• Unit 5: Emotion:

- The term of emotion.
- Physiology of emotion.
- Theory of emotion.



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Psychology for nurses

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LEARNING OBJECTIVES

At the end of this lecture, learners will be able to:

1. Understand the term of emotion.
2. Understand the physiology of emotion.
3. Discuss the link between nervous system and emotion.
4. Discuss the theory of emotion



Aristotle's meaning of emotion

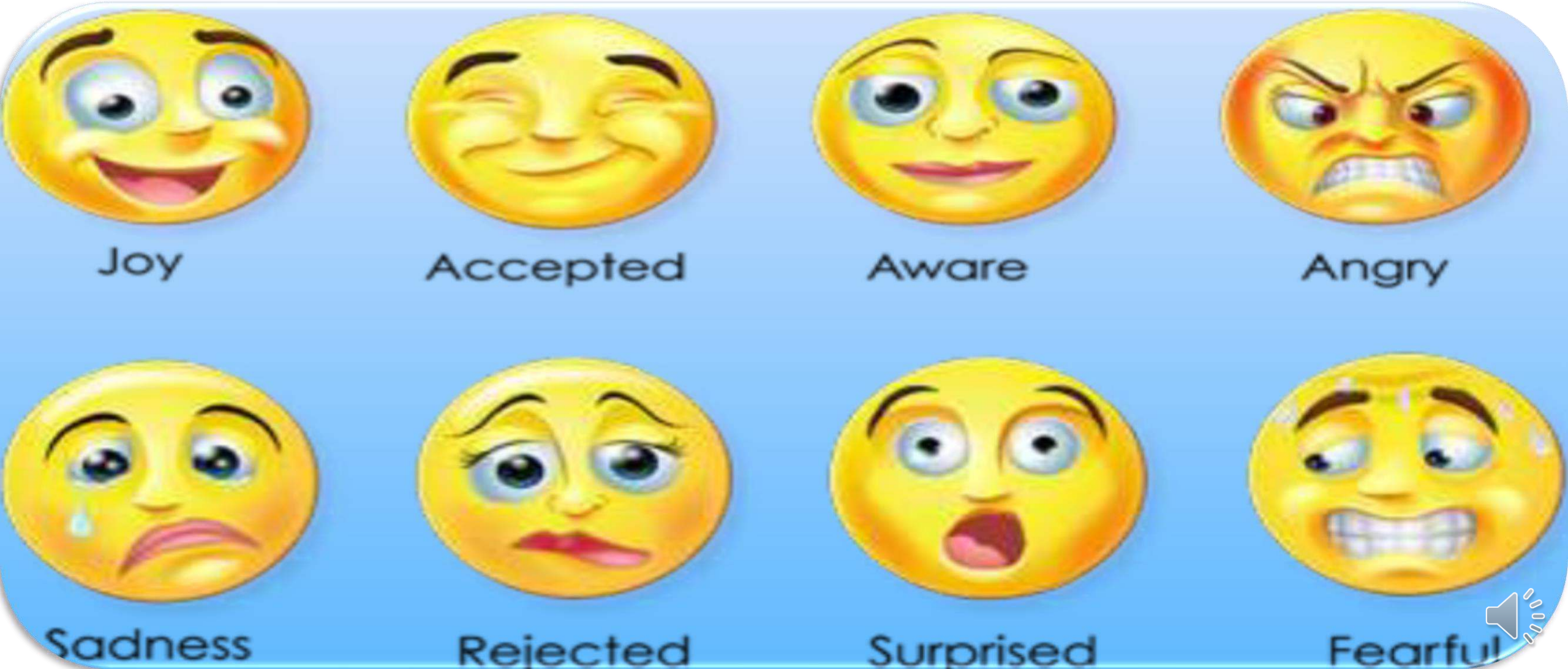
Any body can become ANGRY that is easy, but to be angry with the RIGHT person and to the right DEGREE and the right TIME and for the right PURPOSE and in the right WAY, that is NOT with everybody's POWER and is not EASY

Aristotle



Emotion Definition:

What gives emotions their flavor?



