

Emotions

Emotions are an immediate, specific, negative or positive response to environmental events or internal thoughts ([page 362](#)).

An emotion is a complex psychological state that involves

- subjective experience,
- physiological response, and
- behavioral or expressive responses.

These aspects of emotions are generally stronger in intensity and shorter in duration compared to moods, a long-lasting emotional state that do not have an identifiable object or trigger ([page 363](#)).

Emotions

Psychologists refer to primary (or basic) and secondary emotions.

Primary emotions are evolutionary adaptive emotions that are shared across cultures and associated with specific physical states; they include

- anger,
- fear,
- sadness,
- disgust,
- happiness, and
- possibly surprise and contempt ([page 362](#)).

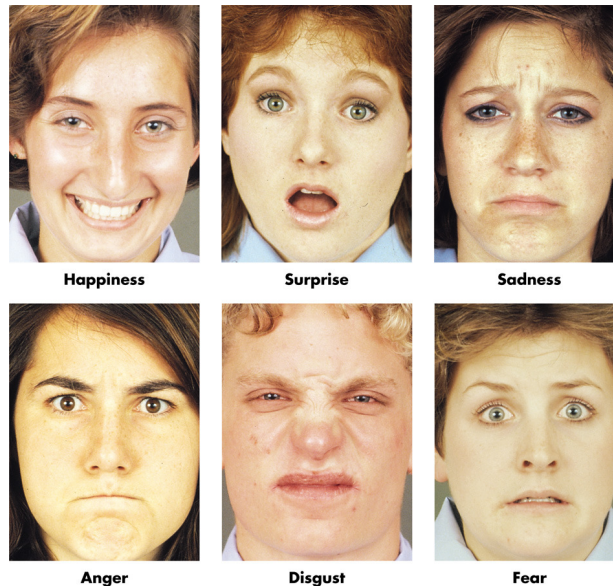
Secondary emotions are a blends of primary emotions. Some secondary emotions include

- remorse,
- guilt,
- submission,
- shame,
- anticipation, and
- awe ([page 362](#)).

Primary Emotional Expressions

Emotional Expression is an observable sign of an emotional state.

Most psychologist believe there are several primary emotions. The exact number is debated. Your book considers 5 and maybe surprise and contempt. Secondary emotions are learned and a combination of the primary emotions.



Emotions motivate us toward an action (eating, sex, creativity, etc.), and/or is a basic way to communicate internal states and feelings without language (I'm afraid, I'm happy, etc).

Primary Emotional Expressions

Identify the primary (basic) emotions that are being expressed:

The Basic Emotions

Fear	Disgust
Surprise	Happiness
Anger	Sadness

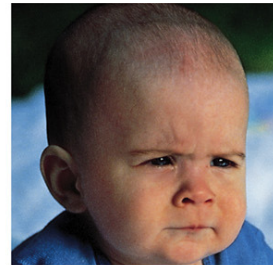


Primary Emotional Expressions

Facial displays of happiness (joy), anger, surprise, disgust, sadness and fear appear to be innate as they are seen in babies and unlikely to be learned.



(a) Joy (mouth forming smile, cheeks lifted, twinkle in eye)



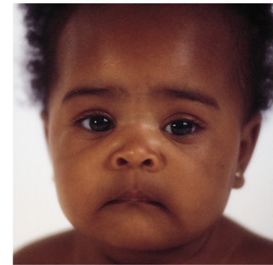
(b) Anger (brows drawn together and downward, eyes fixed, mouth squarish)



(d) Disgust (nose wrinkled, upper lip raised, tongue pushed outward)



(e) Surprise (brows raised, eyes widened, mouth rounded in oval shape)



(f) Sadness (brow's inner corner raised, mouth corners drawn down)



(g) Fear (brows level, drawn in and up, eyelids lifted, mouth corners retracted)

Primary Emotional Expressions

There appears to be some universality of emotional expressions.



- People who are born blind, have similar emotional expressions for the basic emotions as those who are not born blind.

