

**Bryant-Taneda**  
**AP Psychology 12**  
**Ch. 13 Emotions Review**



joy



accepted



aware



angry



sadness



rejected



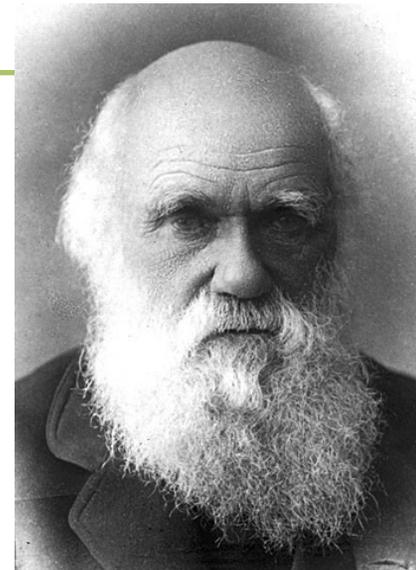
surprised



fearful

# Adaptive Theory – Charles Darwin

- If we allow our anger to dissipate, then we can express it in a civil way
- Violent gestures increase anger



# Catharsis Theory of Emotions

- We reduce anger by releasing it
- Catharsis was the idea to help people reduce their anger, before it was found that expressing anger in violent gestures created more hostility



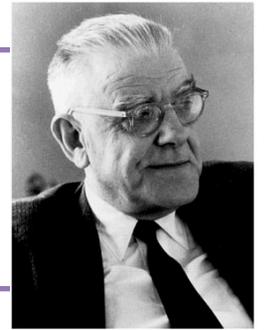
# Robert Zajonc – Social Psychology

- Some people feel Emotion before they *think*
- Zajonc's research finds that cognition is **not** necessary for emotional reaction





# Walter Cannon-Philip Bard



*Philip Bard*

## Cannon-Bard Emotions theory

Stimulus – for example scary  
monster

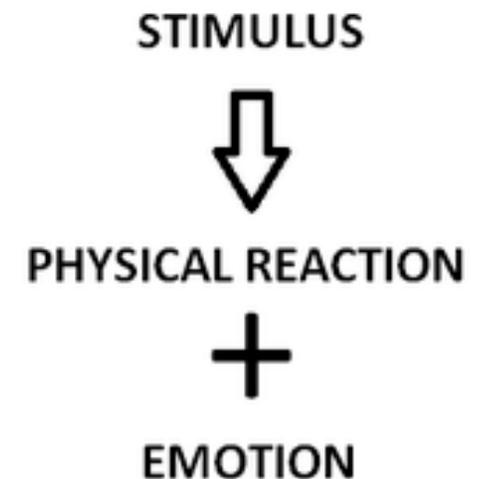
**These two occur Simultaneously:**

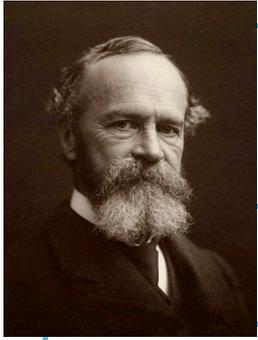
1) Pounding heart (*arousal*)

And

2) Fear (*cerebral cortex - emotion*)

= This creates the **Emotion**





# William James-Carl Lange



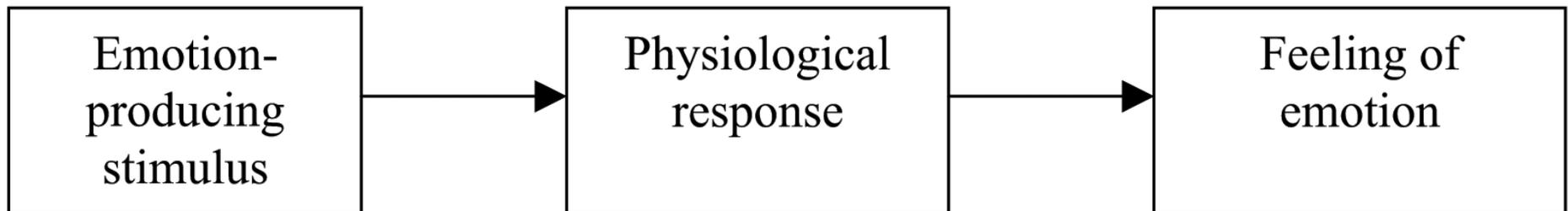
## Theory of Emotion

Stimulus – for example scary monster

1) First the Physiological reaction (*pounding heart*)

