

Human Emotion

Psychology 3131
Professor June Gruber



Human Emotion

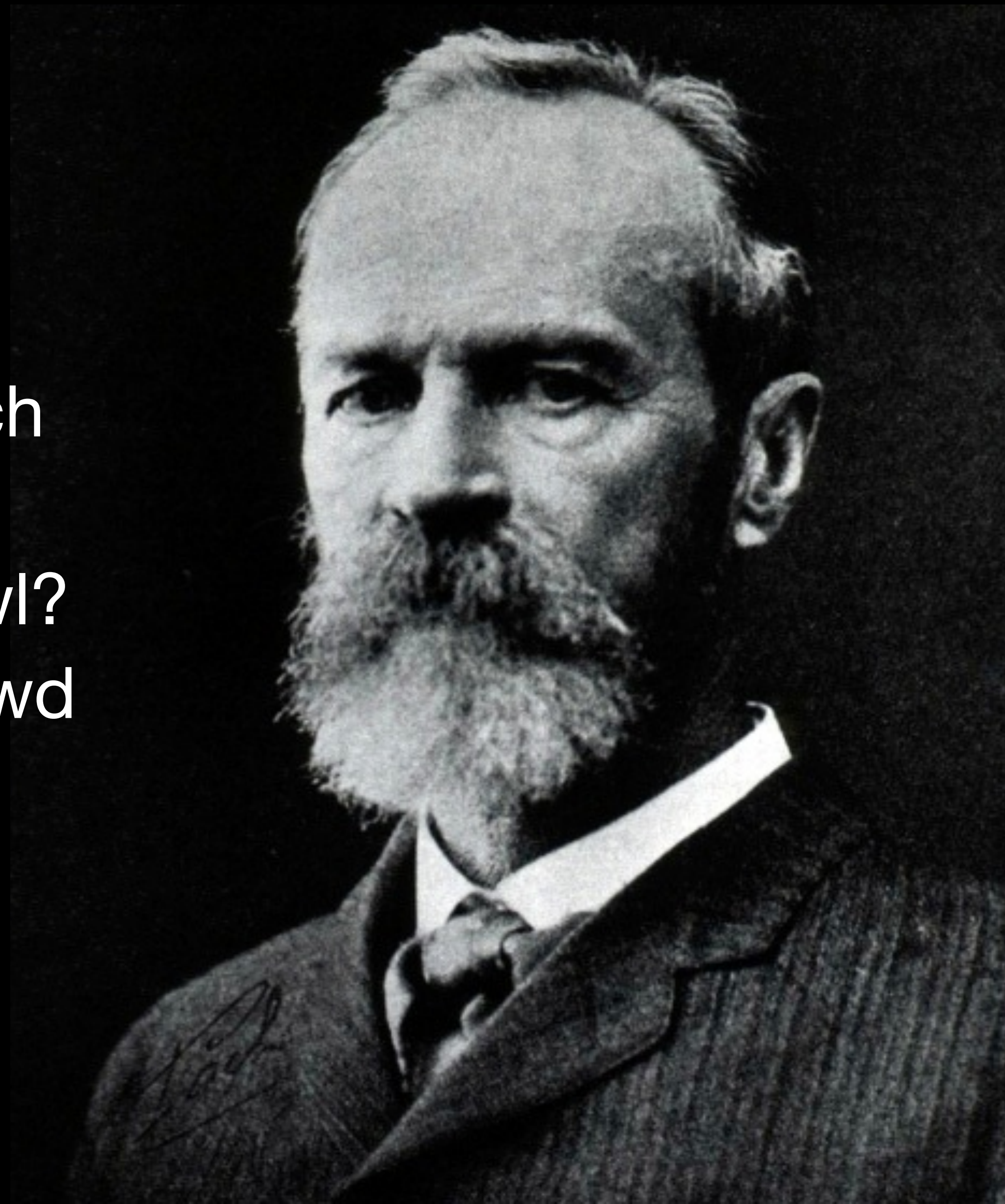
What is an Emotion?



QUESTIONS?

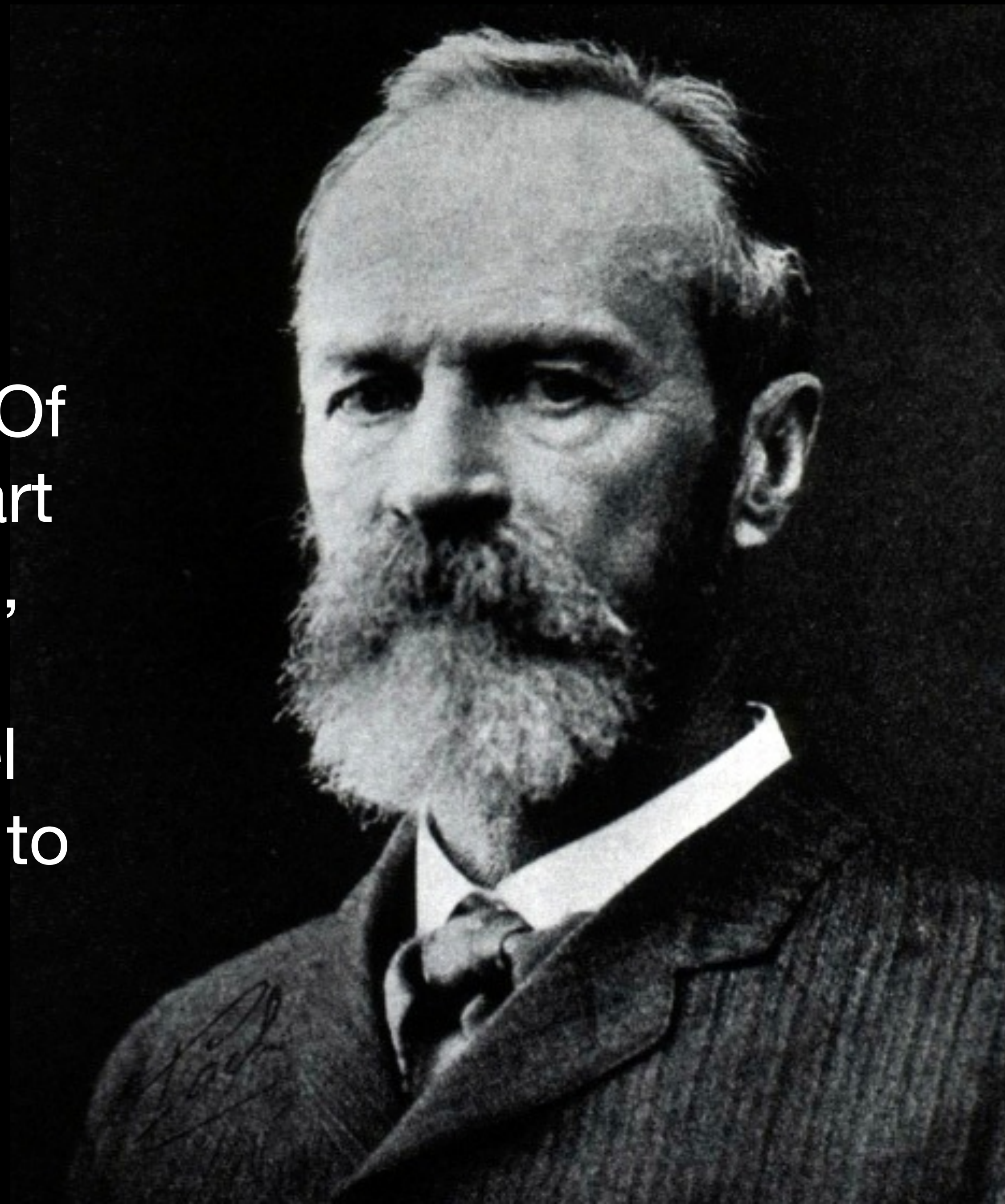
William James

“To the psychologist alone can such questions occur as: Why do we smile, when pleased, and not scowl? Why are we unable to talk to a crowd as we talk to a single friend? Why does a particular maiden turn our wits upside-down?”



William James

“The common man can only say: “Of course we smile, of course our heart palpitates at the sight of the crowd, of course we love the maiden. And so, probably, does each animal feel about the particular things it tends to do in the presence of certain objects...””



