Physical &amp; Mental Health</b>	<b>Happiness &amp; Well-Being</b>

# Roadmap

Key Questions

Logistics

Who's Who

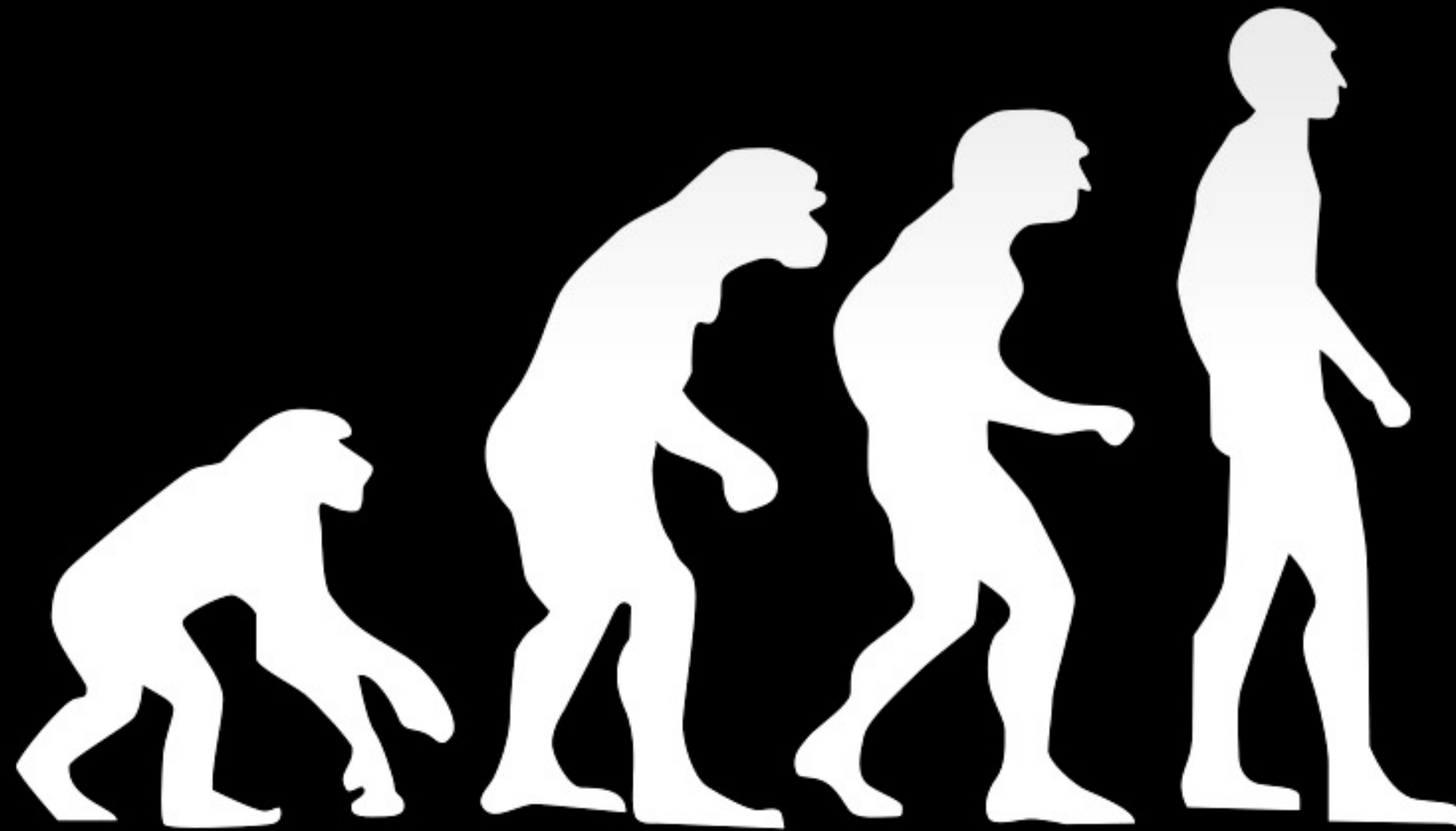
# Question

What is an emotion?



# Question

Are emotions evolutionarily evolved?



# Question

Why do we laugh and cry?





SkypeLaughterChain.com

# Question

How can we measure emotion?

## Electric Meter Tests Skin to Gauge Emotion



*Emotions shown on faces in background are recorded by instrument sensitive to electric resistance of skin. Scientist is testing young woman*

Call it an emotion meter, lie detector or what you will, an electric device contrived by Dr. D. Ulrich Greenwald at the University of Iowa draws a curve of your emotions as they run the gamut of joy, horror, fear, surprise, love. As you react to some stimulus that "gets under your skin," the electric needle reacts to emotional changes in resistance in your skin. Used by Dr. Christian A. Ruckmick in studies of emotion, this instrument is called a dermohmograph; derm for skin, ohm for electrical resistance, graph for its record on photographic paper. The scientists theorize that human emotion causes a piling up of positive and negative ions on the walls of skin cells, affecting resistance of the skin to passage of electricity. Essentially the emotion meter consists of dry cells, electrodes, fixed and variable resistances and a galvanometer. By reading the galvanometer while the subject watches a motion picture or reads a letter, his emotional reaction can be seen. For recording purposes, the deflection of the galvanometer guides a beam of light striking a moving roll of sensitized paper.