2) Then the Cerebral cortex registers the **Emotion** (*fear*)

This creates the emotion



# Daniel Schacter – Two-Factor Theory

## Theory of Emotion

Stimulus for example oncoming car

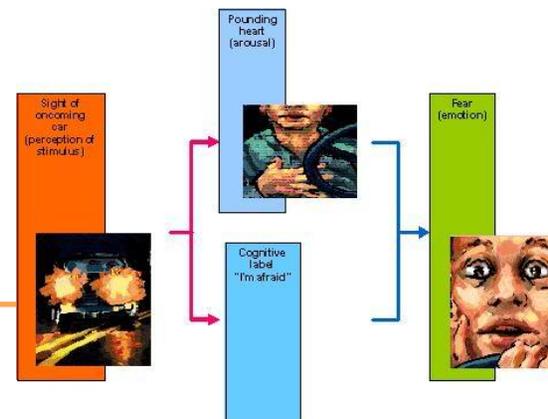
1) First the Pounding heart (*arousal*)

And

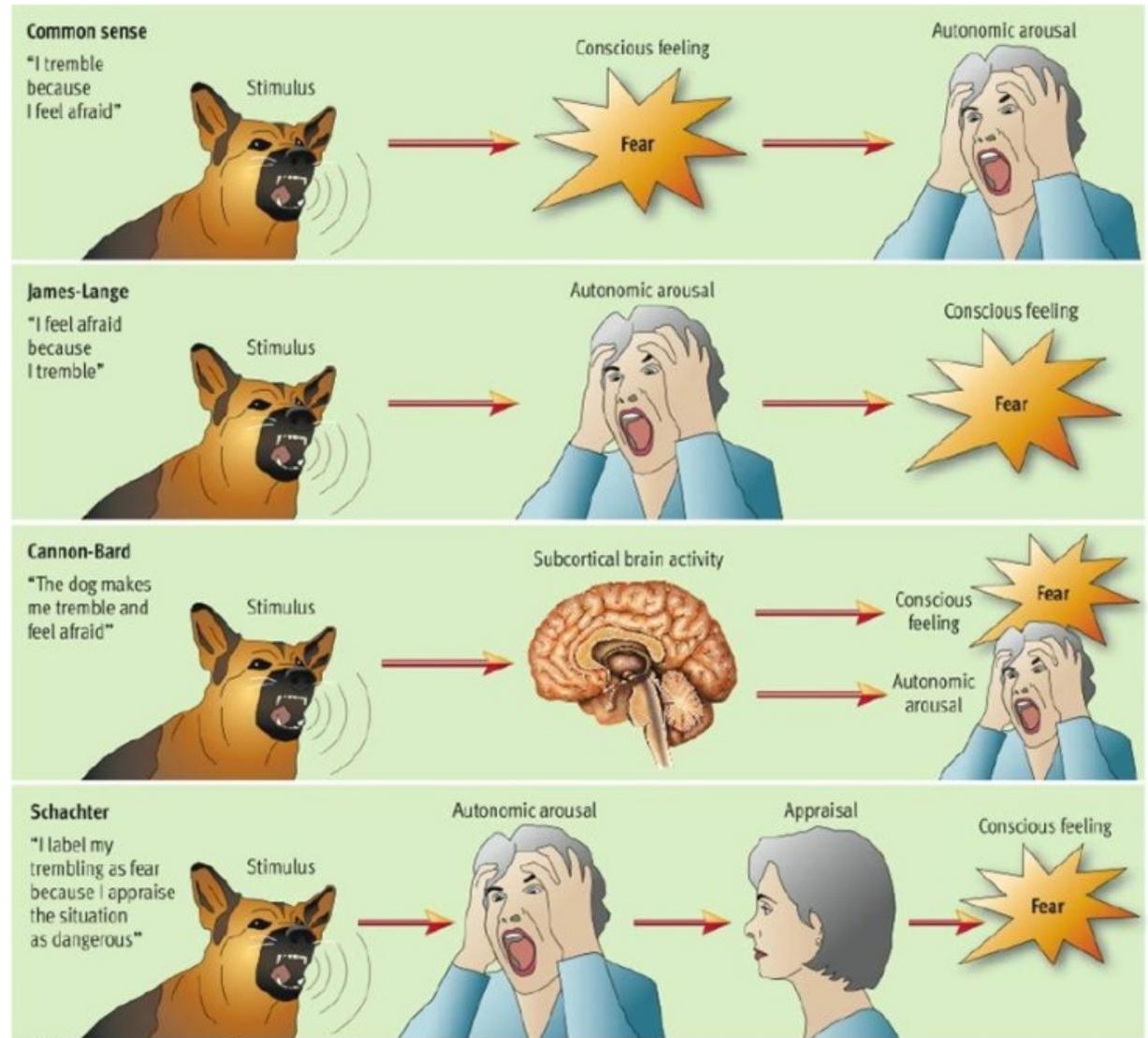
2) Then Cognitive label (*I am afraid*)