Roadmap

Theories of emotion

Components

Classification

Expert Interview

Roadmap

Theories of emotion

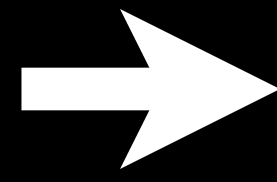
Components

Classification

Expert Interview



Theories of Emotion Timeline



Ancient Greek

Enlightenment

Darwin

William James

James-Lange

Cannon-Bard

Schachter-Singer

Lazarus

Theories of Emotion Timeline

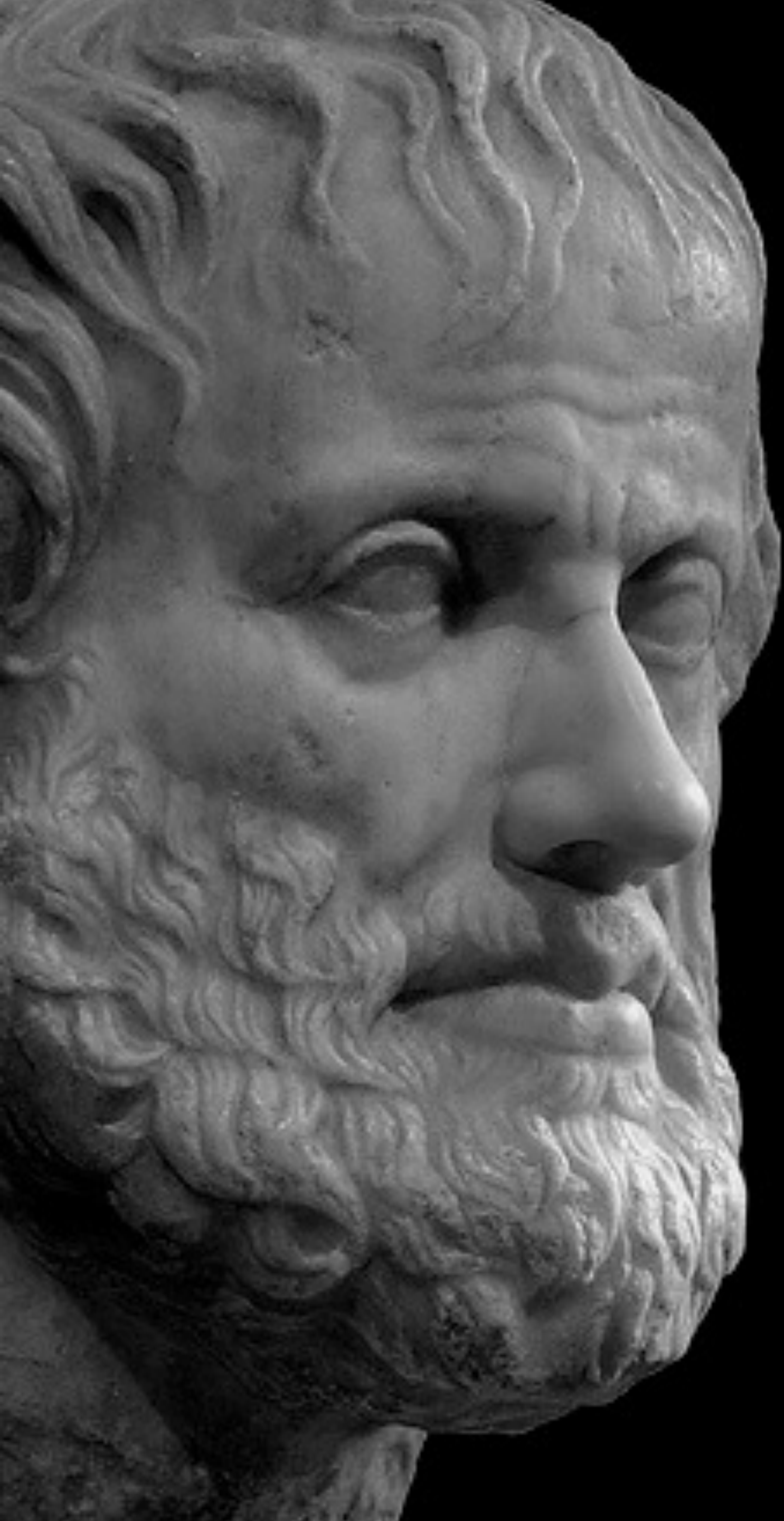
Ancient Greek



Hippocrates:
4 Humors

Aristotle:
Moderation principle





“Getting angry or sad is easy and anyone can do it; but doing it... in the right amount, at the right time, and in the right way is not easy, nor can everyone do it.”

- ARISTOTLE, *Nicomachean Ethics*, 11.9, 1109a27

Theories of Emotion Timeline

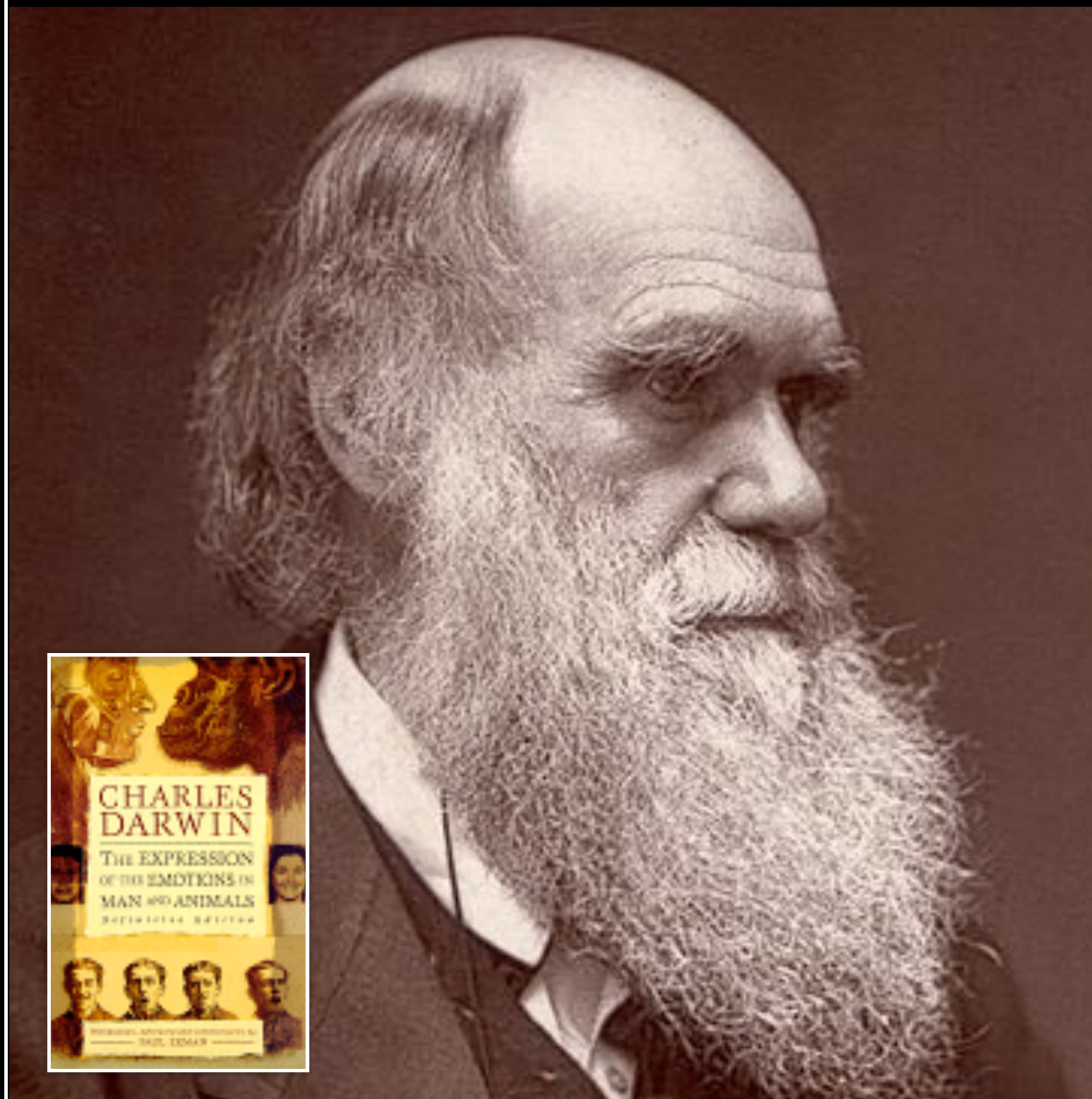
Enlightenment



Descartes
Spinoza
Hume

Theories of Emotion Timeline

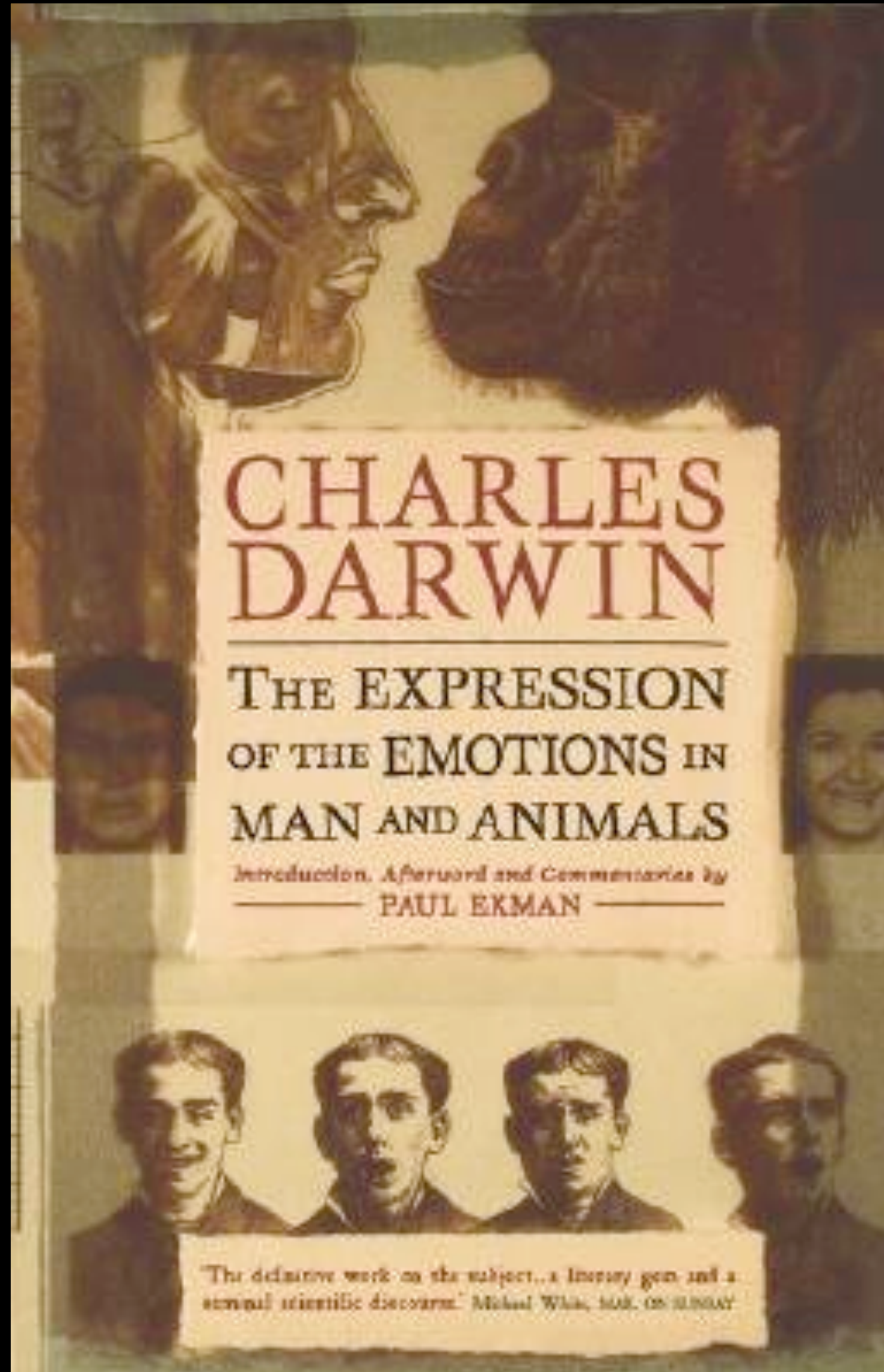
Darwin



Evolutionary Approach

*Expression of Emotions in
Man & Animals*

Emotions evolutionarily
evolved, serve survival
purpose



bestseller of its time
(1872)

