Human Emotion

Let’s Talk About Sex - Salt-N-Pepa
Gender and Emotion
Are men and women from different emotional planets?
Human Emotion

Love and Sex

What’s love got to do with it?
Are men and women really that different?
Roadmap

Course Logistics

Gender: Socialization of Emotion?

Love

Desire

Take-Away Qs & Expert Interview
Course Logistics

Exam 1 - Review Sheet
Handed Out Today - End of Class

Exam 1 - Review Session
Tuesday Feb 10, 5-6pm, DUAN G1B30

Exam 1 - Special Accommodations
Email psych3131.emotion@gmail.com, MUEN D260 (11-1pm)
Course Logistics

Exam 1 - Logistics

Bring Photo ID & Pen
No Bathroom Breaks

Office Hours on Feb 12

No Office Hours Feb 12, after exam - TA Lauren Goode
Roadmap

Course Logistics

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Take-Away Qs & Expert Interview
Socialization of Emotion

“Patterns of behavior taught to children and adults in order to help them learn to behave as acceptable females or males. It begins at birth via naming, clothing, and treatment of the infant, and it continues to be taught and reinforced throughout life within most social institutions.”

Disch, 1997
Socialization of Emotion

Example 1

Gender stereotypes
Gender Stereotypes

Condy & Condry

Studied infants being startled (acoustic startle) in response to a jack-in-the-box. Parents were asked to rate emotions of the infant.

Girls: rated as more fearful
Boys: rated as more angry
ZITS

Why are girls so plugged into feelings while guys are so emotionally clueless?

I resent that.

Maybe other guys are that way, but I happen to be a very emotional person!

Okay! Okay! Sorry!

Boredom is an emotion, right?
MEN ARE FROM MARS, WOMEN ARE FROM VENUS
A Practical Guide for Improving Communication and Getting What You Want in Your Relationships
JOHN GRAY, PH.D.

Katherine Heigl
Gerard Butler

the ugly truth
JULY
Socialization of Emotion

Example 2

Early conversations between children and parents
Early Conversations

- Fivush studied conversations between moms and children about important emotional event.

- Mothers talk differently to sons vs. daughters

  **Sons**: mothers talk about anger (1 emotion)

  **Daughters**: share rich emotional vocabulary of many different emotional states
Socialization of Emotion
Example 3

Child-rearing manuals
Example
Dr. Spock’s Book

Girls
Encourage girls to cry & be emotional

Boys
Encourage anger and “out of control” behavior
Socialization of Emotion

Experimental Findings
Multi-Component Response

SUBJECTIVE

BEHAVIORAL

PHYSIOLOGICAL
Yes, in some cases, women show increased subjective reports.

<table>
<thead>
<tr>
<th>GENDER DIFFERENCE</th>
<th>NO DIFFERENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Display</td>
<td>Private Experience</td>
</tr>
<tr>
<td>(“People can tell what I’m feeling”)</td>
<td>(“I feel sad often”)</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>Intrapersonal</td>
</tr>
<tr>
<td>(Being with another person)</td>
<td>(“Being alone”)</td>
</tr>
<tr>
<td>Global</td>
<td>Specific/Discrete</td>
</tr>
<tr>
<td>(How feeling generally)</td>
<td>(Feeling happy? sad?)</td>
</tr>
</tbody>
</table>
Women > Men

Seen across a variety of measures: EMG, self-reported smiling & gesturing

Across variety of emotions: Sadness, disgust, fear, surprise, happiness
No Differences

- **brain** (amygdala, frontal cortex)
- **autonomic physiology** (skin conductance, heart rate, cardiac vagal tone).

Kring & Gordon (1998)
Summary of Gender Differences

Subjective
Women > Men, *But Only in Some Contexts*

Behavior
Women > Men

Physiology
Minor to no biological differences
Are Men vs Women Judged Differently When They Display Emotion?