= **Emotion: Fear**

This creates the emotion

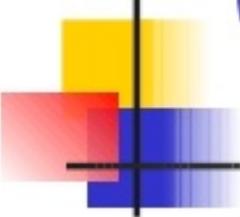


# James-Lange, Cannon-Bard & Schacter Compared



# Opponent Process Theory of Emotion

- This is an *Adaptation* level phenomenon
- Humans are a battle field of opposing tendencies
- We are upset, and *then* after a while, we relax



# Opponent-Process Theory

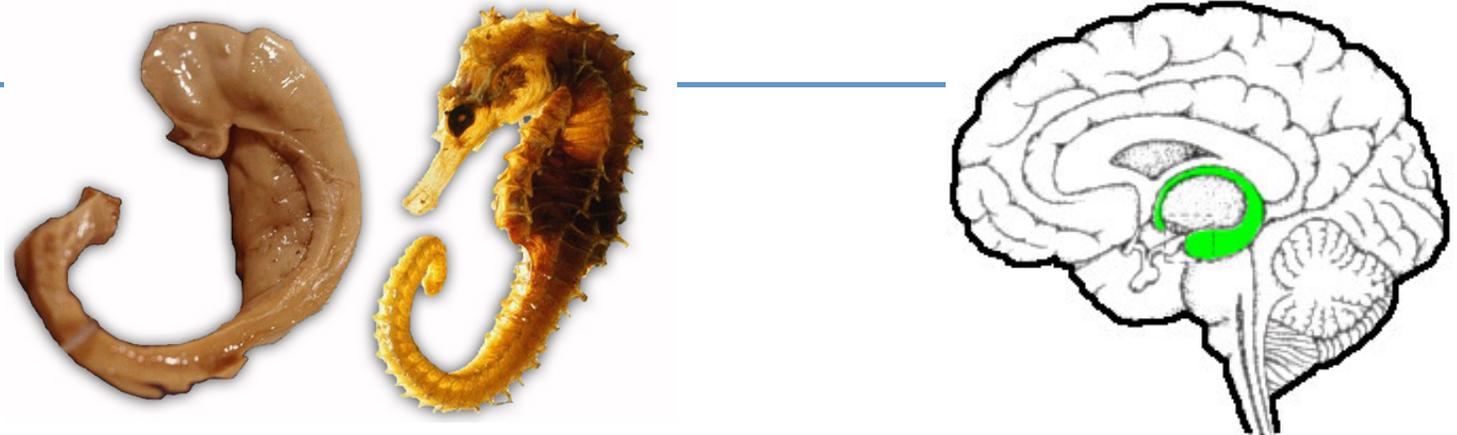
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. . . explains that two things occur when a person receives a stimulus that elicits an immediate positive or negative emotional reaction:

- The immediate positive or negative emotional reaction is felt.
- A second emotional reaction occurs that has a feeling opposite to that initially experienced.
- The combination of the two emotional reactions results in the overall feeling experienced by the consumer.
- Explains addictive behaviors
- Explains priming—the effects of a small exposure to a stimulus.