# Film Clips

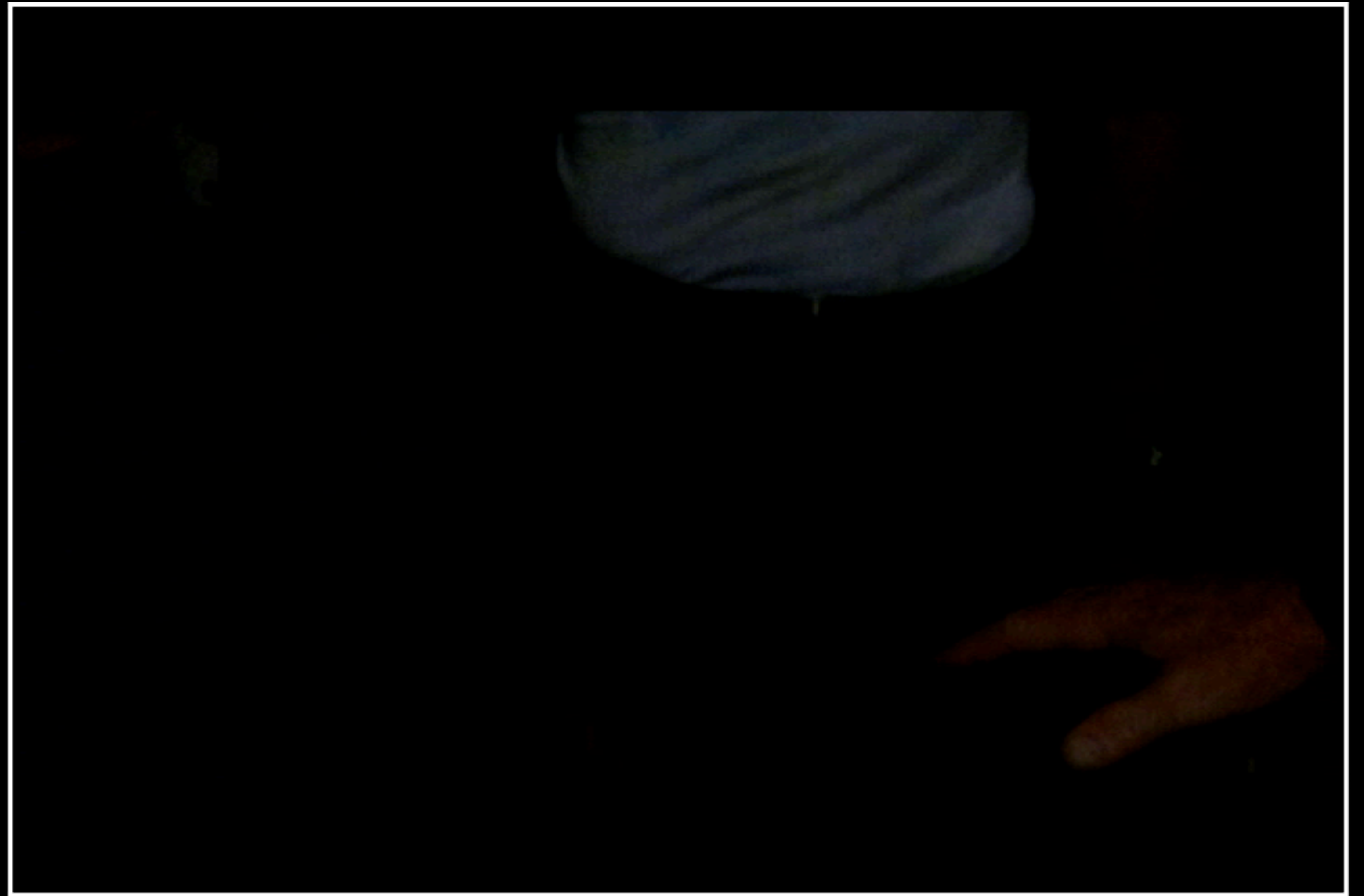
## Happy



Courtesy: Sarah Hughes (USA) - 2002 Salt Lake City, Figure Skating, Ladies' Free Skate. Originally aired by NBC Sports 2002. Clip appearing on YouTube.

# Film Clips

## Sad



Courtesy: *The Champ*, Produced by Metro-Goldwyn-Mayer (MGM) 1979.

# Film Clips

## Amusement



*Courtesy: Naked Gun.*

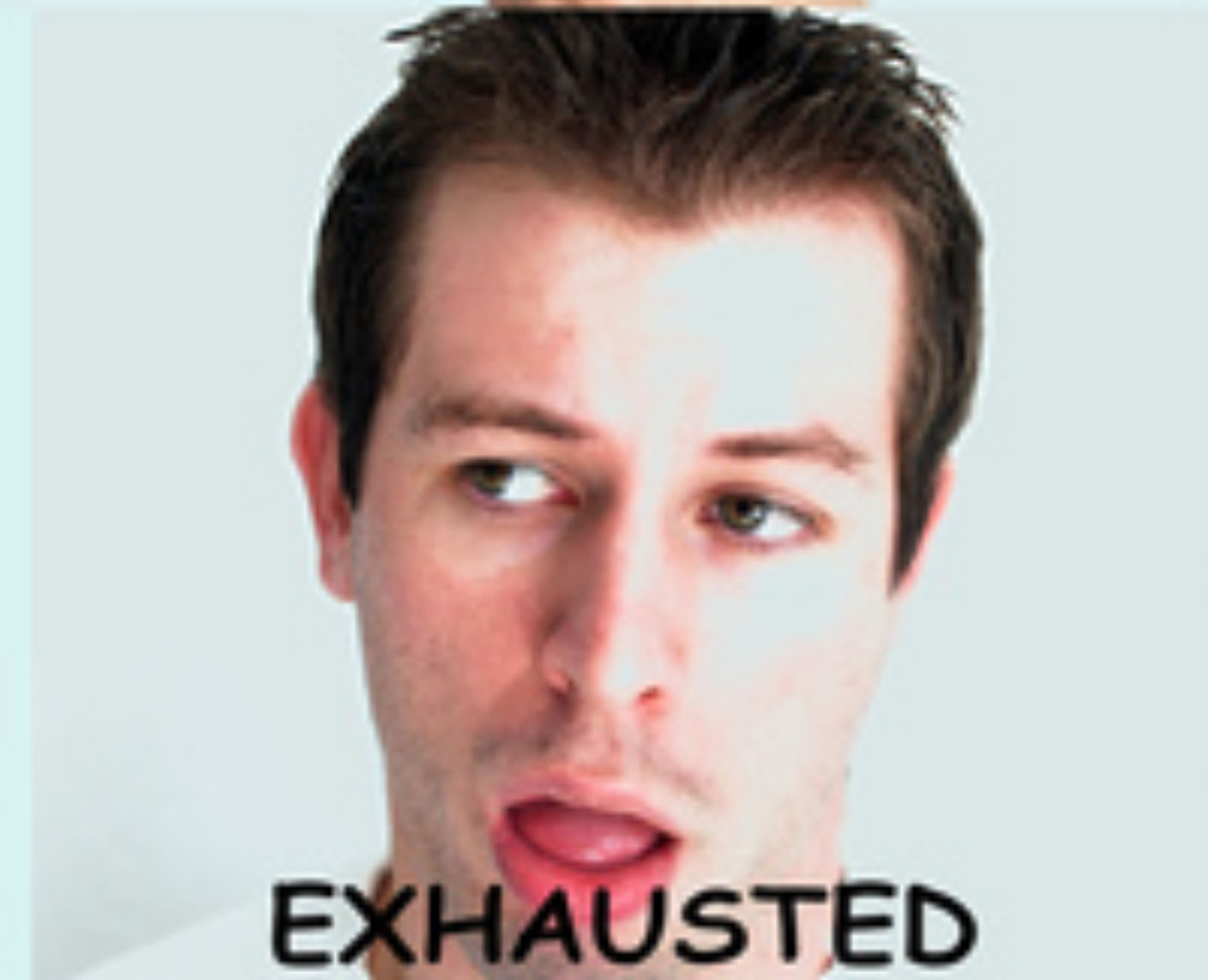
# Question

Do culture &  
age change  
our  
emotions?



# Question

Can we read other people's emotions?



# Question

Is our brain  
emotional?



# Question

Can emotion  
go awry?