Measurement of Emotion

data

healthy and
duals

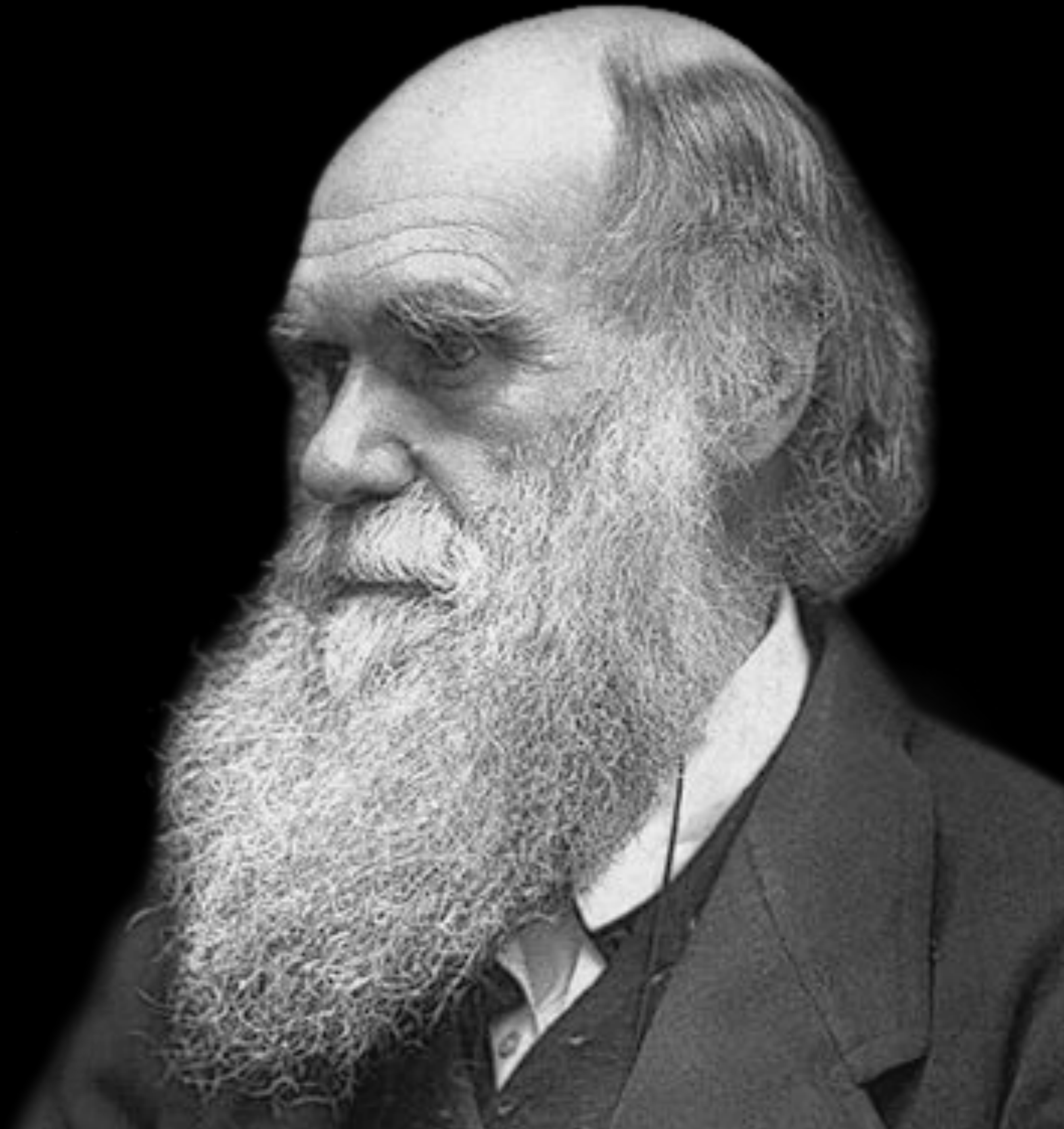
faces

expressions in Darwin's
death)