# Hippocampus and Emotion

- *Memory* is stored
- If the hippocampus is damaged, the emotions can stay *without* the memory

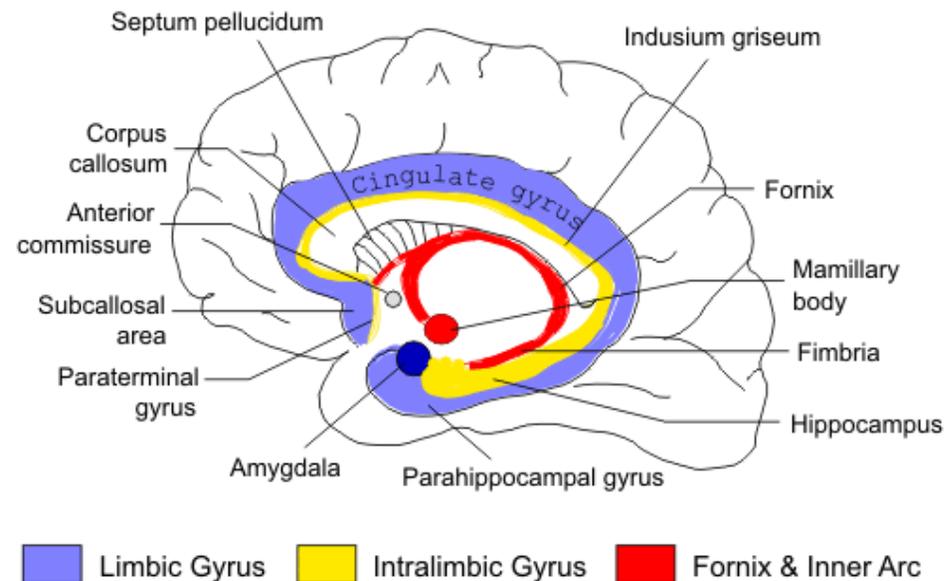


*Hippo* comes from the word horse like a sea horse; there is similarity in the shape!

# Emotions and the Limbic System

- If we *Stimulate* the Limbic System
- Then the *Response* is Terror or Rage

## The Limbic System



# Sympathetic Nervous System and Emotions

Our sympathetic nervous system arouses us to action (emotionally and physically)

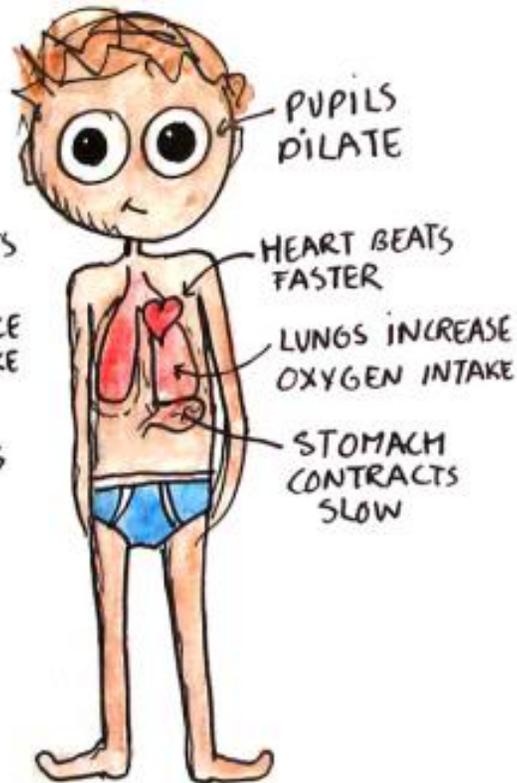
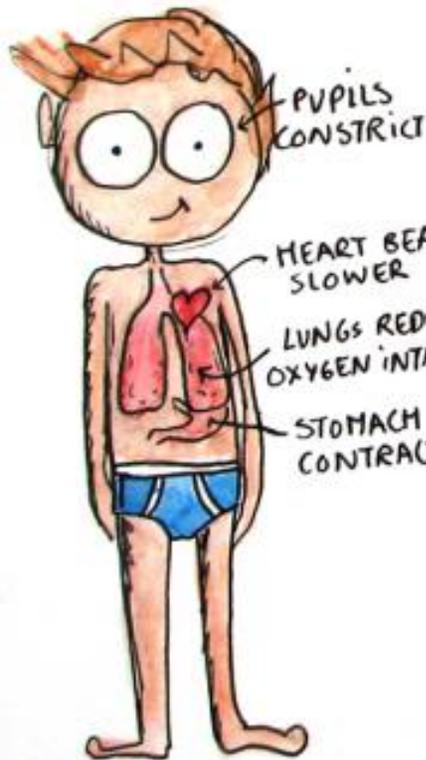


