

1. Details of Module and its structure

Module Detail	
Subject Name	Psychology
Course Name	Psychology 02 (Class XI, Part- 2)
Module Name/Title	Motivation and Emotion – Part 2
Module Id	kepy_10902
Pre-requisites	<ul style="list-style-type: none">✓ What are motives✓ How different emotions guide behavior?✓ Taking perspective.✓ Culture
Objectives	<ul style="list-style-type: none">• To understand the nature of emotions• describe the nature of emotional expression,• understand the relationship between culture and emotion.• know how to manage your own emotions.
Keywords	Amygdala, Anxiety, Arousal, Autonomic nervous system, Basic emotions, Biological needs (hunger, thirst, sex), Central nervous system, Conflict, Emotional intelligence, Esteem needs, Examination anxiety and Expression of emotions

2. Development Team

Role	Name	Affiliation
National MOOC Coordinator	Prof. Amarendra P. Behera	CIET, NCERT, New Delhi
Program Coordinator	Dr. Rejaul Karim Barbhuiya	CIET, NCERT, New Delhi
Course Coordinator (CC) / PI	Prof. Prabhat Kumar Mishra Prof. Anjum Sibia	DEPFE, NCERT New Delhi DEPFE, NCERT New Delhi
Course Co-Coordinator / Co-PI	Dr. Nidhi Gusain	CIET, NCERT, New Delhi
Subject Matter Expert (SME)	Ms. Vasudha Chopra	Shiv Nadar School, Noida
Review Team	Ms. Neelam Shrivastava	Vasant Valley School, New Delhi
Technical Team	Mr. Shobit Saxena Ms. Khushboo Sharma	CIET, NCERT, New Delhi CIET, NCERT, New Delhi

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1. Introduction

Nature of emotions

Joy, sorrow, hope, love, excitement, anger, hate, and many such feelings are experienced in the course of the day by all of us. The term emotion is often considered synonymous with the terms 'feeling' and 'mood'. Feeling denotes the pleasure or pain dimension of emotion, which usually involves bodily functions.

Mood is an affective state of long duration but of lesser intensity than emotion. Both these terms are narrower than the concept of emotion. Emotions are a complex pattern of arousal, subjective feeling, and cognitive interpretation.

Emotion is a subjective feeling and the experience of emotions varies from person to person. In psychology, attempts have been made to identify basic emotions. It has been noted that at least six emotions are experienced and recognized everywhere.

These are: anger, disgust, fear, happiness, sadness, and surprise. Izard has proposed a set of ten basic emotions, i.e. joy, surprise, anger, disgust, contempt, fear, shame, guilt, interest, and excitement with combinations of them resulting in other emotional blends.

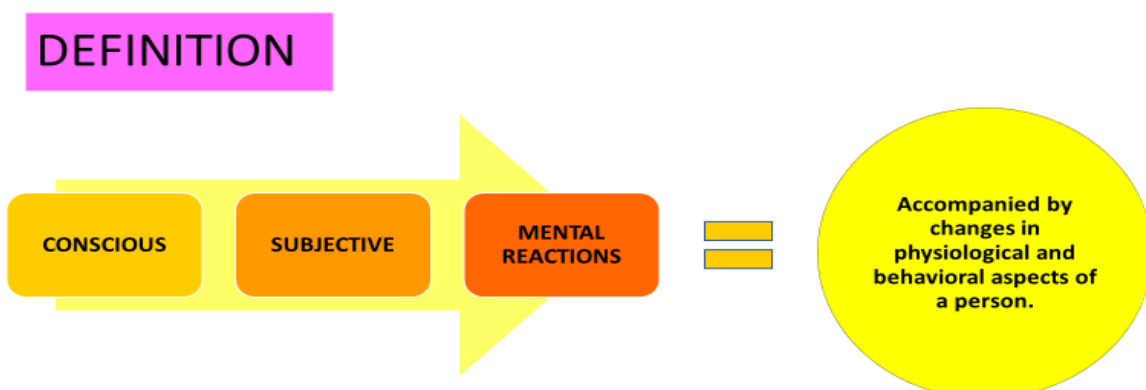


Fig 1. Depicts the nature of Motivation

According to Plutchik, there are eight basic or primary emotions. All other emotions result from various mixtures of these basic emotions. He arranged these emotions in four pairs of opposites, i.e. joy-sadness, acceptance disgust, fear-anger, and surprise-anticipation.