# Question

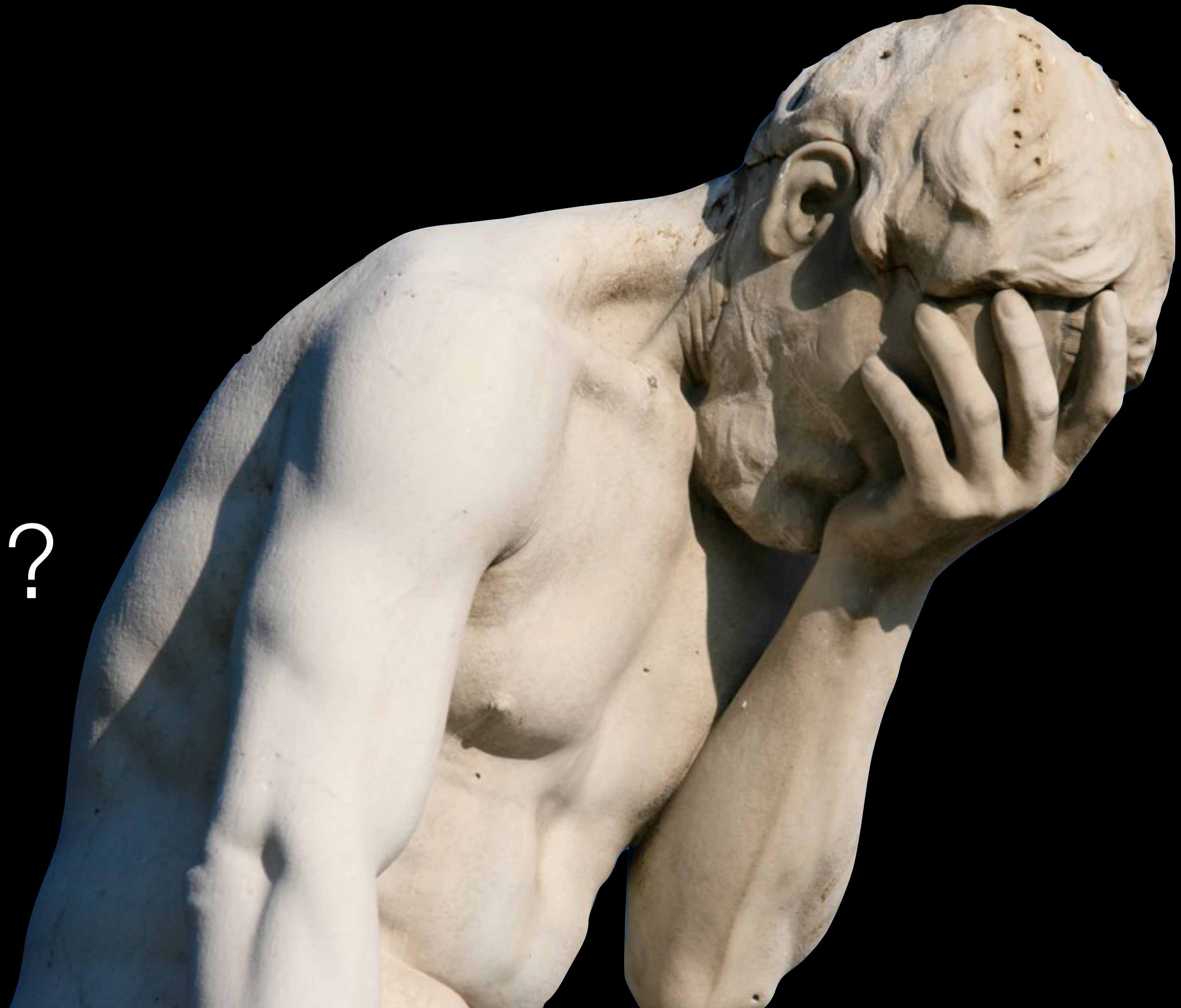
What's sex got to do with it?





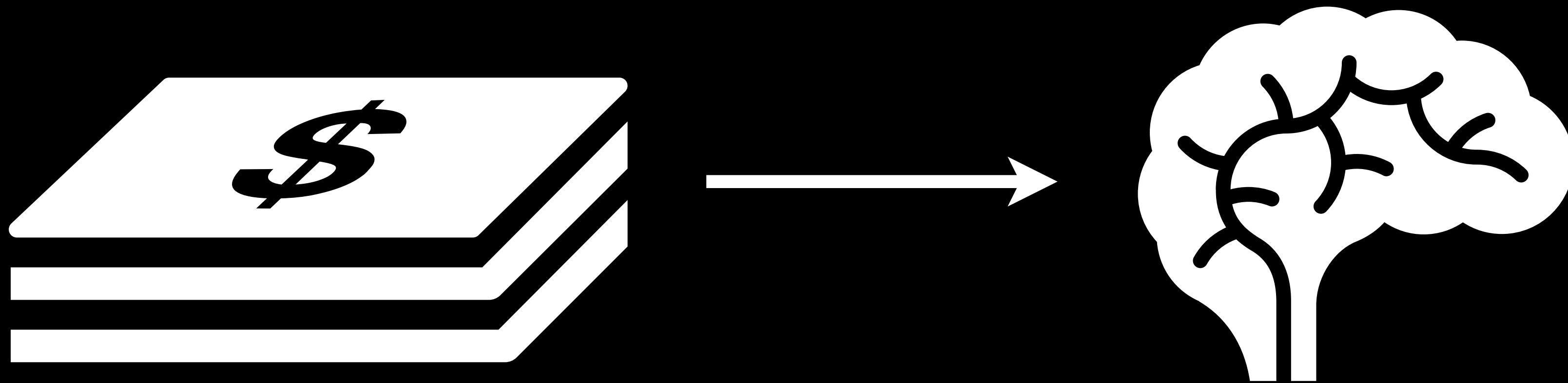
# Question

Do emotions  
make us  
self-conscious?



# Question

Does our wallet reflect our feelings?



# Question

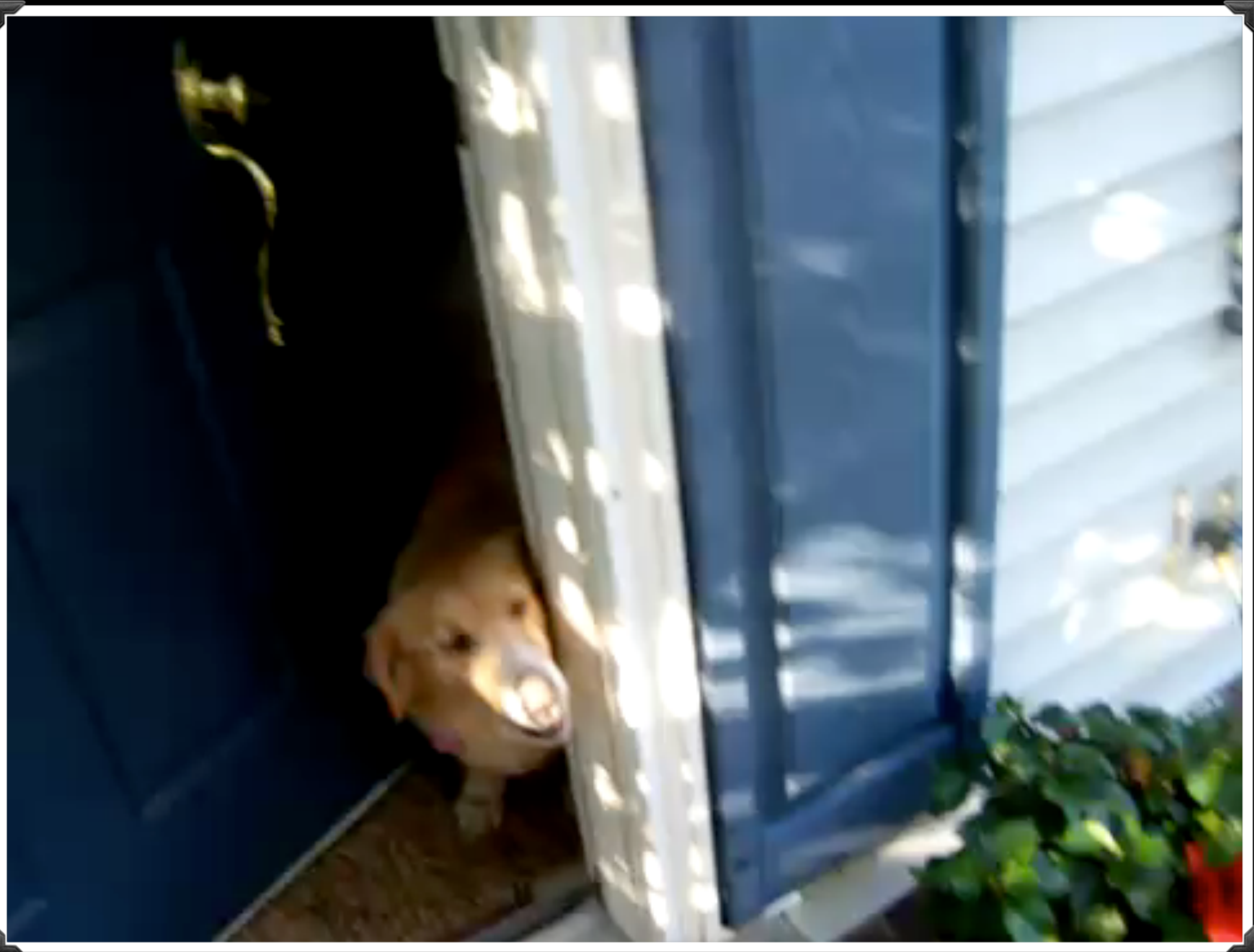
Sleep: Overnight therapy?