# Parasympathetic Nervous System and Emotions

- The Parasympathetic nervous system brings you to a state of *Balance*
- It lessens the blood pressure, activates digestion, contracts the pupils and decreases the heart rate

PARASYMPATHETIC SYSTEM

SYMPATHETIC SYSTEM



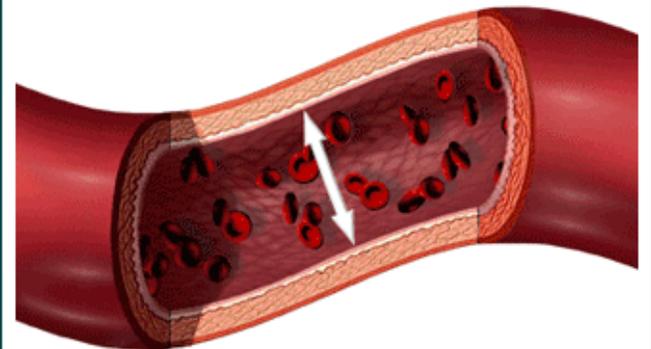
THE PARASYMPATHETIC SYSTEM IS ACTIVATED BY THE INHIBITORY NEUROTRANSMITTER ACETYLCHOLINE IN THE BRAIN. THIS SYSTEM RELAXES OUR BODY AND CALMS US DOWN. THE SYMPATHETIC SYSTEM IS ACTIVATED BY THE EXCITATORY NEUROTRANSMITTER DOPAMINE IN THE BRAIN. THIS SYSTEM IS OFTEN CALLED "FIGHT, FRIGHT, OR FLIGHT" SYSTEM.

# Emotions and Arousal

If our emotions bring about arousal, then we will experience increased heart rate, perspiration, & blood pressure

