

Motvation and Emotion

Introduction: Motivation and Emotion

- Instinct Theories
- Drive Theories
- Incentive Theories
- Arousal Theories
- Humanistic Theories

Hunger and Eating

- Energy Homeostasis
- Signals That Regulate Eating
- Long-Term Signals That Regulate Body Weight
- Excess Weight and Obesity

Psychological Needs as Motivators

- Maslow's Hierarchy of Needs
- Affilation and Achievement
- Deci and Ryan's Self-Determination Theory

Emotion

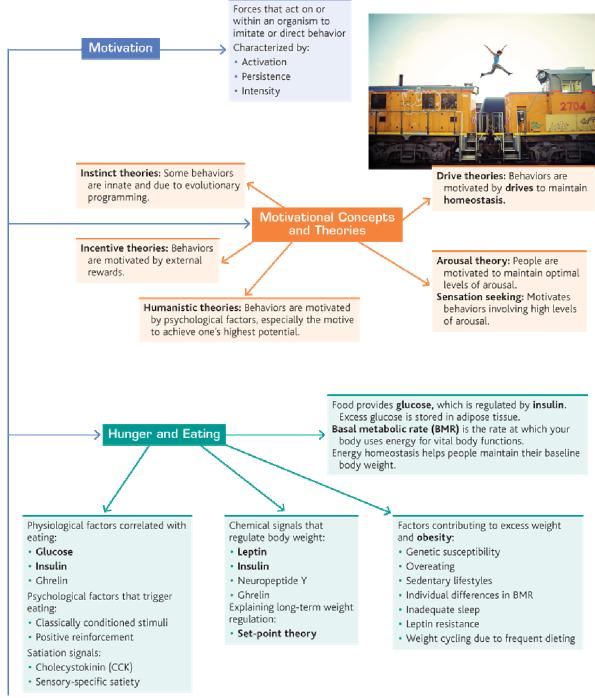
- The Function of Emotion
- The Subjective Experience of Emotion
- The Neuroscience of Emotion
- The Expression of Emotion

Theories of Emotions

- The James-Lange Theory of Emotion
- Cognitive Theories of Emotion

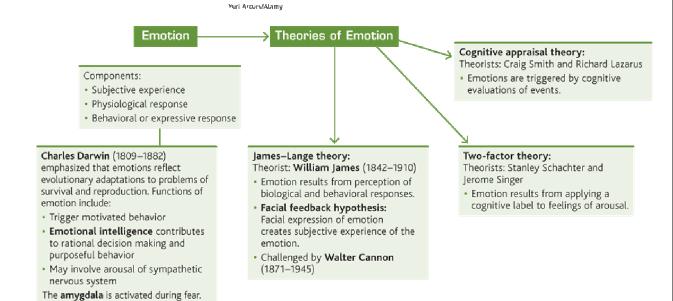
PSYCH FOR YOUR LIFE: Turning Your Goals into Reality

CONCEPT MAP Motivation and Emotion



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Motivation Abraham Maslow (1908-1970) Hierarchy of needs: Motives are arranged in a hierarchy from basic survival needs to self-actualization. Psychological Needs as Motivators Edward L. Deci (b. 1942) and Richard Ryan (b. 1953) Self-determination theory (SDT) Need to belong Stresses importance of: · Drive to form positive, lasting Autonomy relationships Competence Competence motivation: Relatedness • Striving to be capable and Intrinsic motivation versus extrinsic motivation exercise control Achievement motivation: · Striving to excel and outperform others





Eric Engman/Newscom/ZUMA Press

Basic emotions

- · Biologically determined and culturally universal
- Include fear, disgust, surprise, happiness, anger, and sadness

Culture and emotion:

- Collectivistic cultures emphasize emotions involving interpersonal engagement.
- Emotional expression is regulated by cultural display rules.

Paul Ekman (b. 1934):

- · Analyzed facial expressions
- Demonstrated that facial expressions for basic emotions are culturally universal



Sandy Hockenbury