# Question

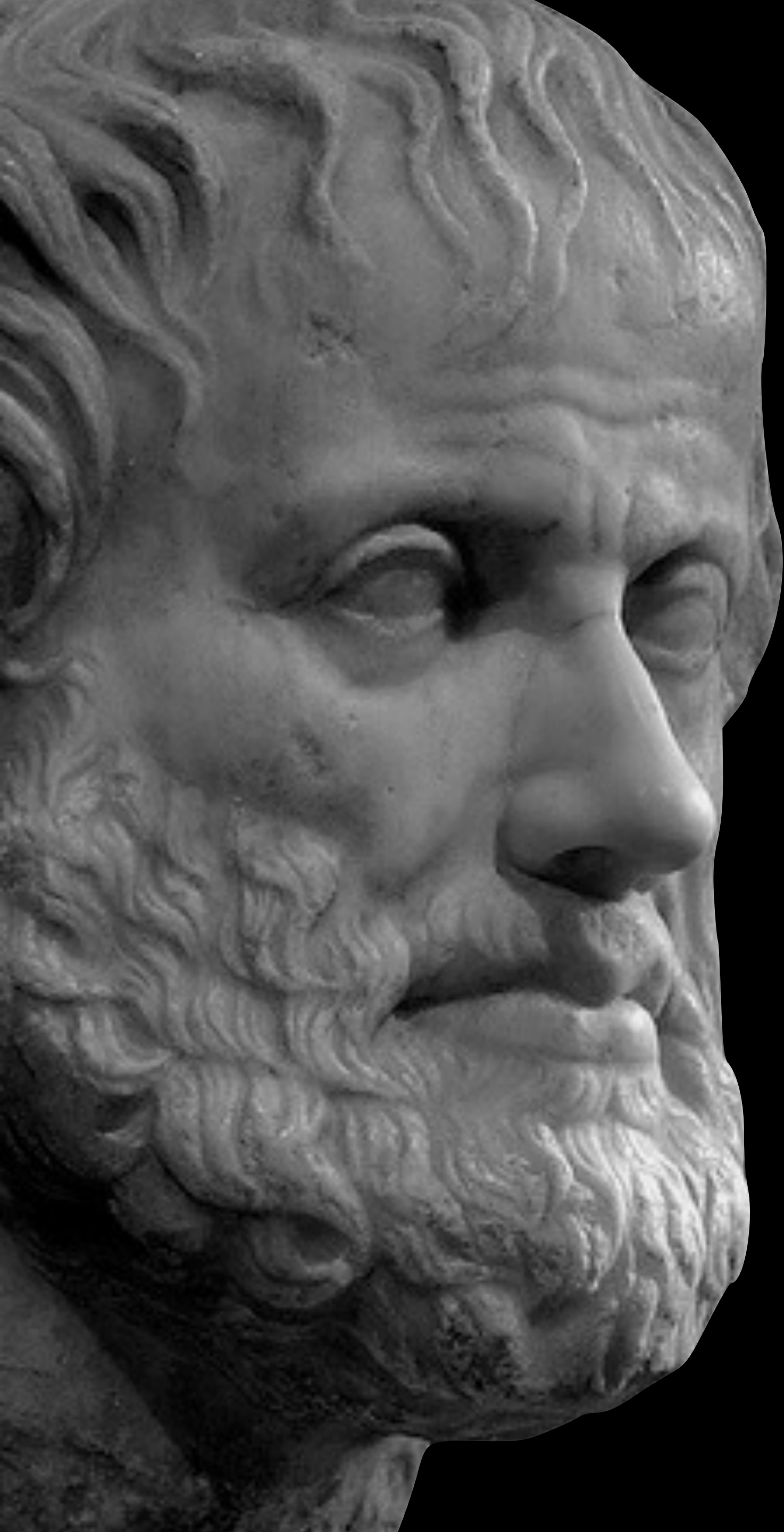
Do monkeys & dogs have feelings?





# Question

What is  
happiness?



“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

**ARISTOTLE**

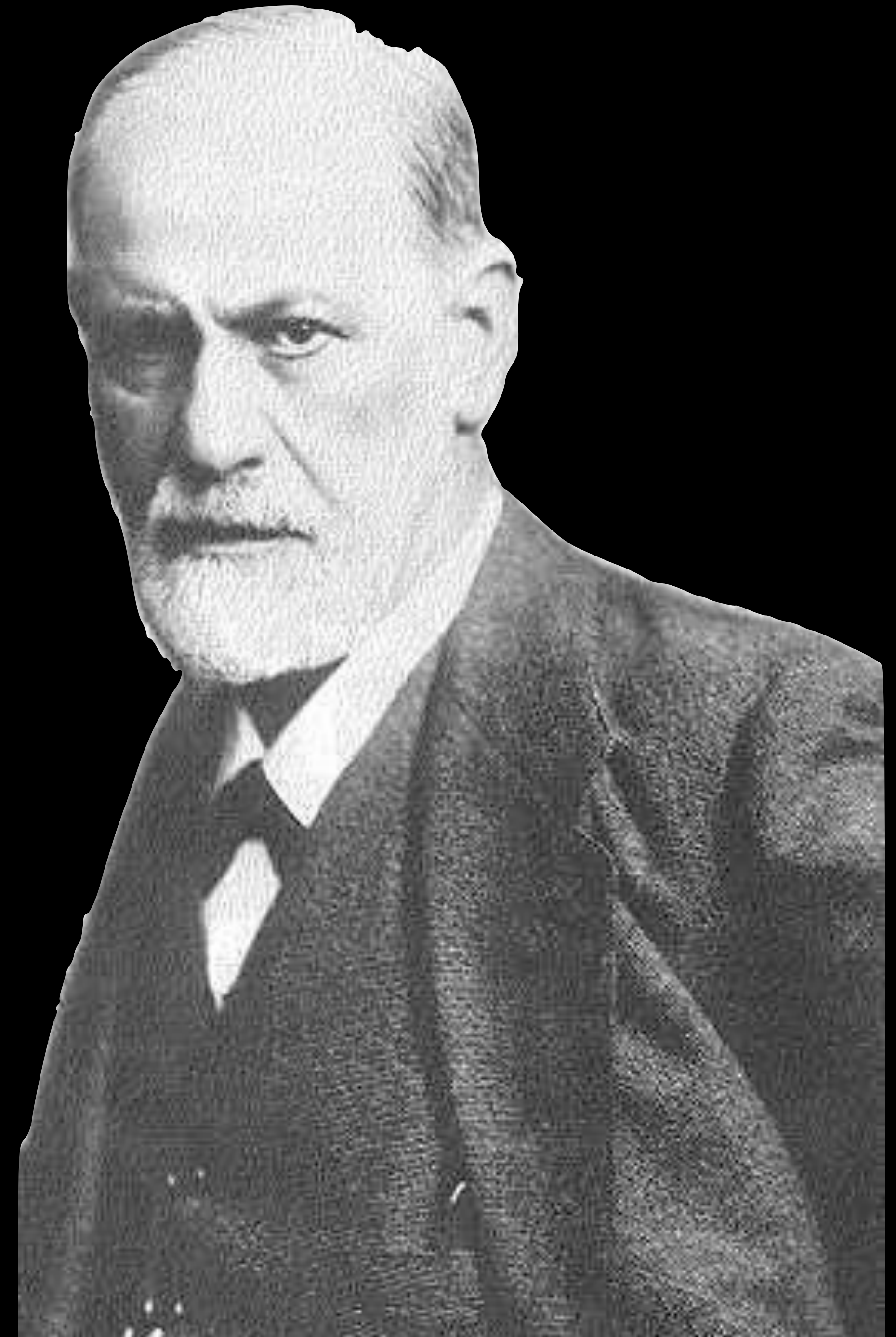
“The very motion of  
our life is towards  
happiness.”