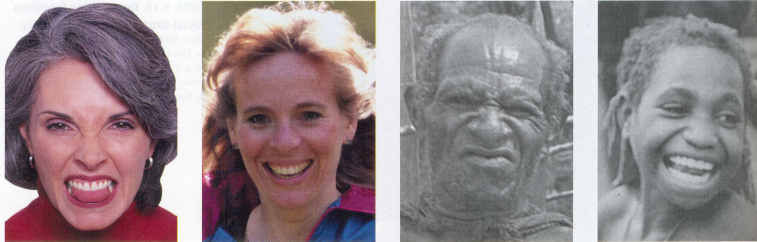


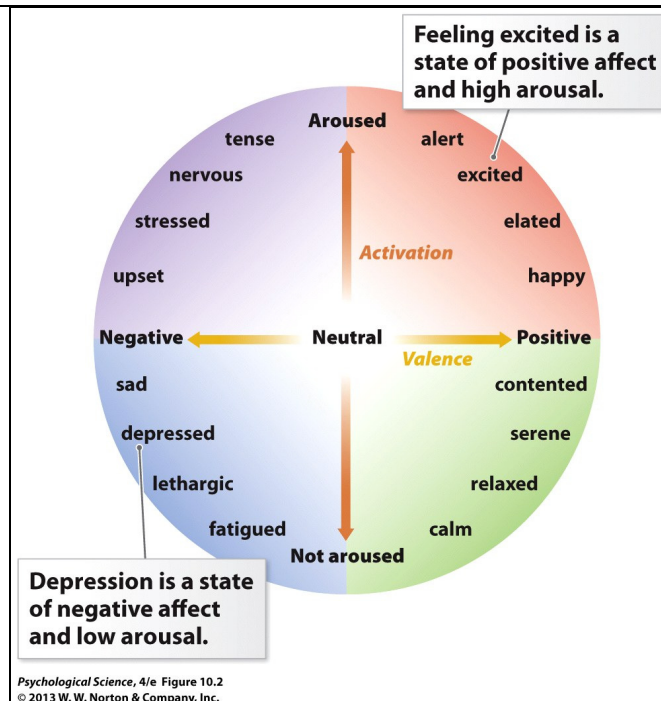
FIGURE 9.16 Emotional Expressions in the United States and New Guinea (Left) Two women from the United States. (Right) Two men from the Fore tribe in New Guinea. Notice the similarity in their expressions of disgust and happiness. Psychologists believe that the facial expression of emotion is virtually the same in all cultures.

- People are quite accurate at judging the emotional expressions of others, even across cultures, though within culture judgments are more accurate than across cultures.

Emotions

Emotions are described in terms of two variables--valence (x-axis) and activation (y-axis). Valence ranges from negative to positive, where activation ranges from not aroused to aroused.

Negative activation states are generally associated with increases in norepinephrine (p. 405).



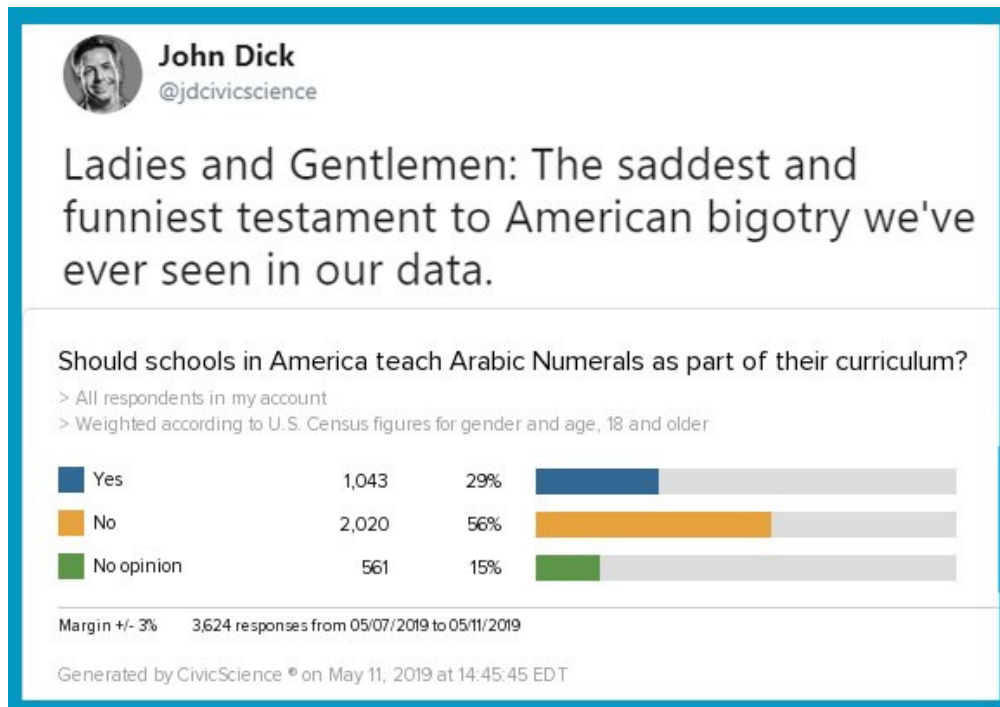
Positive activation are generally associated with increased levels of dopamine (p. 405).

World View and Emotions

When there are challenges to our world view, we feel psychologically threatened. A woman playing Dr. Who or 007 makes us uncomfortable and we react emotionally.



Emotions and Decision Making



Most people would say we should make informed decisions. If we don't know something, we should investigate and learn about it. However, most people don't know what Arabic numerals are. Instead of spending the time to look up what Arabic numerals are, some react quickly and have an emotional response to anything Arabic, which, in the United States, tends to have negative associations, and answer "no" to the question. The following are Arabic numerals: 1, 2, 3, 4, 5, 6, 7...