Emotions vary in their intensity (high, low) and quality (happiness, sadness, fear). Subjective factors and situational contexts influence the experience of emotions. These factors are gender, personality, and psychopathology of certain kinds.

2. Physiological Bases of Emotions

Divya is desperate to get a job. She has prepared well for the interview and feels confident. As she enters the room and the interview begins, she becomes extremely tense. Her feet go cold, her heart starts pounding, and she is unable to answer appropriately'. Why did this happen? Try thinking about a similar situation that you have faced sometime in your life.

Can you describe probable reasons for this? As we will see, a great deal of physiological changes happens when we experience emotion. When we are excited, afraid or angry, these bodily changes might be relatively easy to note.

All of you must have noted the increase in heart rate, throbbing temples, increased perspiration, and trembling in your limbs when you are angry or excited about something. Sophisticated equipment has made it possible to measure the exact physiological changes that accompany emotions.

Both autonomic as well as somatic nervous system play important roles in the emotional process. The experience of emotions is a result of a series of neurophysiological activations in which thalamus, hypothalamus, limbic system, and the cerebral cortex are involved significantly. Individuals with extensive injury in these brain areas have been known to demonstrate impaired emotional abilities.

COMPONENTS OF EMOTIONS



Fig 2. Shows the components of emotions

Theories of Emotions

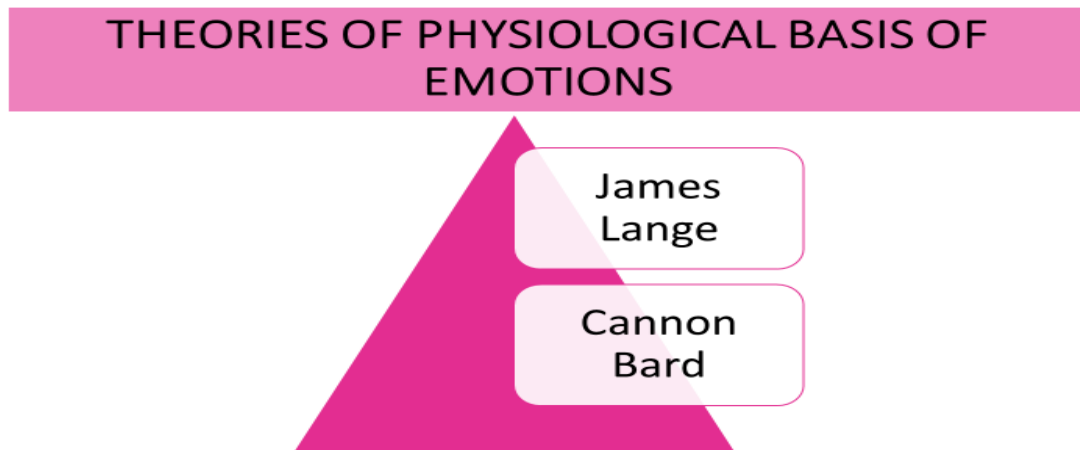


Fig 3. JAMES-LANGE theory of emotions

Selective activation of different brain areas has been experimentally shown to arouse different emotions in infants and adults. One of the earliest physiological theories of emotion was given by James (1884) and supported by Lange, hence, it has been named the James-Lange theory of emotion.

Put in other words, James-Lange theory argues that your perception about your bodily changes, like rapid breathing, a pounding heart, and running legs, following an event, brings forth emotional arousal. The main implication made by this theory is that events or stimuli provoke particular physiological changes and the individual's perception of these changes results in the emotion being experienced.