- **DALAI LAMA**  
The Art of Happiness



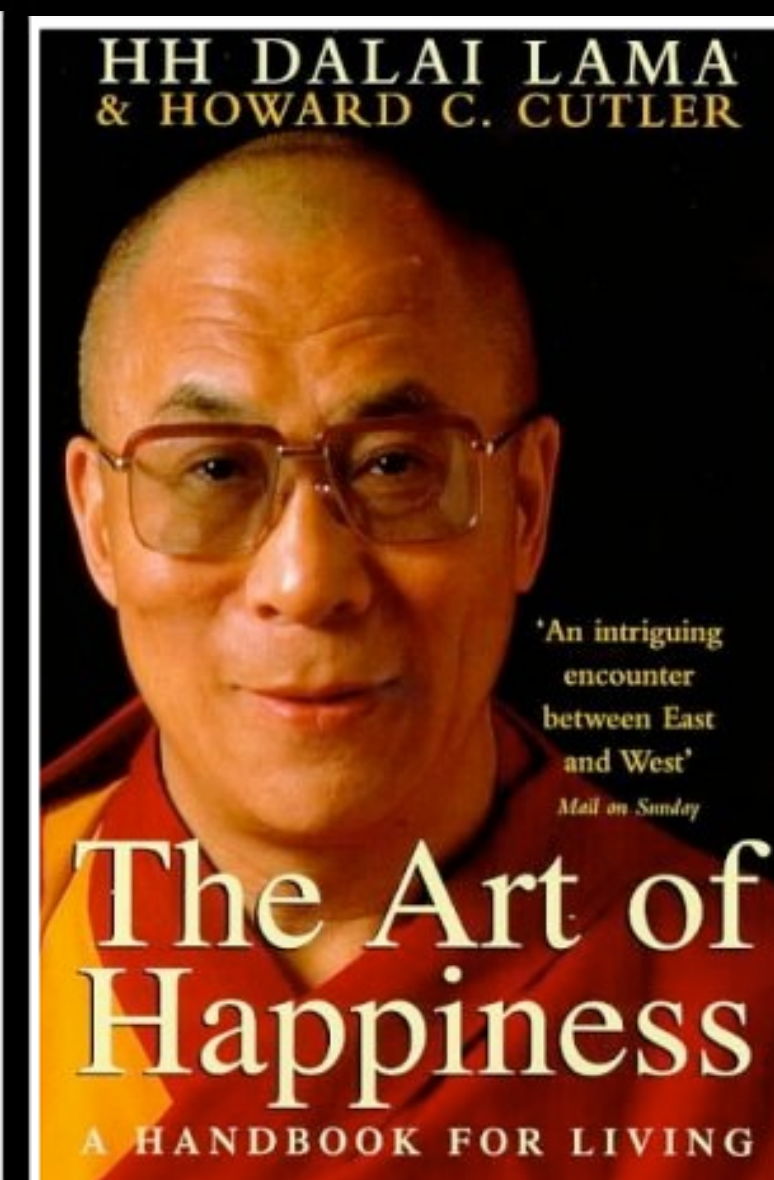
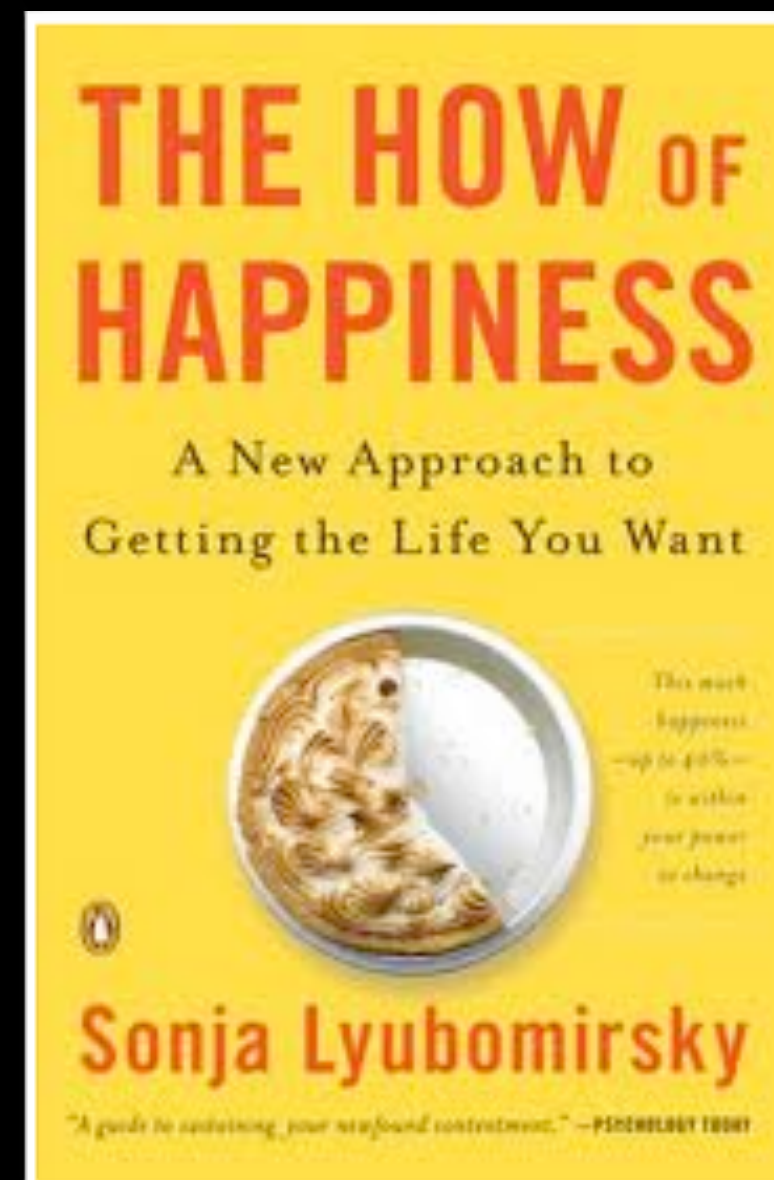
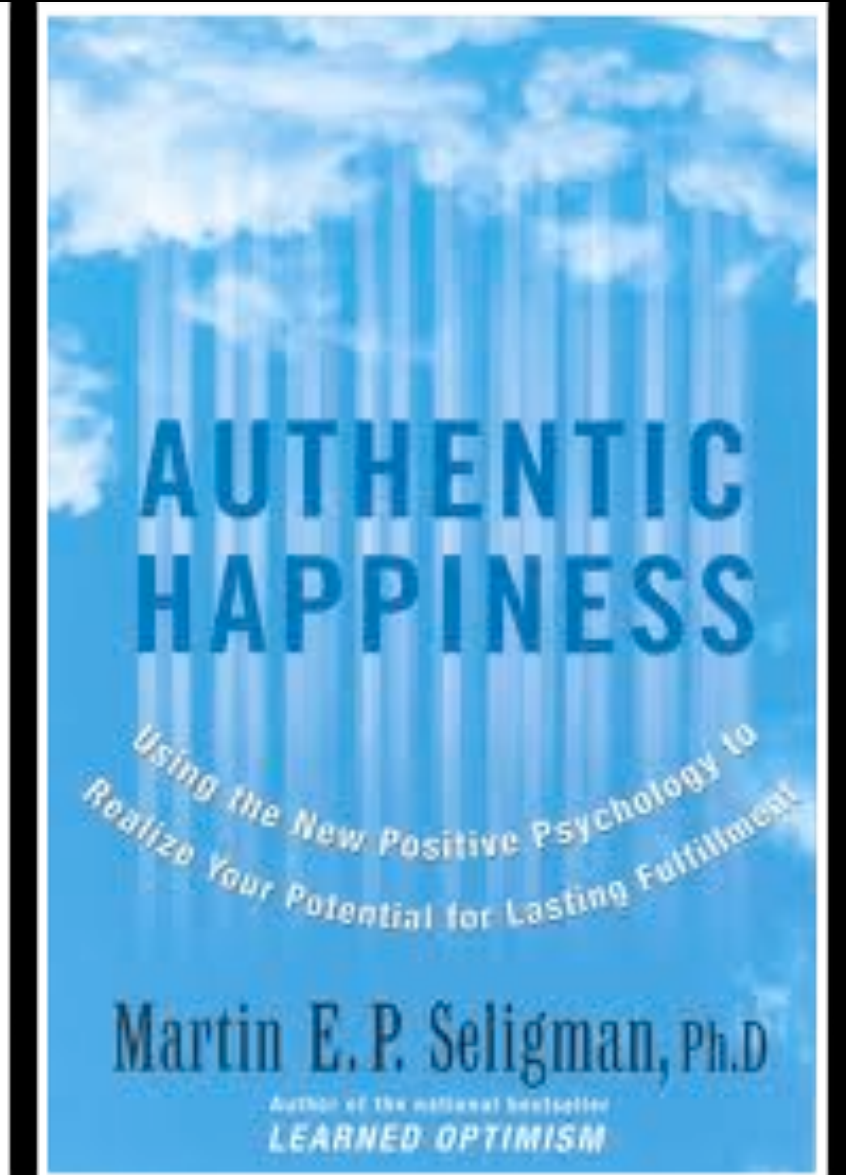
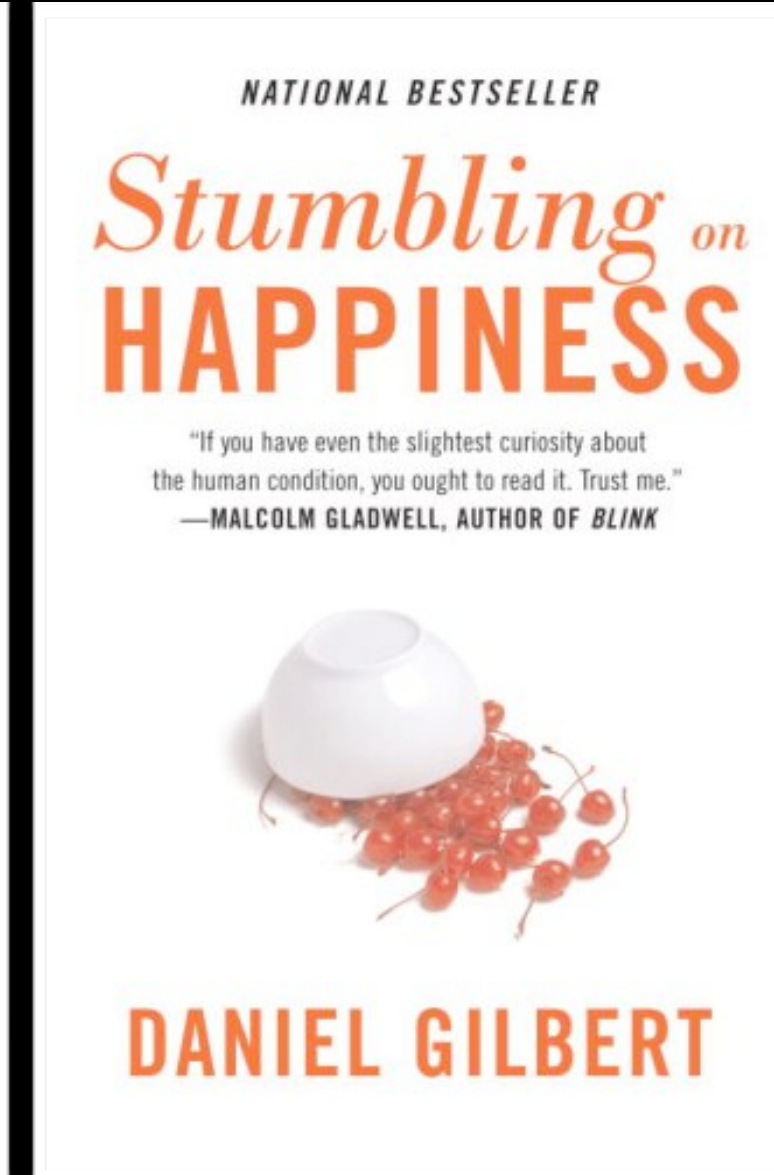