Emotion Definition:

- Emotion is defined as patterns of psychological states that involve physiological responses, subjective experiences, and behavioral expressive.
- Emotion is multi-component responses to challenges or opportunities that are important to the individual's goals, particularly social ones.
- Emotion is the express of feelings (happiness, sadness, anger).
- Feelings are usually directed at somebody or something.



❖ Major Characteristics of Basic Emotions

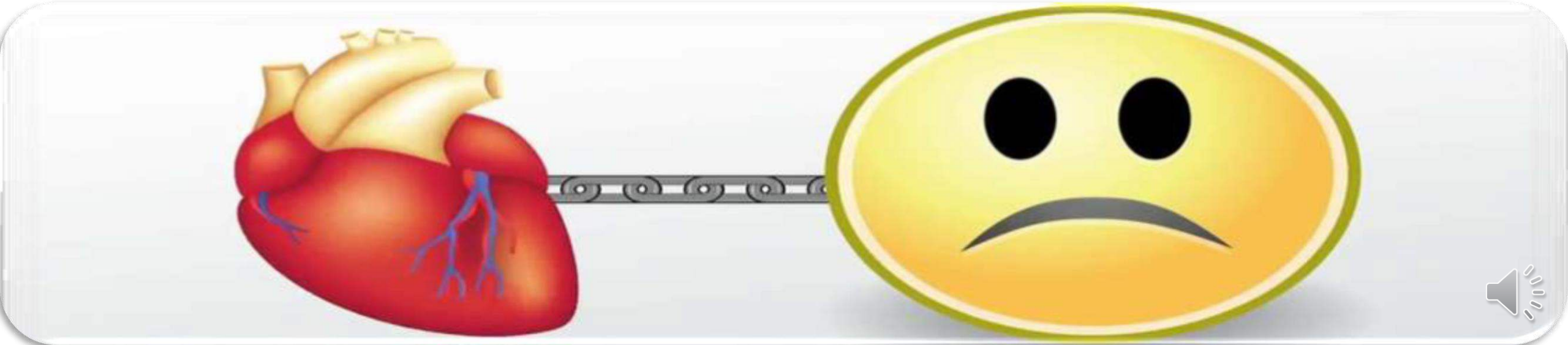
- Basic emotion is evolved for their adaptive value in dealing with fundamental life tasks and they helped species to survive.
- Basic emotions as those that fulfil vital biological functions.

❑ Primary or Basic Emotion

- Emotions are found to occur, despite individual and cultural differences in social learning.
- They are not unique to human.
- They can be aroused so quickly, before we even aware of them.

❖ Components Emotion

- The subjective experience of happiness, sadness, anger, and so on .
- Bodily reactions: Physiological changes involving functions which we have little or no conscious control.