However, this theory faced a lot of criticism and fell in disuse.

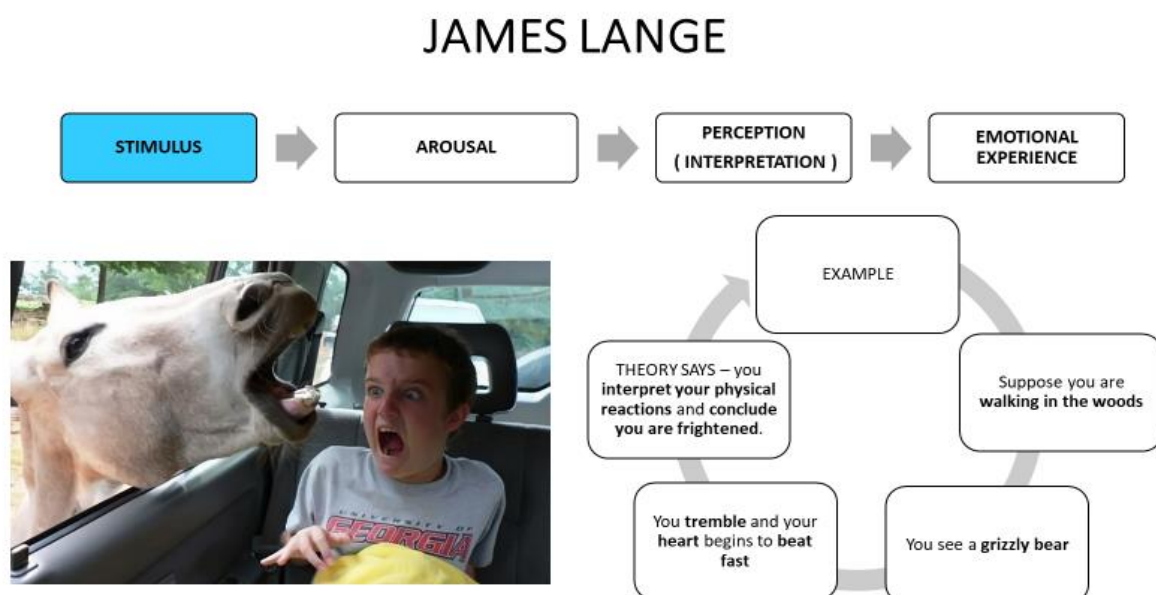


Fig 4. CANON-BARD theory of emotions

Canon-Bard Theory of Emotions

Another theory was proposed by Cannon (1927) and Bard (1934). The Cannon-Bard theory claims that the entire process of emotion is mediated by thalamus which after perception of the emotion-provoking stimulus, conveys this information simultaneously to the cerebral cortex and to the skeletal muscles and sympathetic nervous system.

The cerebral cortex then determines the nature of the perceived stimulus by referring to past experiences. This determines the subjective experience of the emotion.

At the same time the sympathetic nervous system and the muscles provide physiological arousal and prepare the individual to take action. systems function together in a reciprocal manner. In a stressful situation the sympathetic system prepares the body to face the situation. It strengthens the internal environment of the individual by controlling the fall in heart rate, blood pressure, blood sugar, etc. It induces a state of physiological arousal that prepares the individual for fight or flight response in order to face the stressful situation. As the threat is removed the parasympathetic system gets active and restores the balance by calming the body. It restores and conserves energy and brings the individual back to a normal state. Though acting in an antagonistic manner, the sympathetic and parasympathetic systems are complementary to each other in completing the process of experience and expression of emotion