Darwin's Three Principles

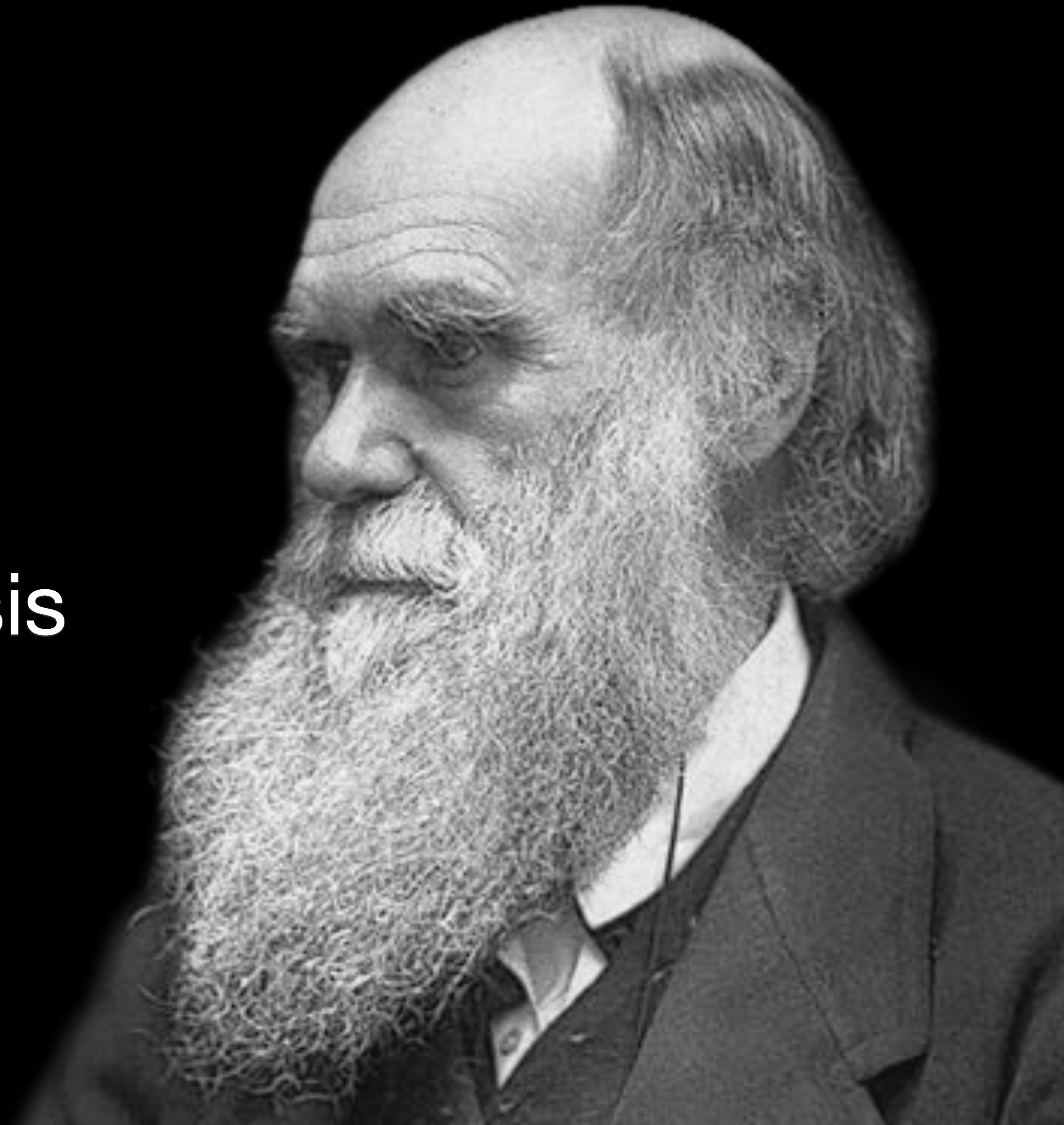
Darwin's Three Principles

I. Principle of Serviceable (“Useful”) Habit



Darwin's Three Principles

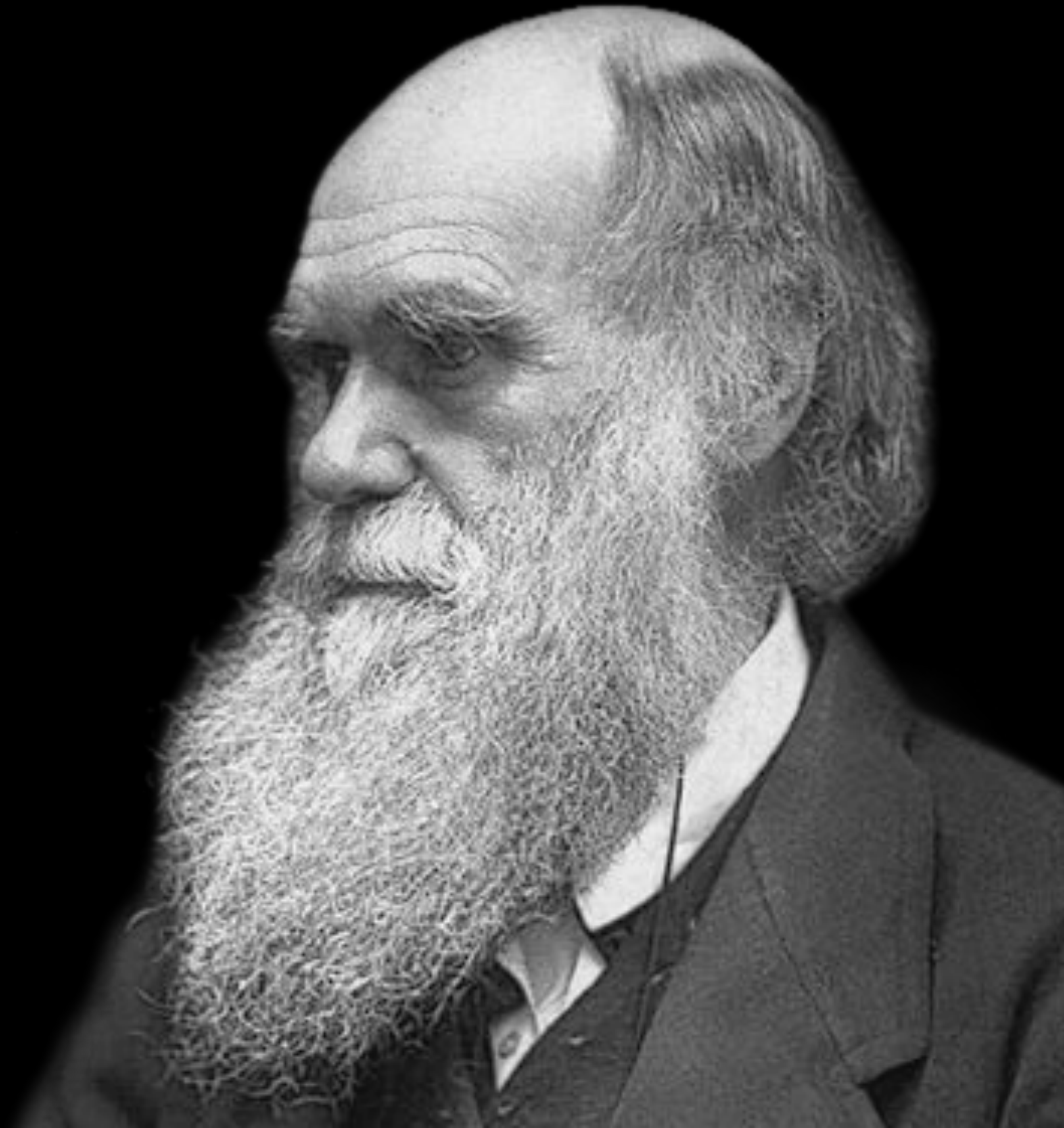
II. Principle of Antithesis



Dacher Keltner- www.wonderfest.org

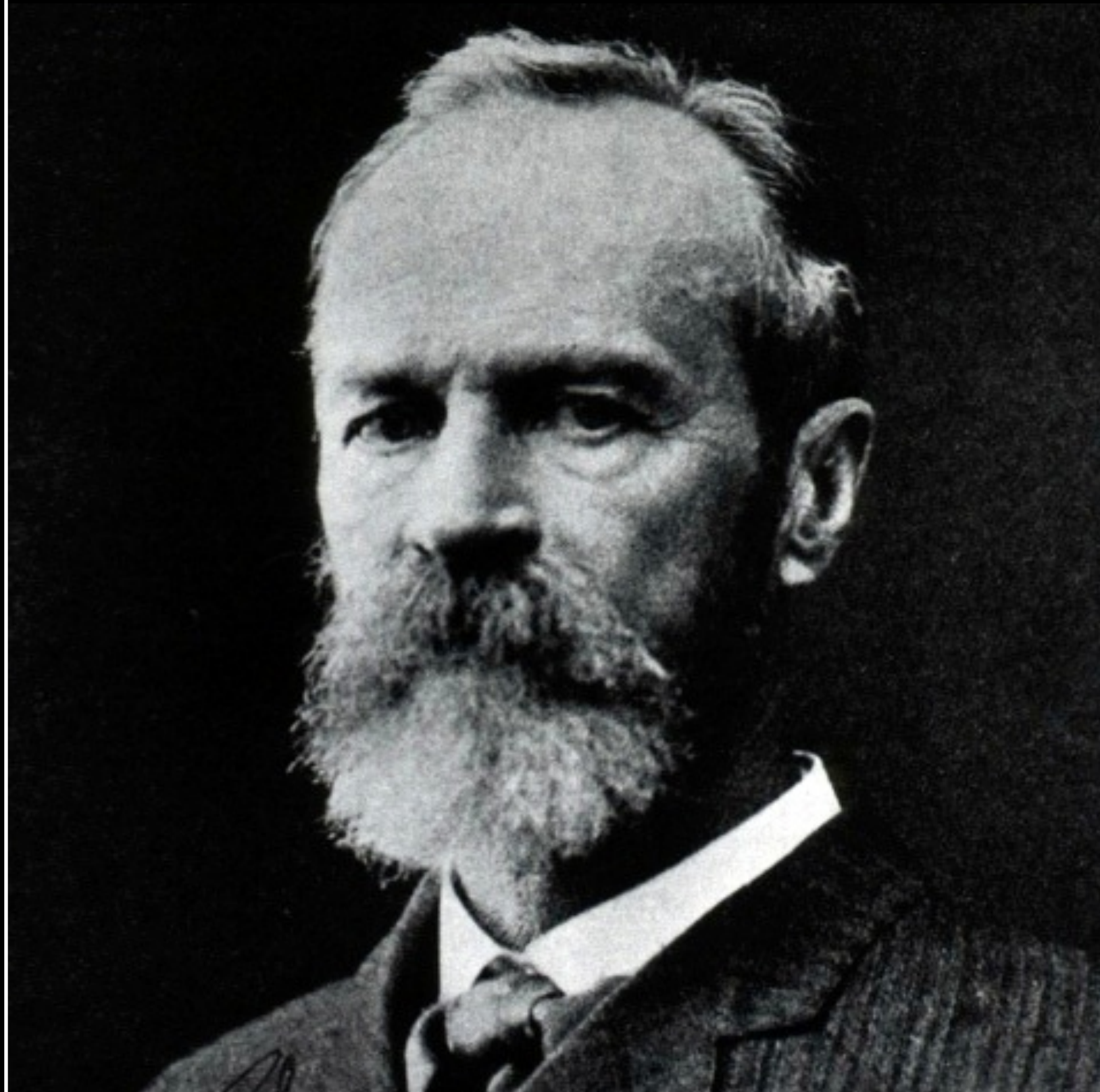
Darwin's Three Principles

III. Principle of Involuntariness
("Nervous discharge")

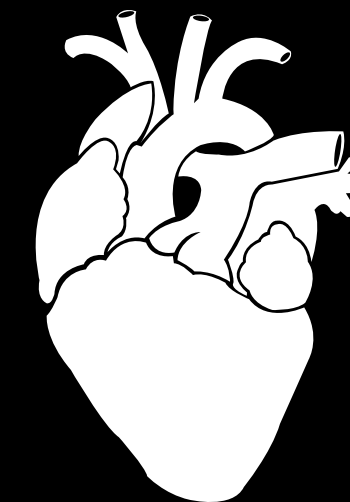
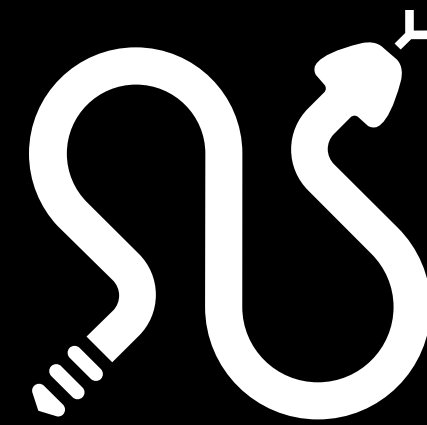