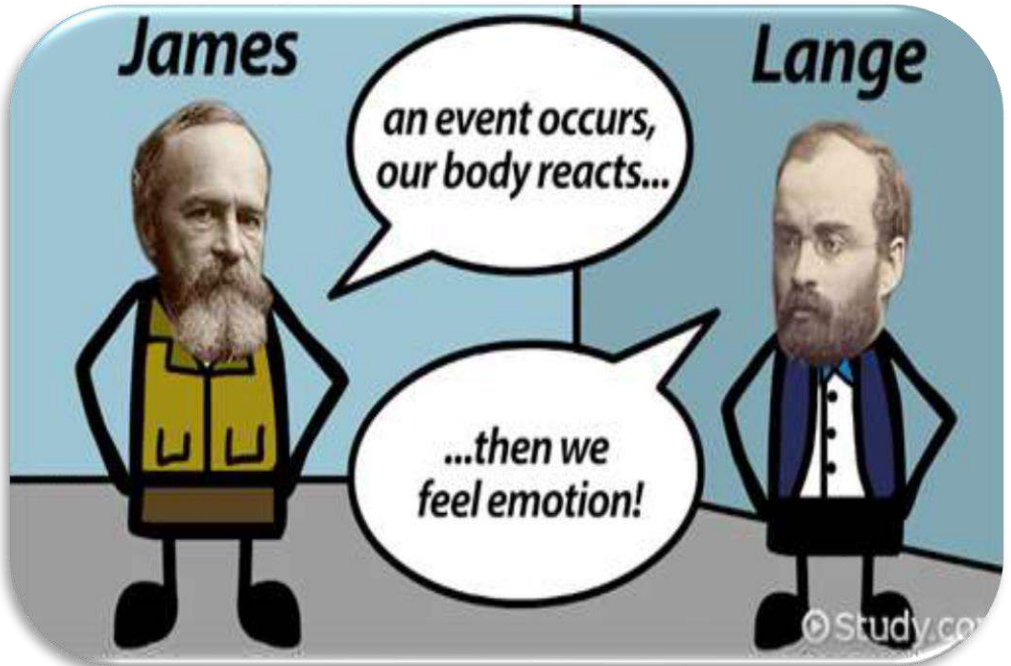


❑ Theory of Emotion.

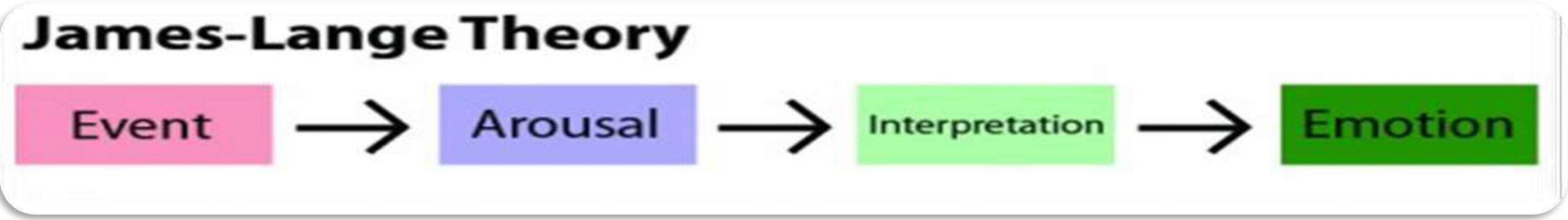
1. James-Lange Theory of Emotion

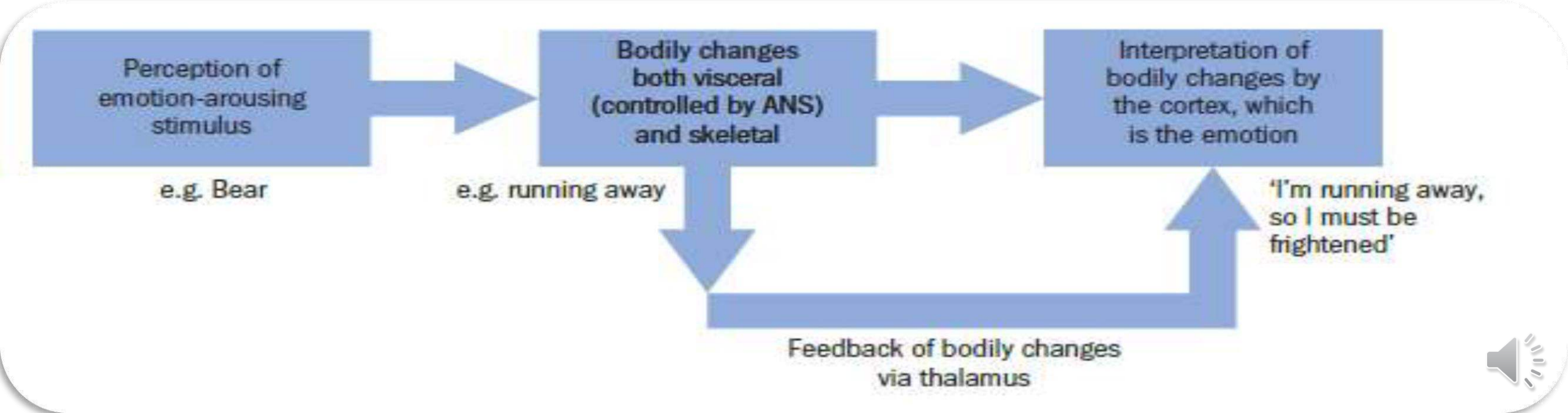
- Based on this theory, after an event occur, an individual experiences physiological response first, such as increased respiration, increased heart rate, or sweaty hands.
- Once this physiological response is recognized (interpreted), then a person can say that he feels the emotion.
- Emotional experience is the result, not the cause of perceived bodily changes.