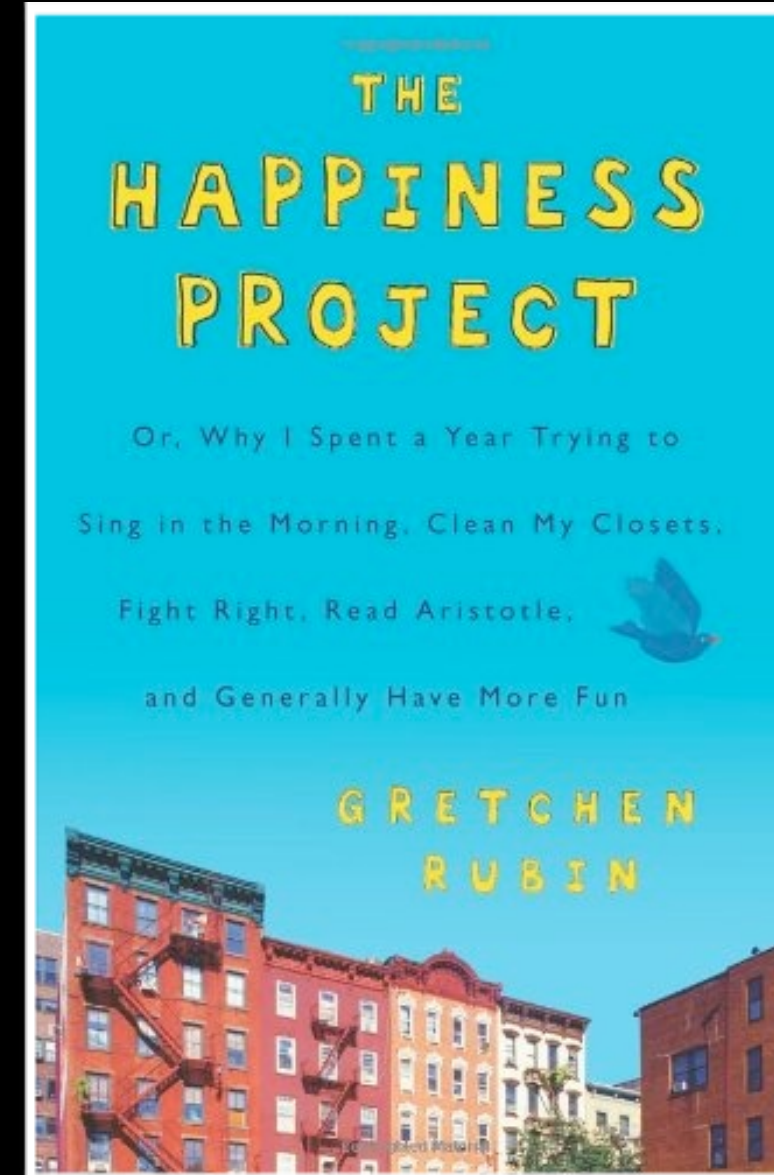
“What we call happiness in the strictest sense comes from the satisfaction of needs which have been dammed up to a high degree.”