Brescoll & Uhlmann, 2008
- Male and female targets expressed anger or sadness in job interview viewed by participants

- **Outcome Measures:**
  1. Status conferral
  2. Deserved salary
  3. Perceived competence

Brescoll & Uhlmann, 2008
- Angry men were conferred higher status than sad men.
- Angry female professionals were conferred lower status than angry male professionals.
- Sad female professionals conferred higher status than angry female professionals.
Judging Angry Males Versus Females

Males are conferred more status for expressing anger.

Females are conferred more status for expressing sadness.

Brescoll & Uhlmann, 2008
Spot the 5 Differences
Roadmap

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Take-Away Qs & Expert Interview
Romantic Love

- Pair Bonding, Long-term Commitment
  Mutual Goals (e.g., Offspring)
- Release Oxytocin ("Love Hormone")
- Head Tilt, Smile, Make Eye Contact
Displays of Love
### Sternberg’s Theory of Love

<table>
<thead>
<tr>
<th>Intimacy</th>
<th>Passion</th>
<th>Commitment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling of closeness, connectedness, bonding. Share information with this person you don’t share with other people.</td>
<td>Physical attraction, desire, sex.</td>
<td>The decision that one is in a love relationship, willingness to label as a relationship, commitment to maintain relationship over time.</td>
</tr>
</tbody>
</table>
## What if Missing All 3 Components?

<table>
<thead>
<tr>
<th>Non-Love</th>
<th>None of the 3 components, don’t have love.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liking</td>
<td>Intimacy only (no passion or commitment), Casual friendships.</td>
</tr>
<tr>
<td>Infatuation</td>
<td>Passionate (no intimacy or commitment), Love at first sight.</td>
</tr>
<tr>
<td>Empty Love</td>
<td>Commitment (no intimacy or passion), Final stage of long-term relationships that have gone bad (e.g., “better stay together for the kids or appearances sake”). Often 1 arranged marriages, which do not have higher rate of ending in divorce.</td>
</tr>
<tr>
<td>Love Type</td>
<td>Description</td>
</tr>
<tr>
<td>-------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Romantic Love</td>
<td>No commitment, but intimacy and passion. Example: Romeo &amp; Juliet.</td>
</tr>
<tr>
<td>Companionate Love</td>
<td>Intimacy and commitment, but no passion. Example: best friend.</td>
</tr>
<tr>
<td>Fatuous Love</td>
<td>No intimacy, but passion and commitment. Only committed to each other for sex. Example: Whirlwind courtship, Hollywood romance (e.g., Britney Spears).</td>
</tr>
<tr>
<td>Consummate Love</td>
<td>All 3 components of love.</td>
</tr>
</tbody>
</table>
Evolution, Emotion, and Reason: Love
Guest Lecture by Peter Salovey, Open Yale Courses (Prof. Paul Bloom)
http://www.youtube.com/watch?v=kZoBgX8rScg
Roadmap

Course Logistics

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Take-Away Qs & Expert Interview
<table>
<thead>
<tr>
<th>Romantic Love</th>
<th>Sexual Desire</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Commitment Role”</td>
<td>“Initiation Role”</td>
</tr>
<tr>
<td>Pair Bonding</td>
<td>Sexual Behavior</td>
</tr>
<tr>
<td>Long-term commitment</td>
<td>Proximity Seeking</td>
</tr>
<tr>
<td>Mutual goals (e.g., offspring)</td>
<td>Contact</td>
</tr>
<tr>
<td>Release oxytocin (“love hormone”)</td>
<td>Release gonadal estrogen &amp; androgen (“sexual hormones”)</td>
</tr>
<tr>
<td>Head tilt, smile, make eye contact</td>
<td>Lip pucker, lip licks, head turned away, eye contact for 1-2 ms, coy smile</td>
</tr>
</tbody>
</table>
Displays of Love
Displays of Desire

Images Courtesy of Dacher Keltner
Barack and Michelle Obama Discuss First Date

http://www.youtube.com/watch?v=1QdQ285QRLY
Gender Differences in Desire Signals

Single's Bar

Arched Back
Swaying Hips
Flipping Hair

Rock Back/Forth
Raise out Arms
Sexual Attraction

Group One: Big 3

<table>
<thead>
<tr>
<th>Proximity</th>
<th>Similarity</th>
<th>Familiarity</th>
</tr>
</thead>
</table>