- **Example,** when a scary dog barks at you, you may then experience an increase in heart rate and respiration. By observing these changes, the brain will comprehend that these changes are a response for fearful situation; then, you experience fear.



James-Lange Theory of Emotion





❑ Theory of Emotion.

➢ Evaluation of James-Lange Theory of Emotion

- The theory emphasizes more importance on the skeletal functions that subjective or visceral.
- Physiological arousal is not sufficient to account for emotional experience.

❑ Class Exercises:

1. Try to smile: Do you feel more happier?
2. Try to run: Have you realized any changes in your emotion because of running?

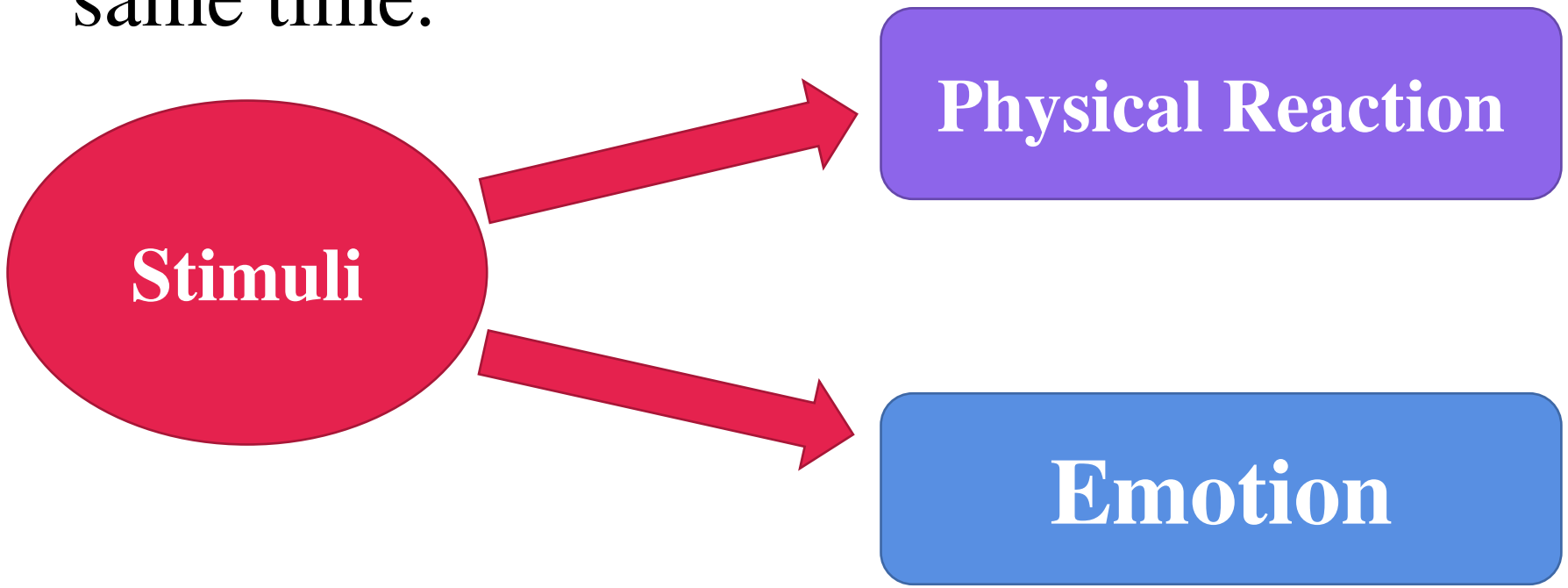