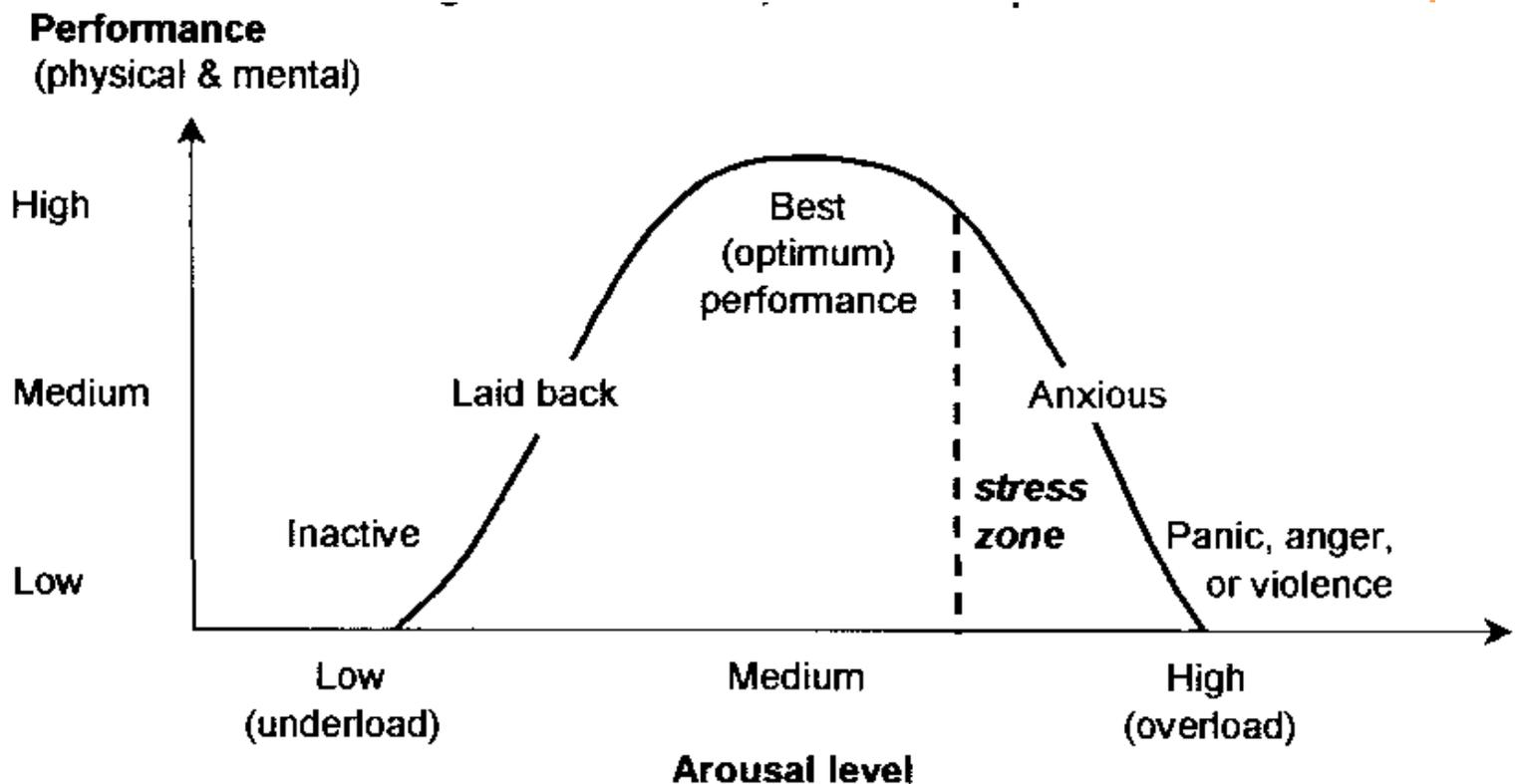


Blood pressure is the measurement of force applied to artery walls



# Emotional Arousal & performance

We are able to deliver the *Best* performance with *moderate* arousal



# Cultures & Interpretation



## Non-Verbal gestures

- This gesture generally means *OK*
- However, in Brazil, Germany, Greece, Italy, Malta, Mexico, Middle East, Paraguay, Russia, Tunisia, and Turkey