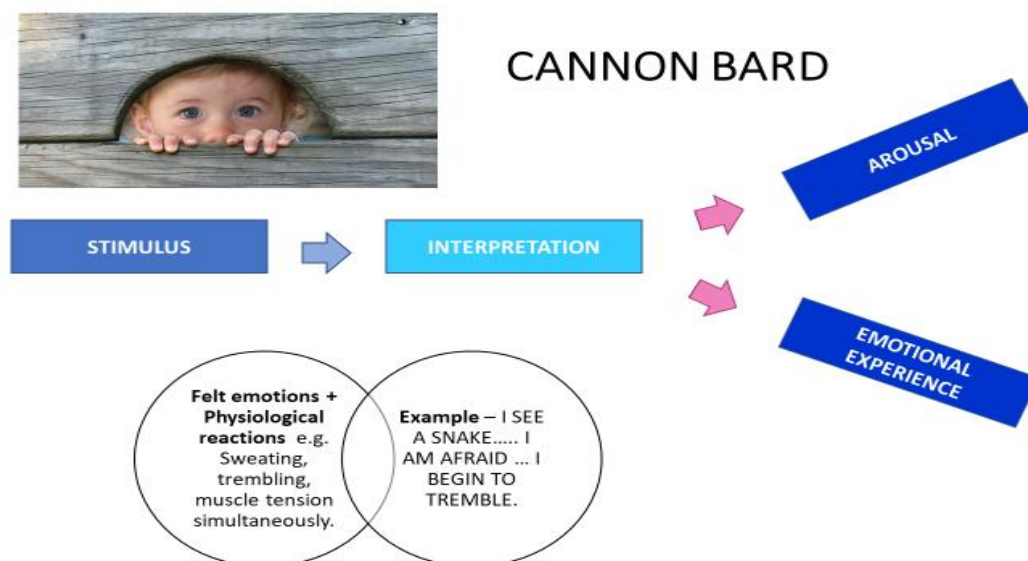


Fig 5. Cognitive bases of emotions

3. Cognitive Bases of Emotions

Most psychologists today believe that our cognitions, i.e. our perceptions, memories, interpretations are essential ingredients of emotions. Stanley Schachter and Jerome Singer have proposed a two-factor theory in which emotions have two ingredients: physical arousal and a cognitive label.

Schachter and Singer Theory

They presumed that our experience of emotion grows from our awareness of our present arousal. They also believed that emotions are physiologically similar. For example, your heart beats faster when you are excited or scared or angry. You are physiologically aroused and look to the external world for explanation.

Thus, in their view an emotional experience requires a conscious interpretation of the arousal. If you are aroused after physical exercise and someone teases you, the arousal already caused by the exercise may lead to provocation.

To test this theory, Schachter and Singer (1962) injected subjects with epinephrine, a drug that produces high arousal. Then these subjects were made to observe the behavior of others, either in an euphoric manner (i.e. shooting papers at a waste basket) or in an angry manner (i.e. stomping out of the room).

As predicted, the euphoric and angry behavior of others influenced the cognitive interpretation of the subjects' own arousal.

4. Cultural Bases of Emotions

Psychologists largely have a notion that emotions, especially facial expressions, have strong biological ties. For example, children who are visually impaired from birth and have never observed the smile or seen another person's face, still smile or frown in the same way that children with normal vision do.

But on comparing different cultures we see that learning plays an important role in emotions. This happens in two ways.

First, cultural learning influences the expression of emotions more than what is experienced, for example, some cultures encourage free emotional expression, whereas other cultures teach people, through modelling and reinforcement, to reveal little of their emotions in public. Second, learning has a great deal to do with the stimuli that produce emotional reactions.

It has been shown that individuals with excessive fears (phobia) of elevators, automobiles, and the like learnt these fears through modelling, classical conditioning or avoidance conditioning.

5. Expression of Emotions

Emotions play an important role in our daily lives. Each and every day we spend a tremendous amount of time

- witnessing the emotions of others,
- interpreting what these signals might mean,

-
- determining how to respond,
 - And dealing with our own complex emotional experiences.

We express our emotions in a number of different ways including both verbal communication and through nonverbal communication. Body language such as a slouched posture or crossed arms can be used to send different emotional signals. One of the most important ways that we express emotion, however, is through facial expressions.