- SIGMUND FREUD



# Question

# How can we find happiness?







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**HAPPINESS**

**A DARK SIDE?**

# Objectives

Exposure to current issues and theories of emotion.

Scientific methods and ways of thinking about emotions.

Curiosity and excitement in this new discipline.



**Roadmap**

Key Questions

Logistics

Who's Who

# Logistics

Syllabus & Website

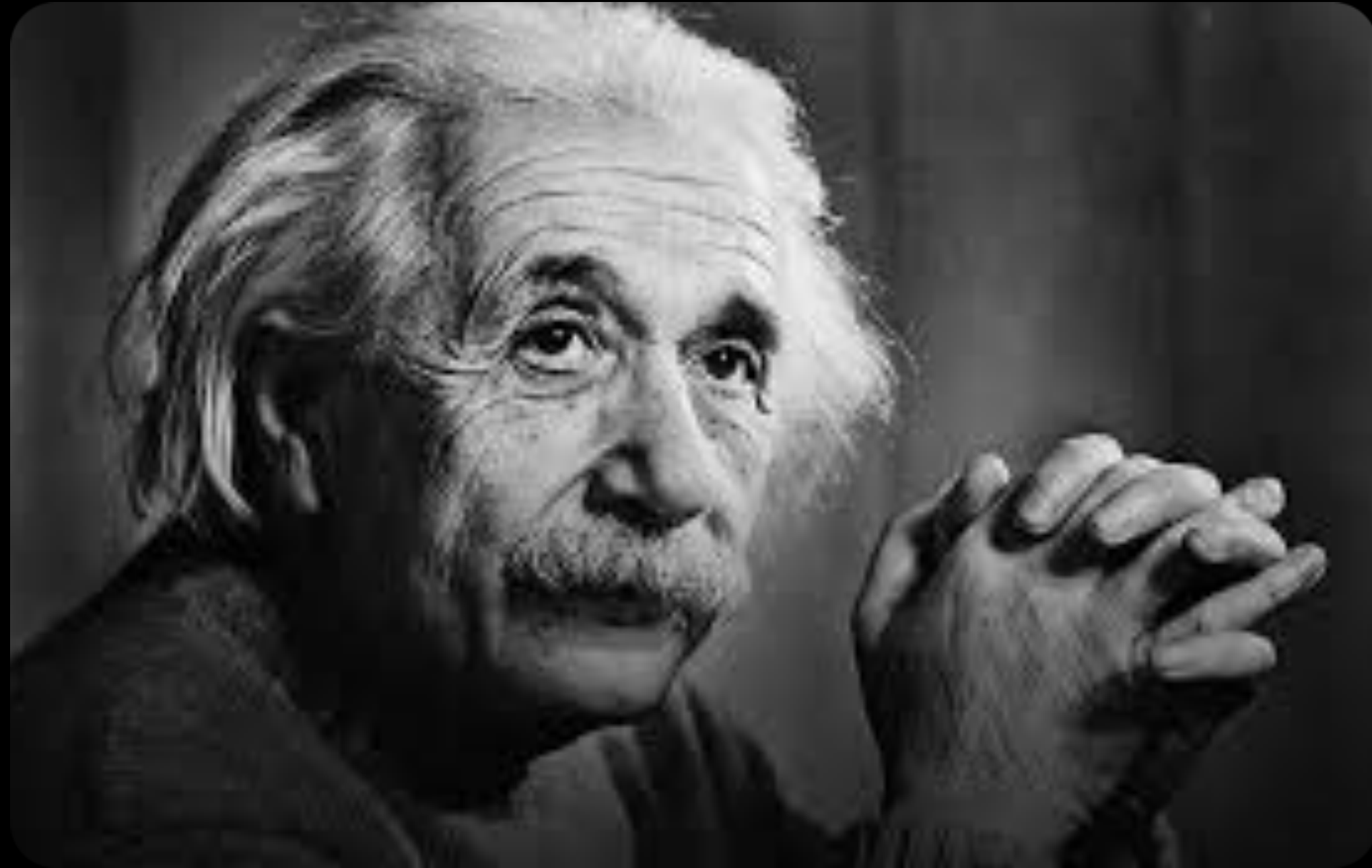
Requirements

Extra Credit Opportunities

Readings

No Electronics

# Quote of the Week



*“The most beautiful thing we can experience is the mysterious. It is the fundamental emotion that stands at the cradle of true art and true science.”*

*- Albert Einstein*

# Logistics

Syllabus & Website

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Extra Credit Opportunities

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No Electronics

# Human Emotion

Psychology 3131 - Professor June Gruber

HOME

CALENDAR

REQUIREMENTS

MATERIALS

EXPERT SERIES

LINKS

CONTACT



[http://www.gruberpeplab.com/teaching/psych3131\\_fall2019](http://www.gruberpeplab.com/teaching/psych3131_fall2019)

Welcome! This course will introduce students to a diverse array of theoretical and empirical issues related to the study of human emotion. Some questions the course will address include: What are our emotions? What purpose do they serve? How do emotions relate to our thoughts, memories, and

Want to take Human Emotion?  
See Professor Gruber speaking about this course! <http://summer.yale.edu/find-your->

