



# Motivation 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
- Affiliation 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

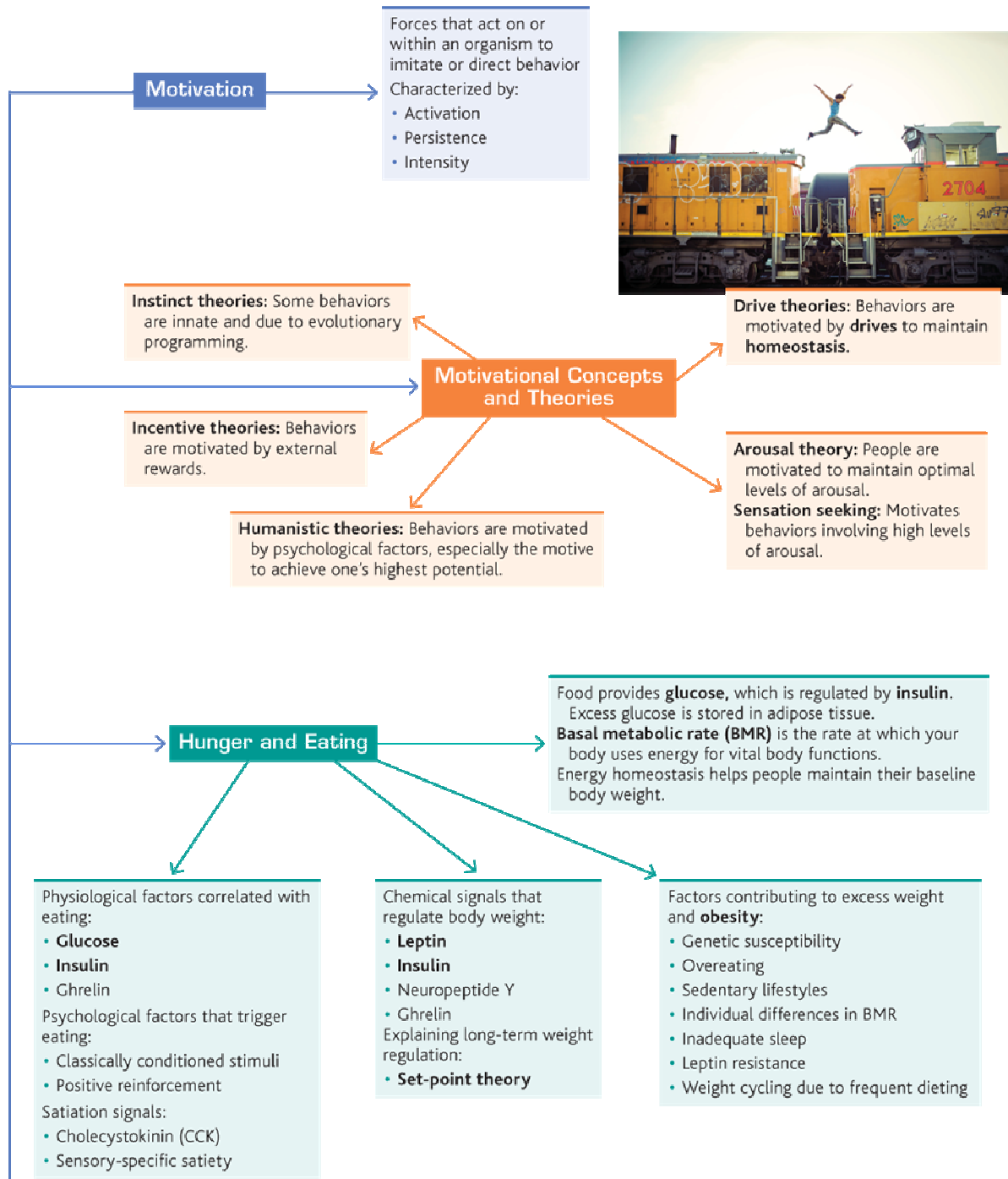
## Theories of Emotions

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