Theories of Emotion Timeline

William James

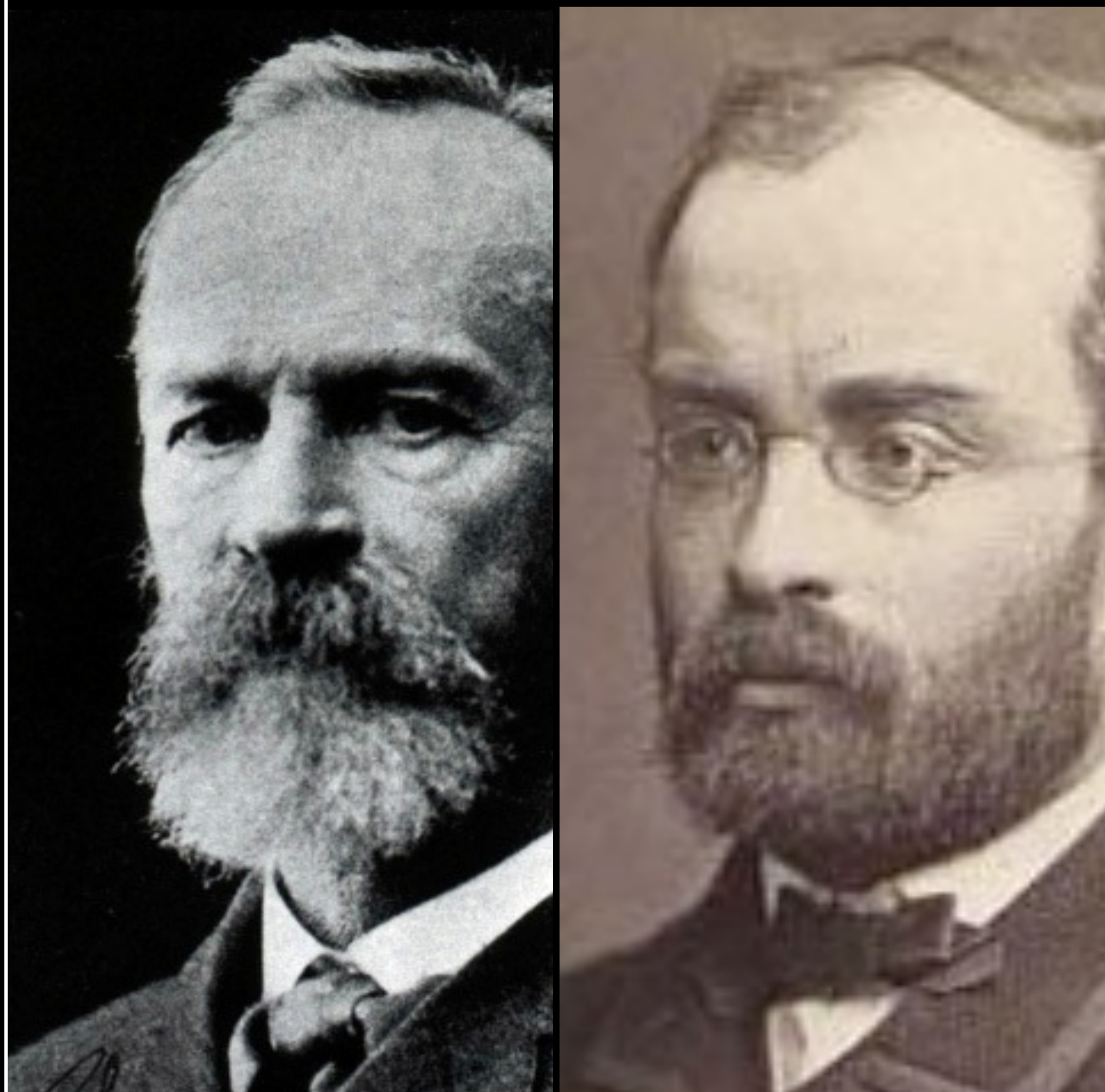


Physiological Approach

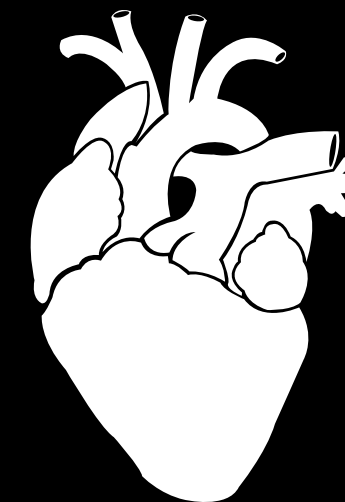
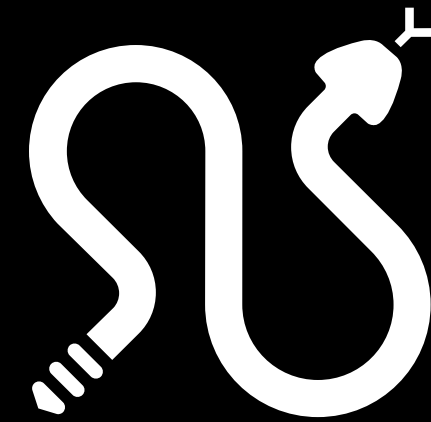


Theories of Emotion Timeline

James-Lange



“The perception of bodily states, as they occur, *is* the emotion.”

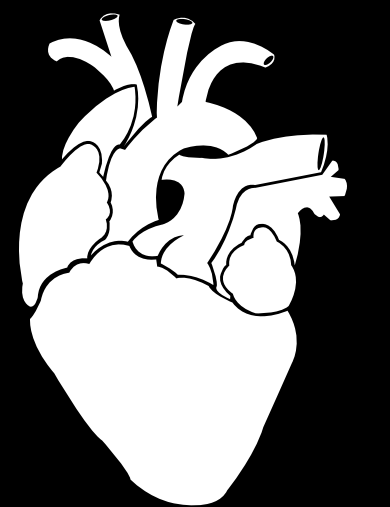
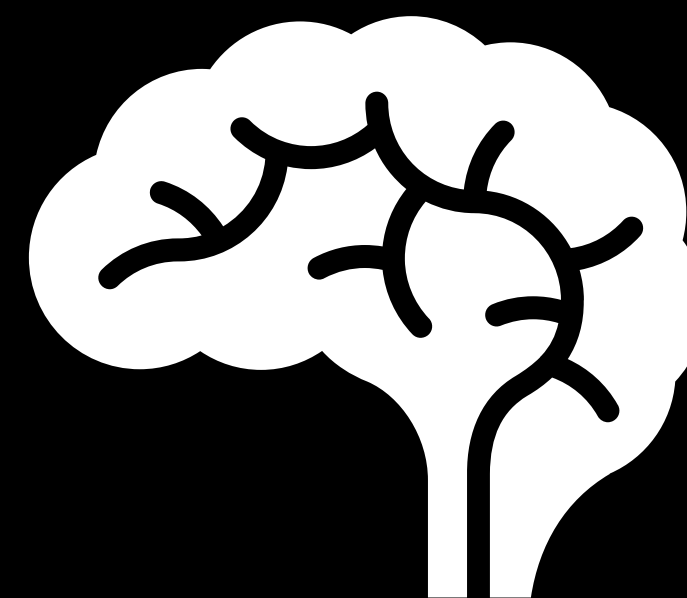
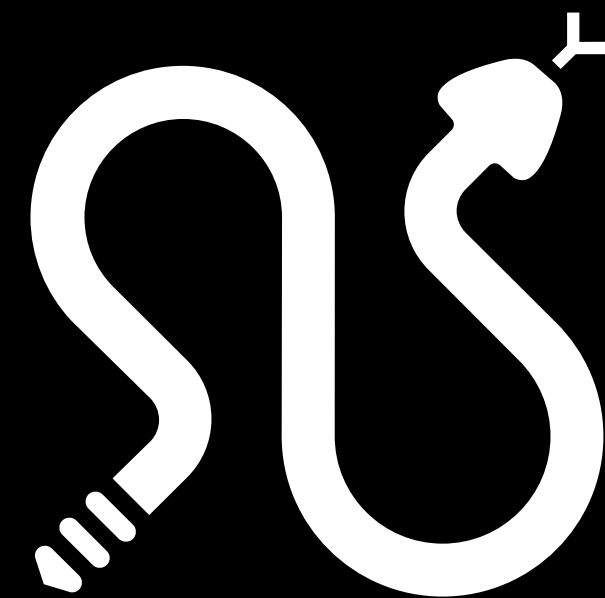


Theories of Emotion Timeline

Cannon-Bard



Physiological responses alone cannot explain emotion experience.



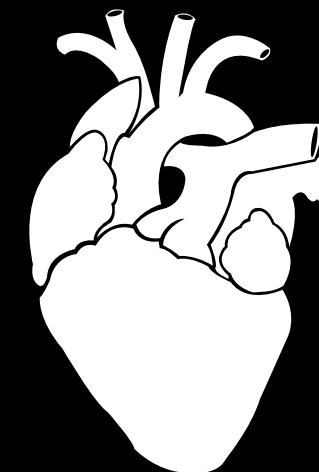
Theories of Emotion Timeline

Schachter-Singer



2-factor theory of emotion

Stage 1

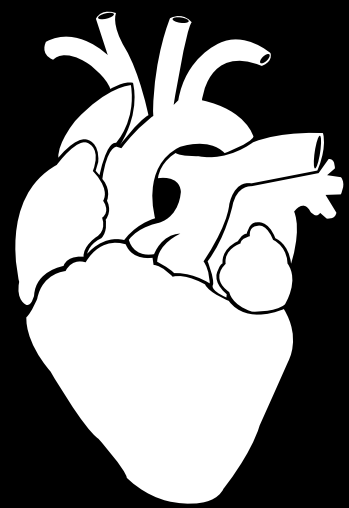
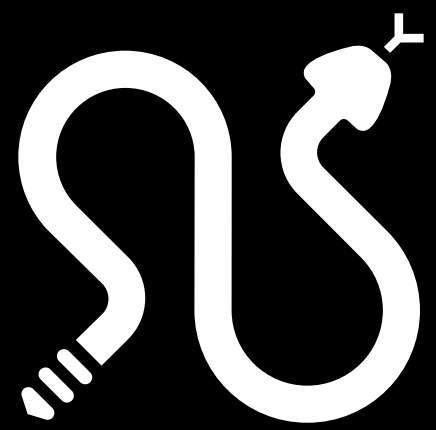


Stage 2

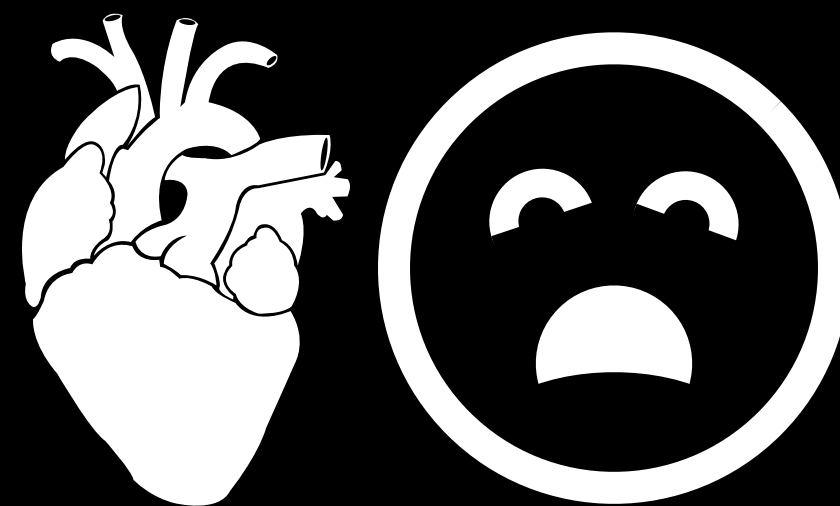
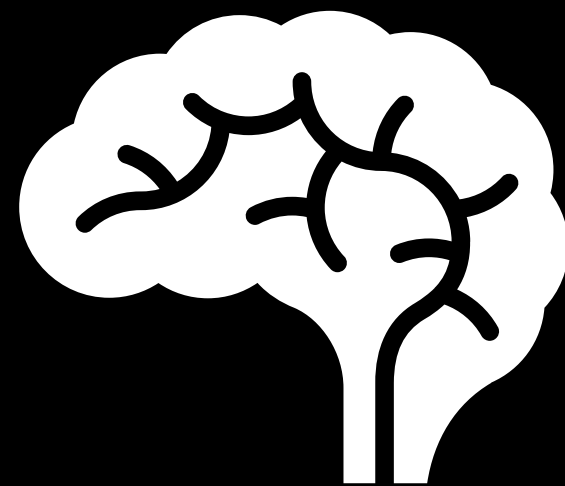
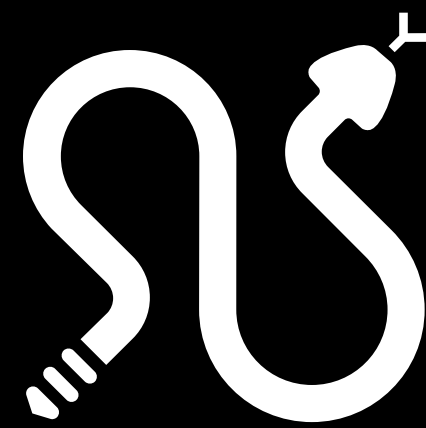