There are six key basic emotions:

- ★ Happiness
- ★ Surprise
- ★ Sadness
- ★ Anger
- ★ Disgust
- ★ Fear

6. Culture and Emotions

The verbal channel of communication is composed of spoken words as well as other vocal features of speech like pitch and loudness of the voice. These non-verbal aspects of the voice and temporal characteristics of speech are called 'paralanguage'.

Other non-verbal channels include facial expression, kinetic (gesture, posture, movement of the body) and proximal (physical distance during face-to-face interaction) behaviors. Facial expression is the most common channel of emotional communication.

The amount and kind of information conveyed by the face is easy to comprehend as the face is exposed to the full view of others. Facial expressions can convey the intensity as well as the pleasantness or unpleasantness of the individual's emotional state. Facial expressions play an important role in our everyday lives.

There has been some research evidence supporting Darwin's view that facial expressions for basic emotions (joy, fear, anger, disgust, sadness, and surprise) are inborn and universal. Bodily movements further facilitate the communication of emotions.

Can you feel the difference between your body movements when you feel angry and movements when you feel shy?

Theatre and drama provide an excellent opportunity to understand the impact of body movements in communicating emotions. The roles of gestures and proximal behaviors are also significant. You must have seen how in Indian classical dances like Bharatanatyam, Odissi, Kuchipudi, Kathak and others, emotions are expressed with the help of movements of eyes,

legs, and fingers. The dancers are trained rigorously in the grammar of body movement and non-verbal communication to express joy, sorrow, love, anger, and various other forms of emotional states.

The processes involved in emotions have been known to be influenced by culture. The emotional meaning conveyed via gestures (body language) varies from culture to culture. For example, in China, a handclap is an expression of worry or disappointment, and anger is expressed with laughter. Silence has also been found to convey different meanings for different cultures. For example, in India, deep emotions are sometimes communicated via silence. This may convey embarrassment during communication in Western countries.

Cultural differences have also been found in the gaze behavior. It has been observed that the Latin Americans and the Southern Europeans direct their gaze to the eyes of the interactant. Asians Indians and Pakistanis, prefer a peripheral gaze (looking away from the conversational partner) during an interaction.

The physical space (proximity) also divulges different kinds of emotional meaning during emotional exchanges. The Americans, for example, do not prefer an interaction too close; the Oriental Indians consider a close space comfortable for an interaction.

In fact, the touching behaviour in physical proximity is considered reflective of emotional warmth. For example, it was observed that the Arabs experience alienation during an interaction with the North Americans who prefer to be interacted from outside the olfactory (too close) zone.

7. Managing Negative Emotions

Emotions are a part of our daily life and existence. They form the very fabric of our life and interpersonal relations. Emotions exist on a continuum. There are various intensities of an emotion that can be experienced by us.

You can experience extreme elation or slight happiness, severe grief or just pensiveness. However, most of us usually maintain a balance of emotions. When faced with a conflicting situation, individuals attempt to adjust and derive a coping mechanism either with task or defense-oriented reactions. These coping patterns help them prevent abnormal emotional reactions such as anxiety, depression etc.

Anxiety is a condition that an individual develops in case of failure to adopt an appropriate ego defense. For example, if the individual fails to adhere to a defense of rationalization for his immoral act (like cheating or stealing), he may develop intense apprehension about the outcomes of such an act. Anxious individuals find it difficult to concentrate or to make decisions even for trivial matters.

The state of depression affects an individual's ability to think rationally, feel realistically, and work effectively. The condition overwhelms the mood state of the individual. Because of its enduring nature, the individual who suffers from depression develops a variety of symptoms like difficulty in falling asleep, increased level of psychomotor agitation or retardation, decreased ability to think or concentrate, and loss of interest in personal or social activities, etc. This is the reason why most of the stress management programmes emphasise emotion management as an integral part of stress management. The major focus of emotion management techniques is the reduction of negative emotions and enhancing positive emotions.