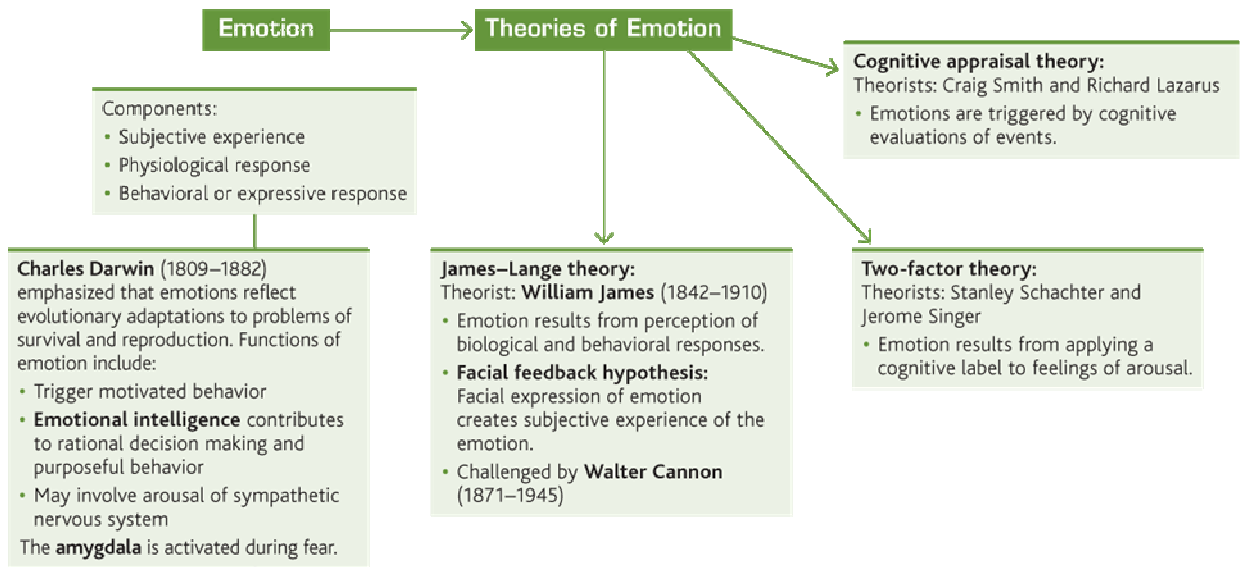
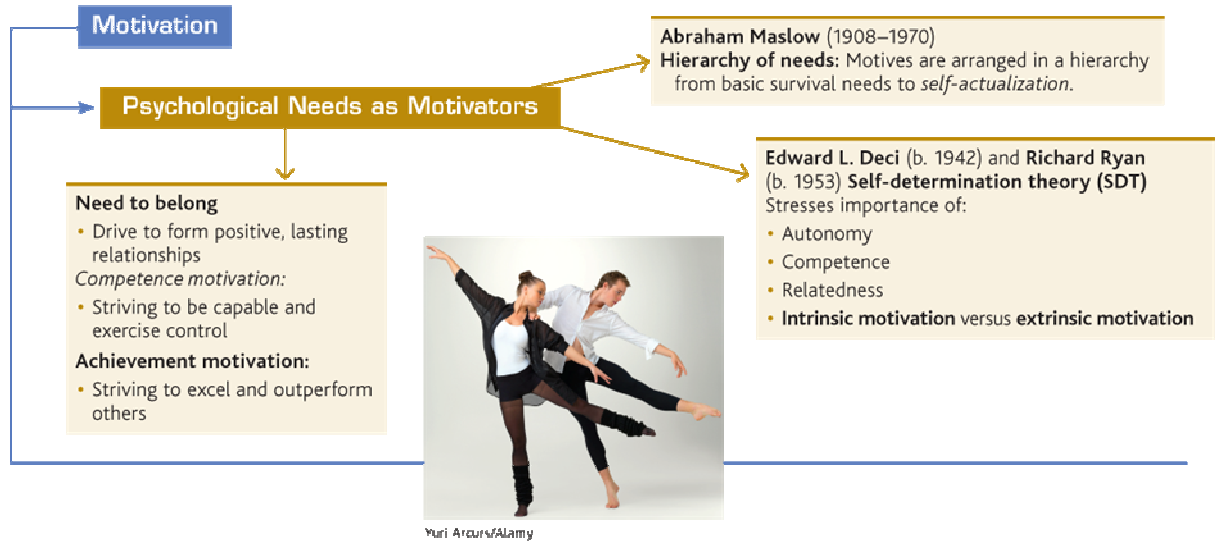
**PSYCH FOR YOUR LIFE:** Turning Your Goals into Reality

CONCEPT MAP

# Motivation and Emotion



Tim Hale Photography/Getty Images



Eric Engstrand/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