FEAR

JAMES- LANGE

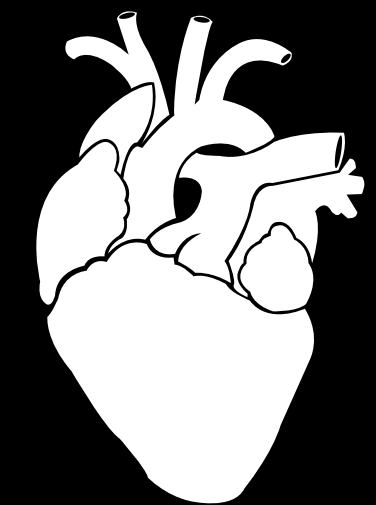
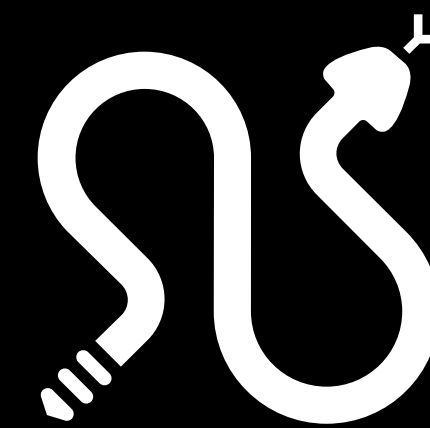