2. Cannon-Bard Theory of Emotion

- The emotion is consciously experienced.
- The subjective emotion is quite independent of the physiological changes involved.
- We often feel emotions quite rapidly; while the visceral changes are quite slow.

❑ Cannon-Bard Theory of Emotion

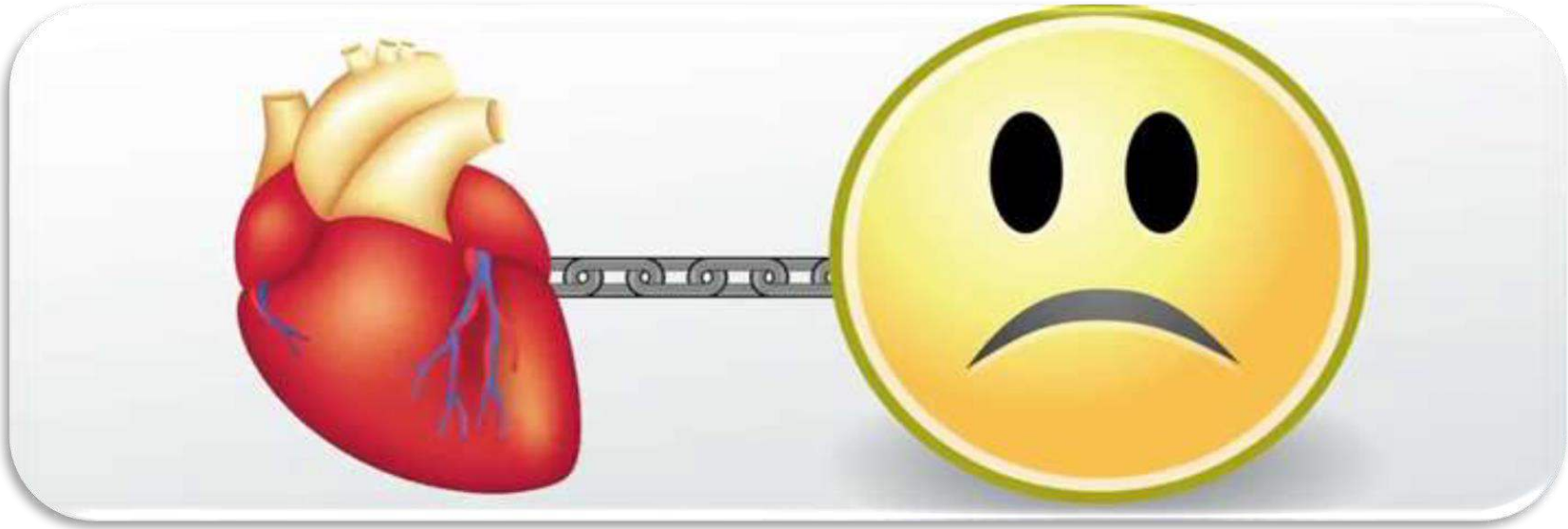
- ➢ Based on this theory, after an event occur, an individual experiences physiological arousal and emotional at the same time.



❖ Studies support Cannon's view

- Dana (1921) and Chwalisz et al. (1988) studied patients with spinal cord lesion having no sympathetic functioning and extremely limited muscular movement.
- People experience emotion as intensely as before the injury, as intensely as 'normal' people.