it means *Orifice (Opening)* - and some male & female variations -

# Facial expressions

Fear & Anger are displayed with *subtly* different body reactions



# Categorizing Expressions

There are six (6)  
basic universal  
emotions



Anger



Happiness



Surprise



Disgust



Sadness



Fear

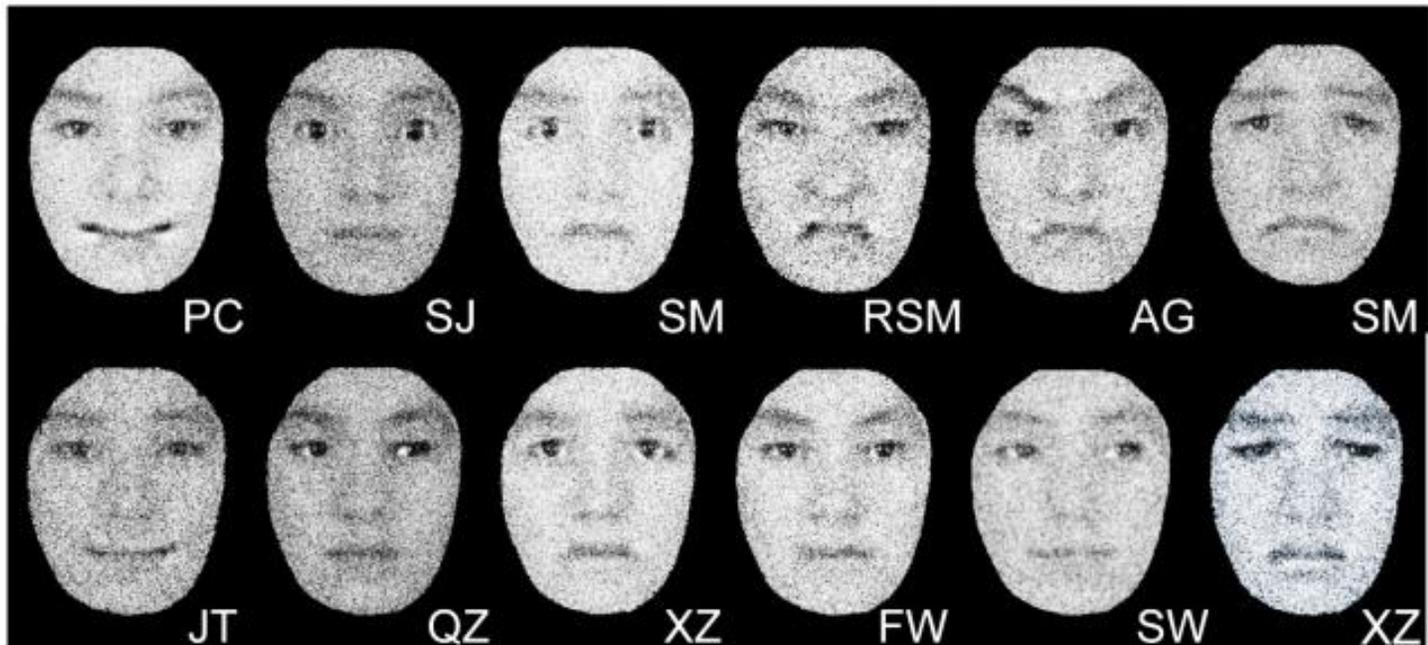
# Cultures & Expression

Overt Negative emotional expression is *not* common with Asian people (top row Western; bottom row Eastern)

## RESULTS

Happy Surprise Fear Disgust Anger Sad

WC



EA

JT

QZ

XZ

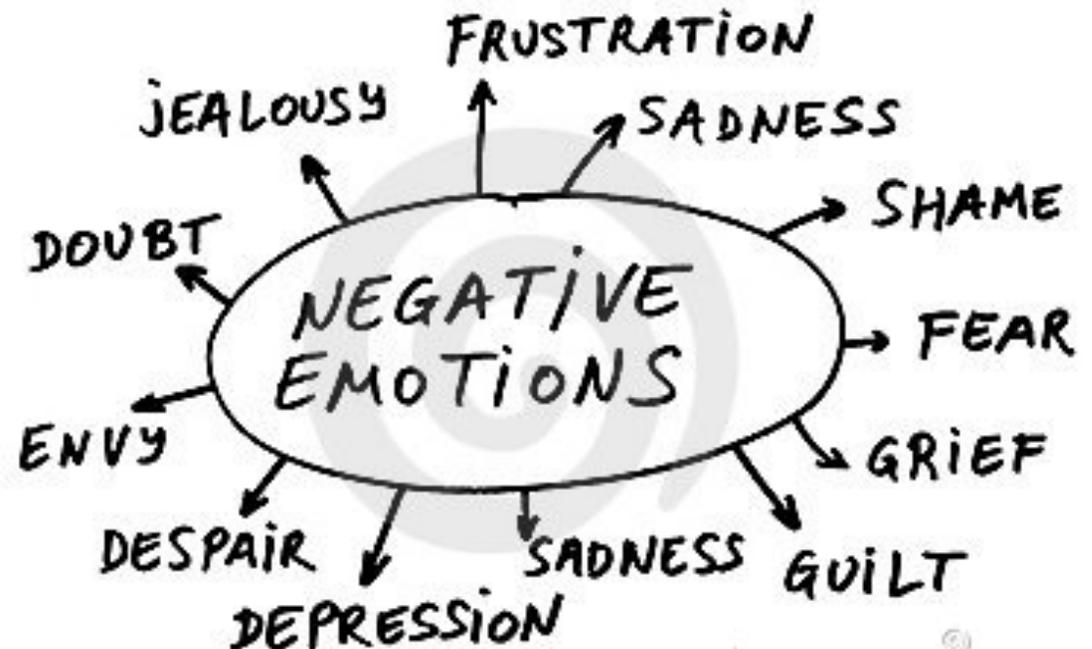
FW

SW

XZ

# Negative emotions...

Are primarily processed in the *Right* hemisphere; this is where much of the activity will be focussed



# Greatest Well Being

- Our greatest well being is achieved through intimacy & personal growth
- Our happiness is connected with us being socially outgoing and regular exercise