# Course Logistics

Syllabus & Website

Requirements

Extra Credit Opportunities

Readings

No Electronics

# Course Logistics

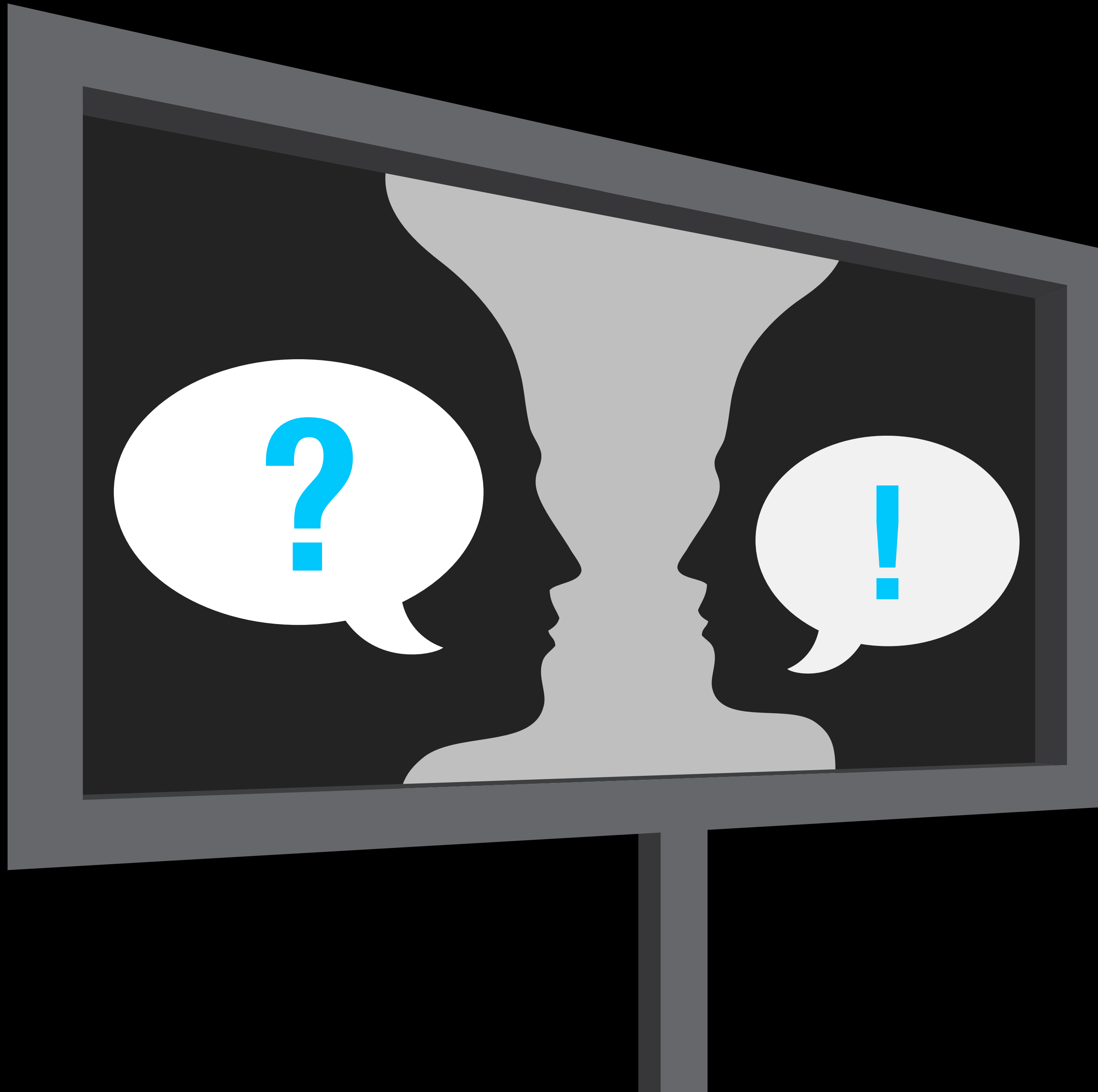
Course Website

Requirements

Extra Credit Opportunities

Readings

No Electronics



**Experts  
In  
Emotion**

# Experts in Emotion

John Allen

Jo-Anne Bachorowski

Michael Bailey

John Bargh

Lisa Feldman Barrett

Roy Baumeister

Arturo Bejar

Kent Berridge

Wendy Berry Mendes

George Bonanno

John Cacioppo

Joseph Campos

Laura Carstensen

Yulia Chentsova Dutton

Margaret Clark

Gerald Clore

James Coan

Leda Cosmides

Ronald Dahl

Richard Davidson

David DeSteno

Nancy Eisenberg

Naomi Eisenberger

Paul Ekman

Barbara Fredrickson

Daniel Gilbert

Ian Gotlib

James Gross

Jonathan Haidt

Matthew Hertenstein

Derek Isaacowitz

Sheri Johnson

Jutta Joormann

Jerome Kagan

Dacher Keltner

Brian Knutson

Hedy Kober

Ann Kring

Marianne LaFrance

Jennifer Lerner

Robert Levenson

Iris Mauss

Pranjal Mehta

Douglas Mennin

Judith Moskowitz

Michael Norton

Kevin Ochsner

Jaak Panksepp

Lisa Parr

Steven Pinker

David Pizarro

David Rand

Jonathan Rottenberg

Laurie Santos

Greg Siegle

Leah Somerville

Maya Tamir

June Tangney

John Tooby

Jeanne Tsai

Jessica Tracy

Tor Wager

David Watson

Jamil Zaki



# Course Twitter Account

**#psych3131**

**@psych3131**



# Course Logistics

Course Website

Requirements

Extra Credit Opportunity

Readings

No Electronics



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Third Edition



# The Future's So Bright, I Gotta Wear Shades

James J. Gross

*Department of Psychology, Stanford University, USA*

## Abstract

In this article I consider the future of the field of emotion. My conclusion—borrowing the title of a little-remembered song from the 1980s—is that “the future’s so bright, I gotta wear shades.” I begin this article by considering some of the many daunting conceptual and empirical challenges here; this is clearly not a field for the faint of heart. I then turn to some of the incredible conceptual and empirical opportunities here; there are so many it’s easy to feel dizzy. In the final section, I predict that the field of emotion will broaden and become more problem focused, and hazard a “top 10” list of hot topics.

# Course Logistics

Course Website

Requirements

Extra Credit Opportunity

Readings

No Electronics

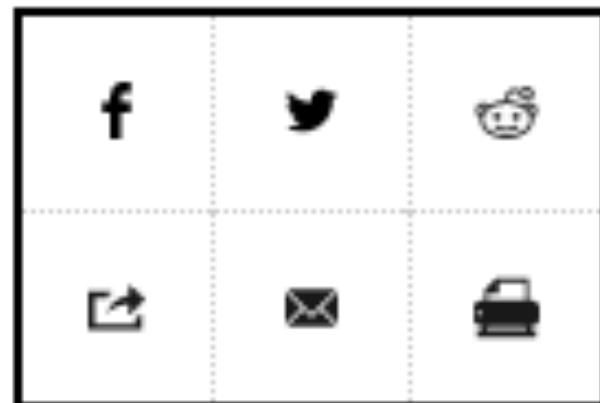


## BEHAVIOR &amp; SOCIETY

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What do you think they'll actually use it for?

By Cindi May on July 11, 2017



## LATEST NEWS



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Scientists Are Taking Extreme Steps to Help Corals

**Questions?**



# Roadmap

Key Questions

Logistics

# Thank You!

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