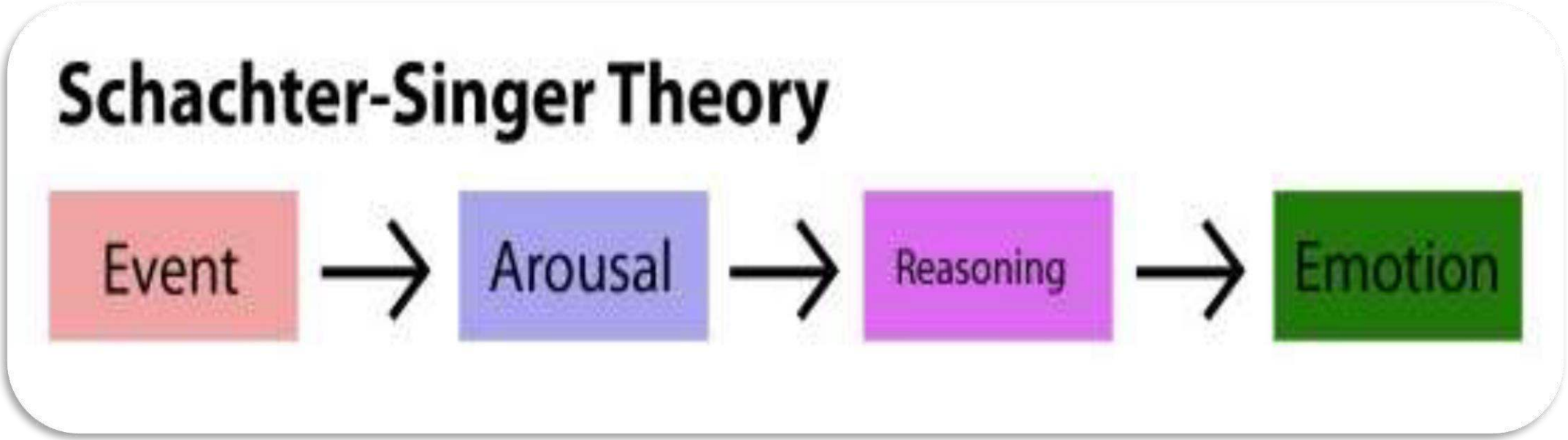
- **Example,** you are walking down a dark side road late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. At the same time as these physiological changes occur you also experience the emotion of fear.



3. Schachter-Singer Theory of Emotion

- According to Schachter, both **James-Lange and Cannon** were mistaken in their calming about emotion.
- However, Schachter share the James–Lange view that physiological changes start before emotion.
- The importance in this view was how we interpret that arousal not the arousal itself.

- Based on this theory, a stimuli causes physiological arousal first. You must then identify a reason for this arousal and then you are able to experience emotion.



❖ Evaluation of Schachter view (adrenaline experiment)