Though most researchers focus their attention only on negative emotions like anger, fear, anxiety, etc., recently the field of 'Positive Psychology' has gained much prominence. As the name suggests, positive psychology concerns itself with the study of features that enrich life like, hope, happiness, creativity, courage, optimism, cheerfulness, etc.

Effective emotion management is the key to effective social functioning in modern times.

The following tips might prove useful to you for achieving the desired balance of emotions:

- Enhance self-awareness: Be aware of your own emotions and feelings. Try to gain insight into the 'how' and 'why' of your feelings.
- Appraise the situation objectively: It has been proposed that emotion is preceded by evaluation of the event. If the event is experienced as disturbing, your sympathetic nervous system is activated and you feel stressed. If you do not experience the event as disturbing, then there is no stress. Hence, it is you who decides whether to feel sad and anxious or happy and relaxed.
- Do some self-monitoring: This involves constant or periodic evaluation of your past accomplishments, emotional and physical states, real and vicarious experiences. A positive appraisal would enhance your faith in yourself and lead to enhanced feeling of wellness and contentment.
- Engage in self-modeling: Be the ideal for yourself. Repeatedly observe the best parts of your past performance and use them as an inspiration and motivation to perform better in the future.
- Perceptual reorganization and cognitive restructuring: Try viewing the events differently and visualize the other side of the coin. Restructure your thoughts to enhance positive and reassuring feelings and eliminate negative thoughts.
- Be creative: Find and develop an interest or a hobby. Engage in an activity that interests and amuses you.

- Develop and nurture good relationships: Choose your friends carefully. In the company of happy and cheerful friends you will feel happy in general.
- Have empathy: Try understanding other's feelings too. Make your relationships meaningful and valuable. Seek as well as provide support mutually.
- Participate in community service: Help yourself by helping others. By doing community service (for example, helping an intellectually challenged child learn an adaptive skill), you will gain important insights about your own difficulties.

Canon-Bard

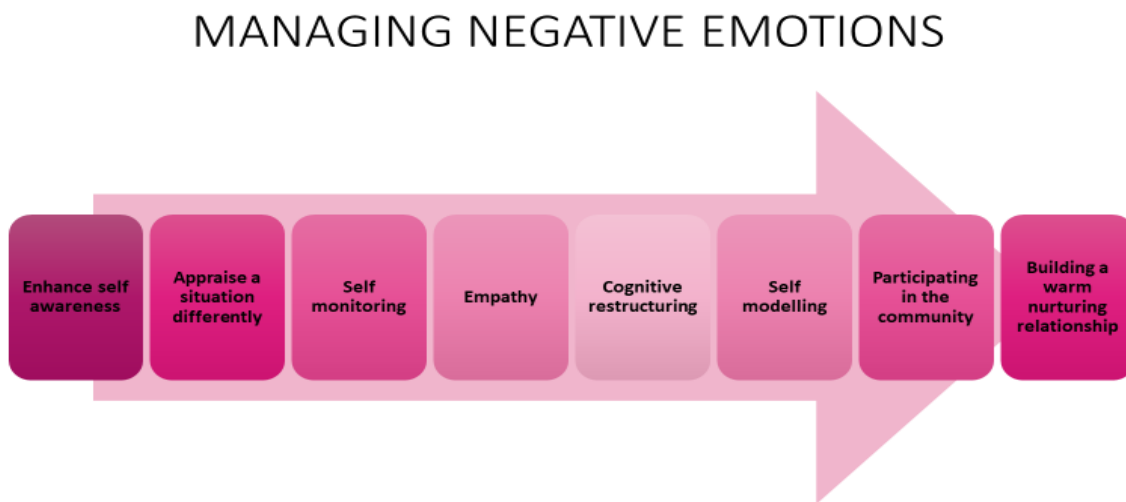


Fig. 6. Managing negative emotions

8. Managing Your Anger

Anger is a negative emotion. It carries the mind away or in other words, the person loses control on behavioral functions during the state of anger. The major source of anger is the frustration of motives. However, anger is not a reflex, rather it is a result of our thinking. Neither is it automatic nor uncontrollable and caused by others, but it is a self-induced choice that the individual makes.