CANNON- BARD



SCHACHTER- SINGER

Stage 1



Stage 2

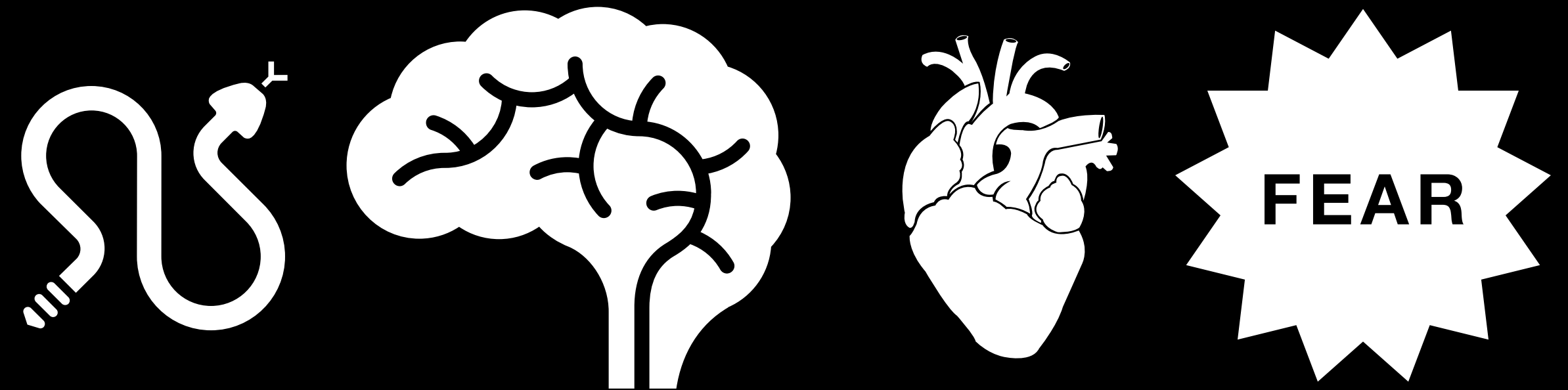


Theories of Emotion Timeline

Lazarus



Cognitive Theory



Roadmap

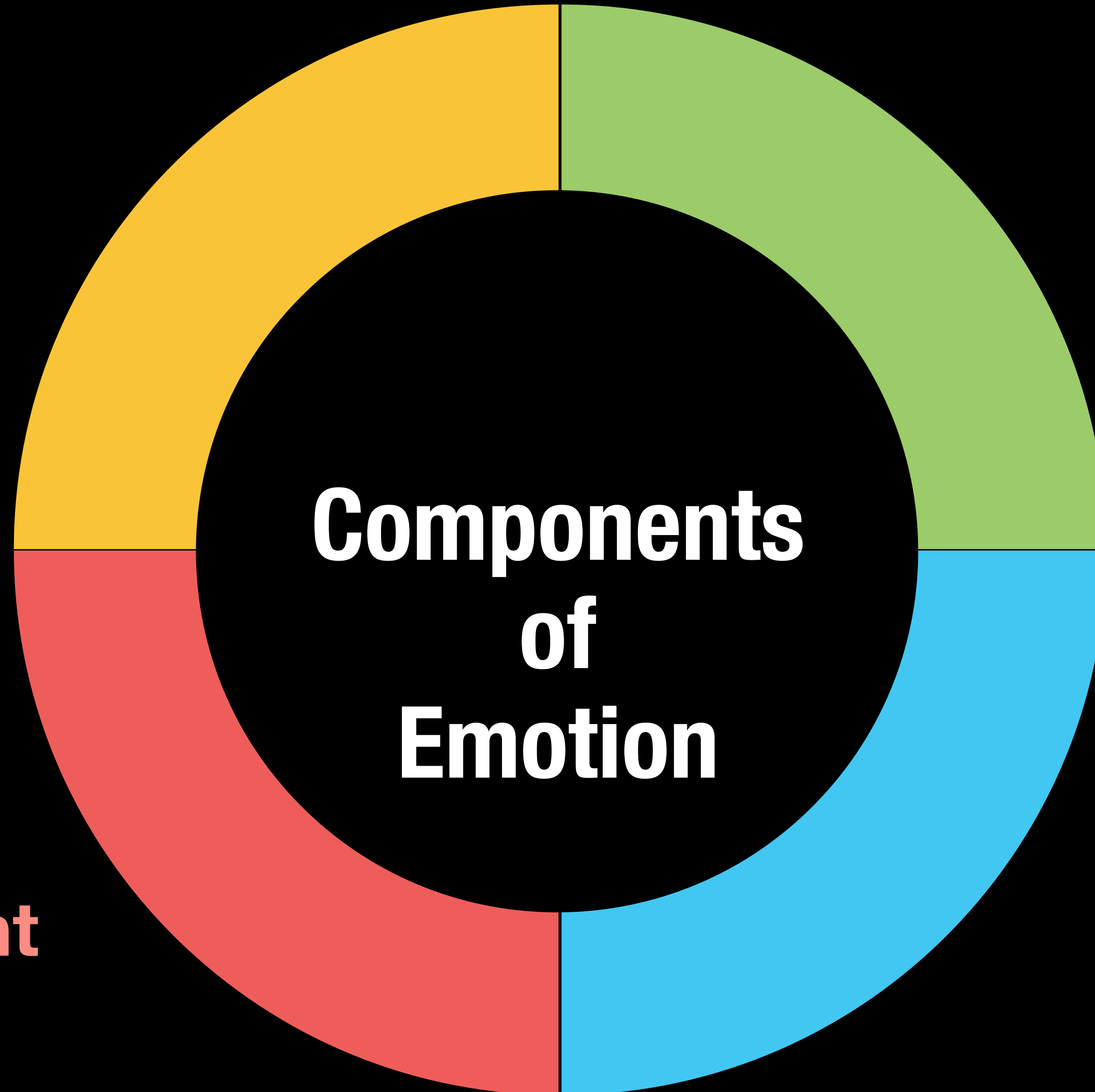
Theories of emotion

Components

Classification

Expert Interview

**Valence:
Positive,
Negative,
or Neutral**



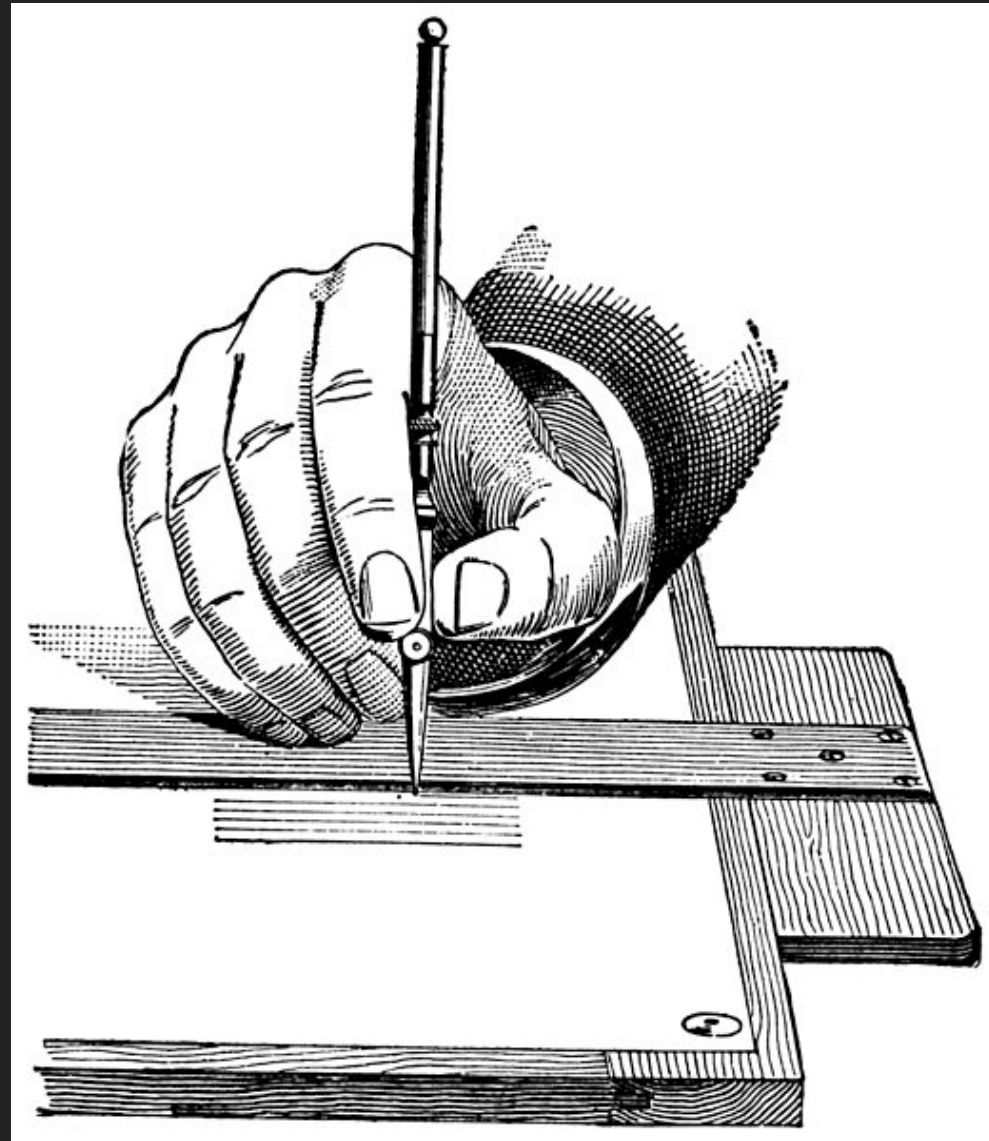
**Eliciting or
intentional
object**

**Components
of
Emotion**

**Multi-
Component
Response**

**Enables
pursuit of
important
goals**

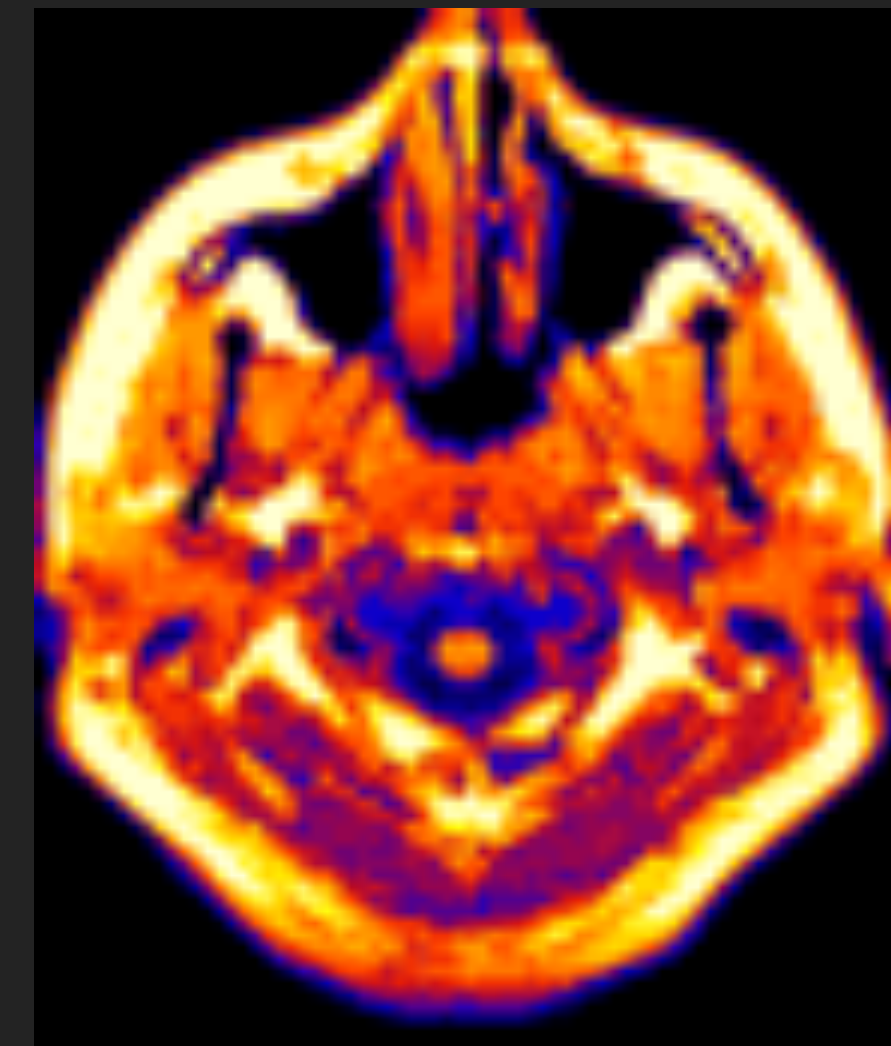
Multi-Component Response



SUBJECTIVE



BEHAVIORAL



PHYSIOLOGICAL

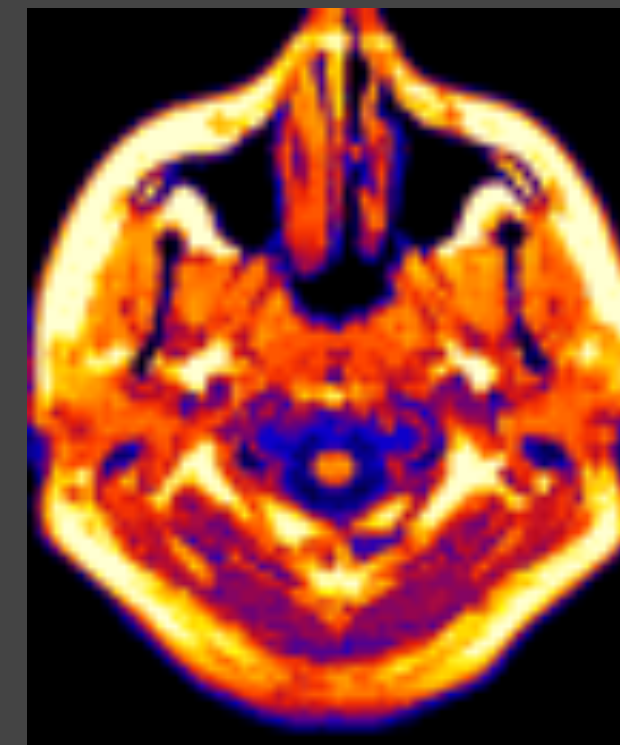
What is an Emotion: A Broader View

BEFORE EMOTION

Cognitive appraisal:

provides an
evaluation of
events and
objects

EMOTION

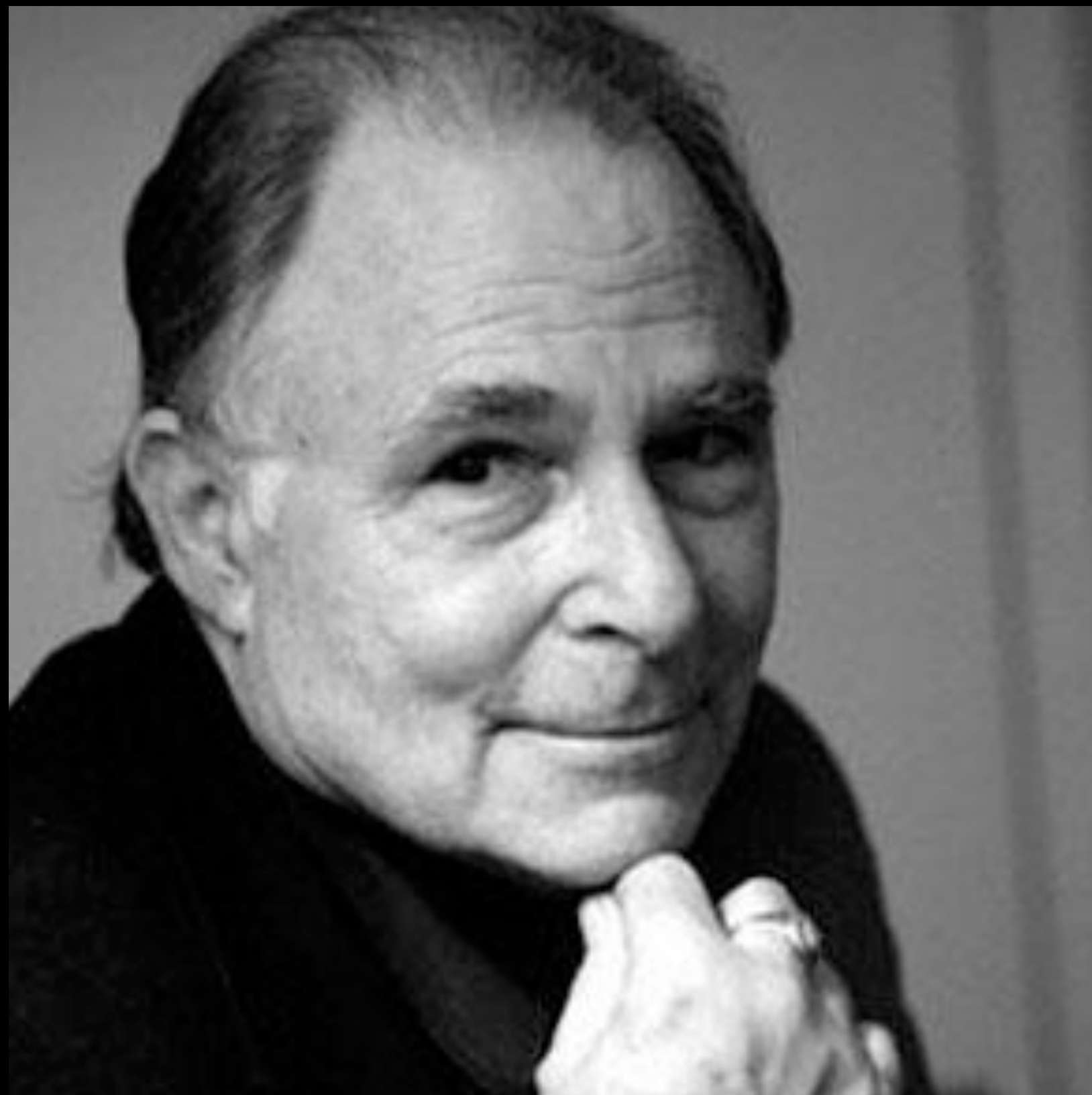


AFTER EMOTION

Action tendencies:

a motivational
component for
the preparation
and direction of
motor responses

6 features of an Emotion



Paul Ekman UCSF

1. Brief
2. Unbidden
3. Cross-Species
4. Coherent
5. Fast
6. Automatic appraisal/evaluation

6 features of an Emotion?



Is this a sufficient explanation?