# Sexual Attraction

**Group Two: Remaining 4**

<table>
<thead>
<tr>
<th>Competence</th>
<th>Attractiveness</th>
<th>Gain Loss</th>
<th>Misattribution</th>
</tr>
</thead>
</table>

Sexual Arousal
Sexual Arousal

Example 1

Subjective ratings
(i.e., self-reported arousal)
Sexual Arousal
Example 2

Genital Arousal

Female: Vaginal plethysmograph, measure amplitude of blood flow to vagina

Male: Penile plethysmograph, measure circumference of penis as function of blood flow
Study of Sexual Arousal

Chivers et al. (2004)

Participants
Male, Female, Heterosexual, Homosexual

Stimuli
Neutral Film
Heterosexual Oral Stimuli
Heterosexual Penetrative Stimuli
Gay Oral Stimuli
Gay Penetrative Stimuli
Lesbian Oral Stimuli
Lesbian Penetrative Stimuli

Stimuli
Chivers et al. (2004)

Female-Female Film
Male-Female Film
Male-Male Film

MALE - HOMOSEXUAL (Self-Identified)
MALE - HETEROSEXUAL (Self-Identified)
Chivers et al. (2004)
Male Sexual Arousal is “Category Specific”

- Heterosexual Male → Heterosexual Stimuli
- Homosexual Male → Homosexual Stimuli

Chivers et al. (2004)
Chivers et al. (2004) compared subjective arousal levels in response to male-male, female-female, and male-female films. The study found that:

- Female-heterosexual (self-identified) participants had similar levels of arousal across film types.
- Female-homosexual (self-identified) participants showed higher arousal in response to female-female films compared to male-female films.

The graph illustrates these findings, with bars representing different arousal levels corresponding to each film type for both heterosexual and homosexual female participants.
Chivers et al. (2004)
Male Sexual Arousal is “Category Specific”

Heterosexual Male  ➔  Heterosexual Stimuli

Homosexual Male  ➔  Homosexual Stimuli

Chivers et al. (2004)
Female Sexual Arousal (Physiological) is Not Category Specific

More of a “bisexual” pattern?

Heterosexual Female → All Stimuli

Homosexual Female → All Stimuli (esp. female)

Chivers et al. (2004)
What does this all mean?
Transexual (Male-to-Female)

Bisexual (Men)
Response to the Washington Times Article on My Research on Female Sexual Arousal

On December 23, 2002, the Washington Times ran an article on my research program, entitled “FEDERALLY FUNDED STUDY MEASURES PORN AROUSAL.”

The article, by Robert Stacy McCain, characterized the research as follows:

“A federally funded study has paid women as much as $75 to watch pornographic videos to determine ‘what types of audiovisual erotica women find sexually arousing.’

The piece went on to give very partial and mostly incomprehensible information about the scientific background of the study, obtained from the abstract from my grant on the NIH grants database. Numerous politically conservative outlets (including the Rush Limbaugh Show and CNN’s Hardball) attacked my research as an example of liberals wasting taxpayers’ dollars.

The Washington Times article was grossly misleading and made the research sound prurient and trivial. Here, I attempt to give sufficient background to allow an evaluation of the scientific merits of the research. I am constrained a bit, because we have a paper submitted to a scientific journal, and thus I cannot yet share results of the research with the public.

The research aims to study the association between sexual arousal patterns and sexual orientation in women and men. It has been known for years that men’s sexual arousal patterns closely track their sexual orientations. Gay men get far more aroused by male sexual stimuli (typically erotic images or movies) than do heterosexual men (or heterosexual women). It is thought that the erotic preferences of women are related to sexual orientation in a similar way.

Roadmap

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Take-Away Qs & Expert Interview
Experts In Emotion Interview

Dr. Michael Bailey
Professor of Psychology
Northwestern University

Sex and Emotion
Thank You!

Psychology 3131
Professor June Gruber

psych3131.emotion@gmail.com