Anger is a result of your thinking and hence is controllable by your own thoughts only.

Certain key points in anger management are as follows:

- Recognize the power of your thoughts.
- Realize you alone can control it.
- Do not engage in 'self-talk that burns.
- Do not ascribe intentions and ulterior motives to others.

- Resist having irrational beliefs about people and events.
- Try to find constructive ways of expressing your anger. Have control on the degree and duration of anger that you choose to express.
- Look inward not outward for anger control.
- Give yourself time to change. It takes time and effort to change a habit.

MANAGING YOUR ANGER

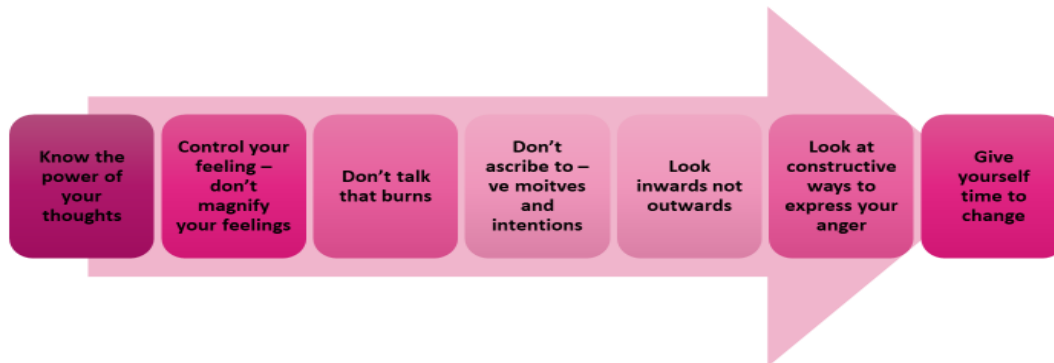


Fig.7. Depicts the tips to manage anger

9. Enhancing Positive Emotions

Our emotions have a purpose. They help us adapt to the ever-changing environment and are important for our survival and well-being. Negative emotions like fear, anger or disgust prepare us mentally and physically for taking immediate action towards the stimulus that is threatening. For example, if there was no fear, we would have caught a poisonous snake in our hand. Though negative emotions protect us in such situations, but excessive or inappropriate use of these emotions can become life threatening to us, as it can harm our immune system and have serious consequences for our health.

Positive emotions such as hope, joy, optimism, contentment, and gratitude energizes us and enhance our sense of emotional well-being. When we experience positive affect, we display a greater preference for a large variety of actions and ideas. We can think of more possibilities and options to solve whatever problems we face and thus, we become proactive. Psychologists have found that people, who were shown films depicting joy and contentment, came up with more ideas regarding things they would like to do as compared to those who were shown films evoking anger and fear.

Positive emotions give us a greater ability to cope with adverse circumstances and quickly return to a normal state. They help us set up long-term plans and goals and form new relationships. Various ways of enhancing positive emotions are given below:

- Personality traits of optimism, hopefulness, happiness and a positive self-regard.
- Finding positive meaning in dire circumstances.
- Having quality connections with others, and supportive network of close relationships.
- Being engaged in work and gaining mastery.
- A faith that embodies social support, purpose and hope, leading a life of purpose.
- Positive interpretations of most daily events.

Summary

Emotion is a complex pattern of arousal that involves physiological activation, conscious awareness of feeling, and a specific cognitive label that describes the process.

- Certain emotions are basic like joy, anger, sorrow, surprise, fear, etc. Other emotions are experienced as a result of combination of these emotions.
- Central and autonomic nervous system play a major role in regulating emotions.
- Culture strongly influences the expression and interpretation of emotions.
- Emotion is expressed through verbal and non-verbal channels.
- It is important to manage emotions effectively in order to ensure physical and psychological well-being.