

Emotion and Affect

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Emotion, Mood, or Affect?

- Emotion – conscious evaluative reaction to some event
- Mood – feeling state not clearly linked to some event
- Affect – automatic response that something is good or bad

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Duplex Mind

- Conscious Emotion
 - Powerful and unified feeling state
- Automatic Affect
 - Quick response of liking or disliking; good or bad feelings

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Is Bad Stronger Than Good?

- Bad emotions > good emotions
 - Anthropological study of emotional language
 - 62% of emotion words refer to bad
 - 74% emotional traits were negative
 - Of 12 most common emotions listed 11 are negative

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Emotional Arousal

- James-Lange theory of emotion
 - Physiological arousal → emotional experience
- Facial Feedback Hypothesis
 - Feedback from face muscles evokes or magnifies emotions

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Emotional Arousal

- Canon-Bard theory of emotion
 - Thalamus sends two simultaneous messages to produce the emotional experience and the physiological arousal

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Emotional Arousal

- Schacter-Singer theory of emotion
 - Emotion has two components
 - Bodily state of arousal
 - Cognitive label specifying the emotion

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Misattribution of Arousal

- Excitation transfer
- Mislabeling and relabeling arousal

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Objective Roots of Happiness

- Objective predictors – little effect, except
 - Couples with children are less happy than those without children
 - People with strong social connections are happier than those alone
- Hedonic treadmill

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Increasing Happiness

- Focused attention on positive things
 - Forgiving others
 - Gratitude for blessings
 - Practicing religious beliefs
 - Optimism
- Happiness is linked to good health

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Anger

- Emotional response to real or imagined threat or provocation
- Angry people
 - Downplay risks and overlook dangers
 - Are impulsive and fail to consider consequences of actions

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Causes of Anger

- Perceived reaction to someone else's wrongdoing
- Greater anger accompanies
 - More harm the other person does
 - Other's behavior viewed as random or arbitrary
 - Other's behavior viewed as cruel

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Expression of Anger

- Never show anger
- Vent one's anger
 - Catharsis theory
 - Intense physical exercise
- Get rid of anger
 - Decrease arousal

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Guilt and Shame

- Guilt
 - action that is bad or wrong
 - constructive
- Shame
 - spreads to whole person
 - Shame is destructive

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Effects of Guilt

- Apology can be motivated by guilt
 - Conveys implicit agreement that action was wrong
 - Suggests person will try not to do it again
 - Counteract implication that person doesn't care about the relationship

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Positive Emotions

- Good mood helps flexibility, creativity, and problem-solving
- People in a good mood perform better, are more persistent, more motivated
- Being in a good mood, avoid risks

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Are Emotions Different Across Cultures?

- Six basic emotions
 - Happiness, surprise, fear, anger, sadness, and disgust
 - People in many different cultures can identify facial expression of these emotions

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Cultural Differences in Emotion

- Emotional moderation
 - Asian Americans > European Americans
 - Presence of Duchenne smiles
- Collectivist culture
 - assessment of social worth
 - outer world
 - self-other relationships
- Cultural difference in amount of concealment of emotion

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Men and Women and Emotion

- Contrary to stereotype, no gender differences exist
- In young children, greater emotionality in boys
- Men may be slightly more emotional, but women are more willing to report emotions

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Men and Women and Love

- Men fall in love faster
- Women fall out of love faster
- Men have more experiences of loving someone who does not reciprocate their love
- Women have more experiences of receiving love but not reciprocating it
- Men suffer more intense emotional distress after a break up

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Arousal, Attention, and Performance

- Yerkes-Dodson Law
 - Inverted U
 - Optimal level of arousal

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Mood Regulation Strategies

- Altering your mood
 - Do things that produce good feelings
 - Do something to take your mind off the problem
 - Raise or lower your arousal level
 - Seek social support

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