Brief

Unbidden

Cross-species

Coherent

Fast

Automatic appraisal/evaluation

What an emotion is not

MOOD

FEELING

AFFECT

What an emotion is not

**PERSONALITY
TRAIT**

COGNITION

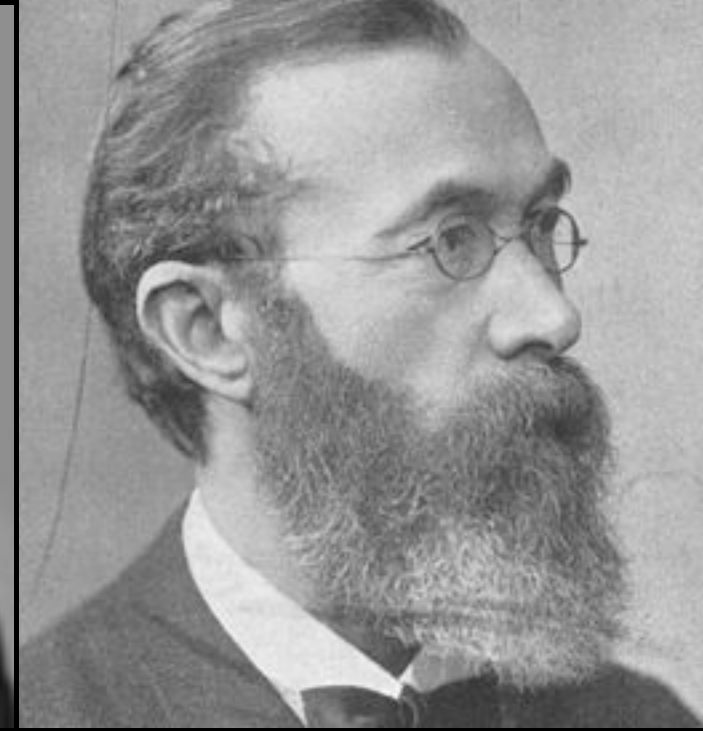
Roadmap

Theories of emotion

Components

Classification

Expert Interview



Basic / Discrete

Dimensional

THEORY

Emotions as discrete categories, biologically fixed, universal to all humans (and many animals).

Emotions are a combination of several psychological dimensions.

EXAMPLE

Basic Emotions: Anger, disgust, fear, happiness, sadness, surprise.

Complex Emotions: Arise from combination of basic emotions or are culturally influenced and constructed.



THEORISTS (example)

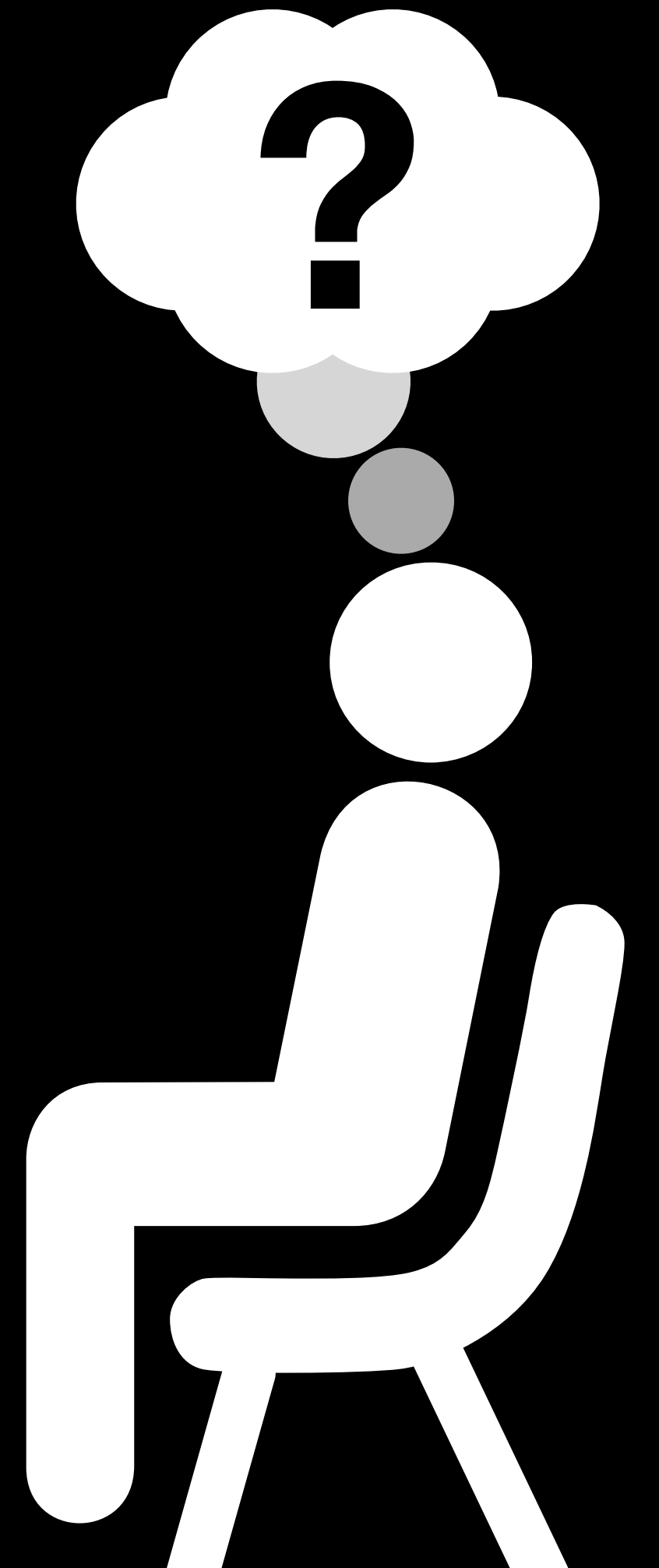
Paul Ekman, Rene Descartes, Silvan Tomkins

Wilhelm Wundt, James Russell, Lisa Feldman Barrett

Take-Away Questions

(AKA Possible Exam Questions)

1. What are the differences between theories on emotion?
2. What are the 3 components of an emotion response?
3. What are the 2 distinct classification systems for emotion?



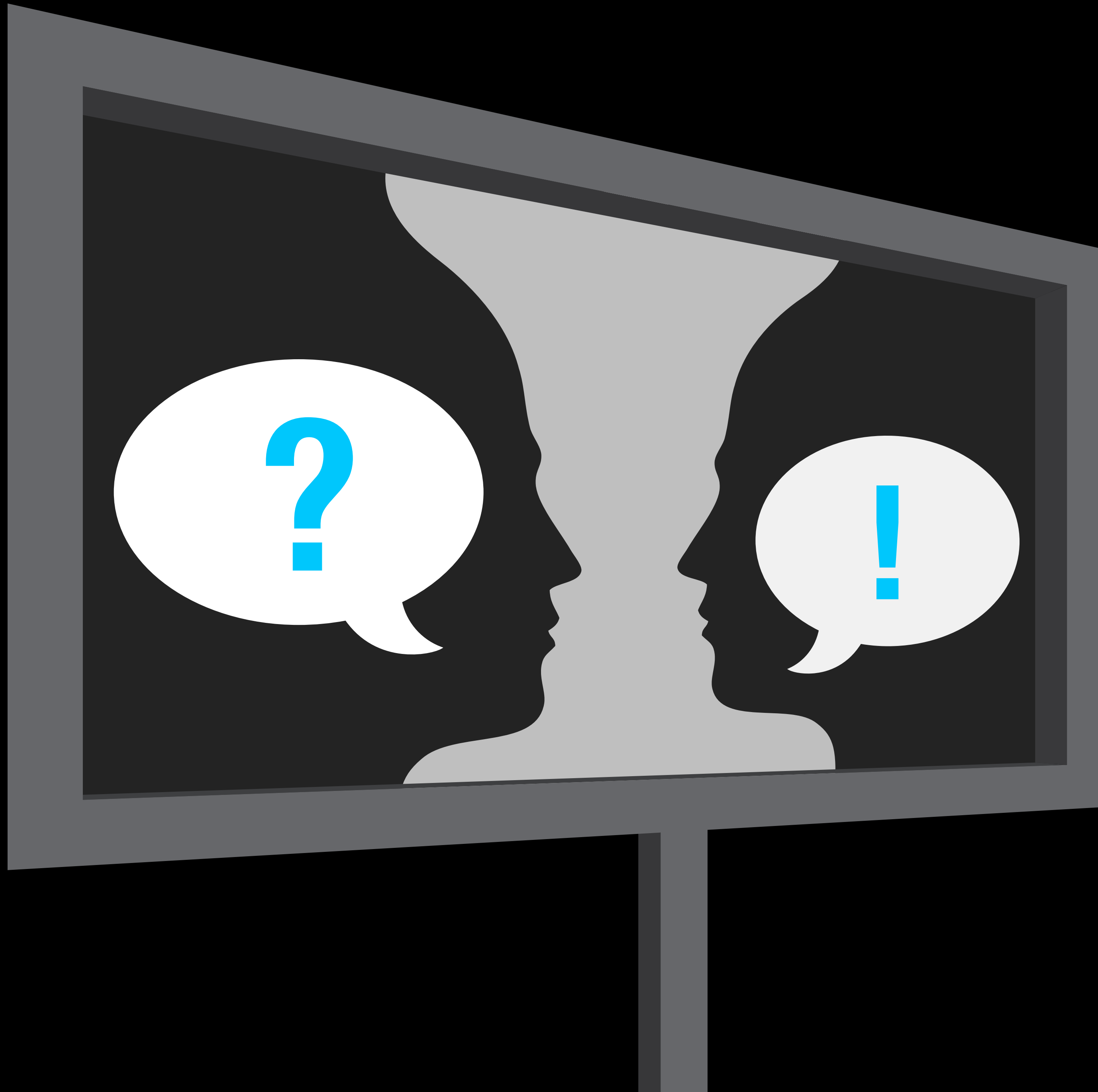
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Experts In Emotion

***EXTRA CREDIT
OPPORTUNITY***

Experts In Emotion

Interview

Dr. Lisa Feldman Barrett

Distinguished Professor of Psychology
Northeastern University

What is an emotion?



Have a Great Day!

Psychology 3131
Human Emotion
Professor June Gruber