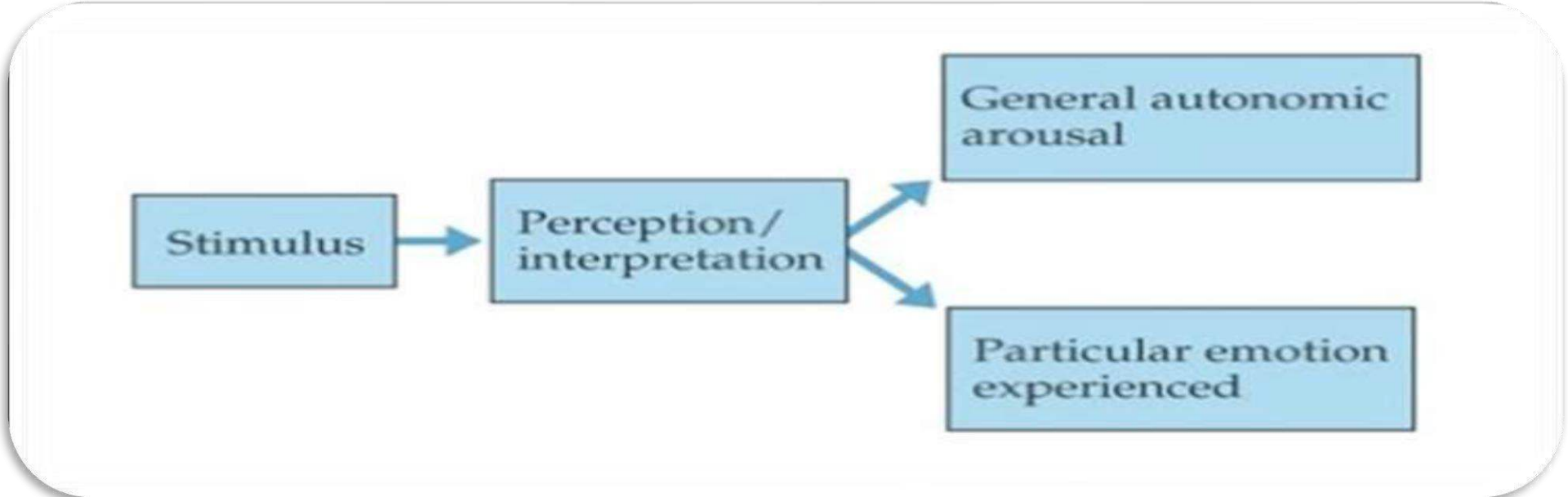
Schachter and Wheeler (1962) confirmed these results by:

- Injecting participants either with **adrenaline** (which increase arousal) or **chlorpromazine** (which inhibits arousal); controls were injected with **a placebo** (without action). While watching a comedy show.
- The adrenaline participants laughed more, and the chlorpromazine participants less than the controls.

- Example, you are walking down a dark alley late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. Upon noticing this arousal you realize that comes from the fact that you are walking down a dark alley by yourself. This behavior is dangerous and therefore you feel the emotion of fear.

4. Lazarus Theory of Emotion

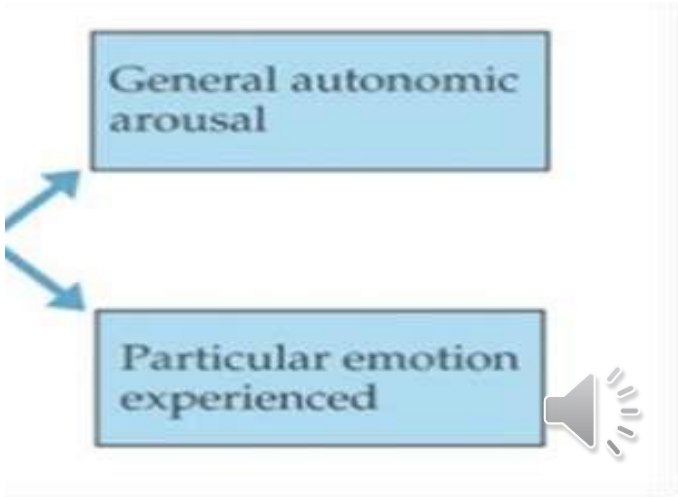
Based on this theory, a thought must come before any emotion or physiological arousal. (An individual must first think about the situation before he/she experiences an emotion.



- Example, you are walking down a dark alley late at night. You hear footsteps behind you and you think it may be a mugger so you begin to tremble, your heart beats faster, and your breathing deepens and at the same time experience fear.







Common sense

"I tremble because I feel afraid"



Conscious feeling

Fear

Autonomic arousal



James-Lange

"I feel afraid because I tremble"



Autonomic arousal



Conscious feeling

Fear

Cannon-Bard

"The dog makes me tremble and feel afraid"



Subcortical brain activity



Conscious feeling

Fear

Autonomic arousal



Schachter

"I label my trembling as fear because I appraise the situation as dangerous"



Autonomic arousal



Appraisal



Conscious feeling

Fear

❑ Functions of emotions.

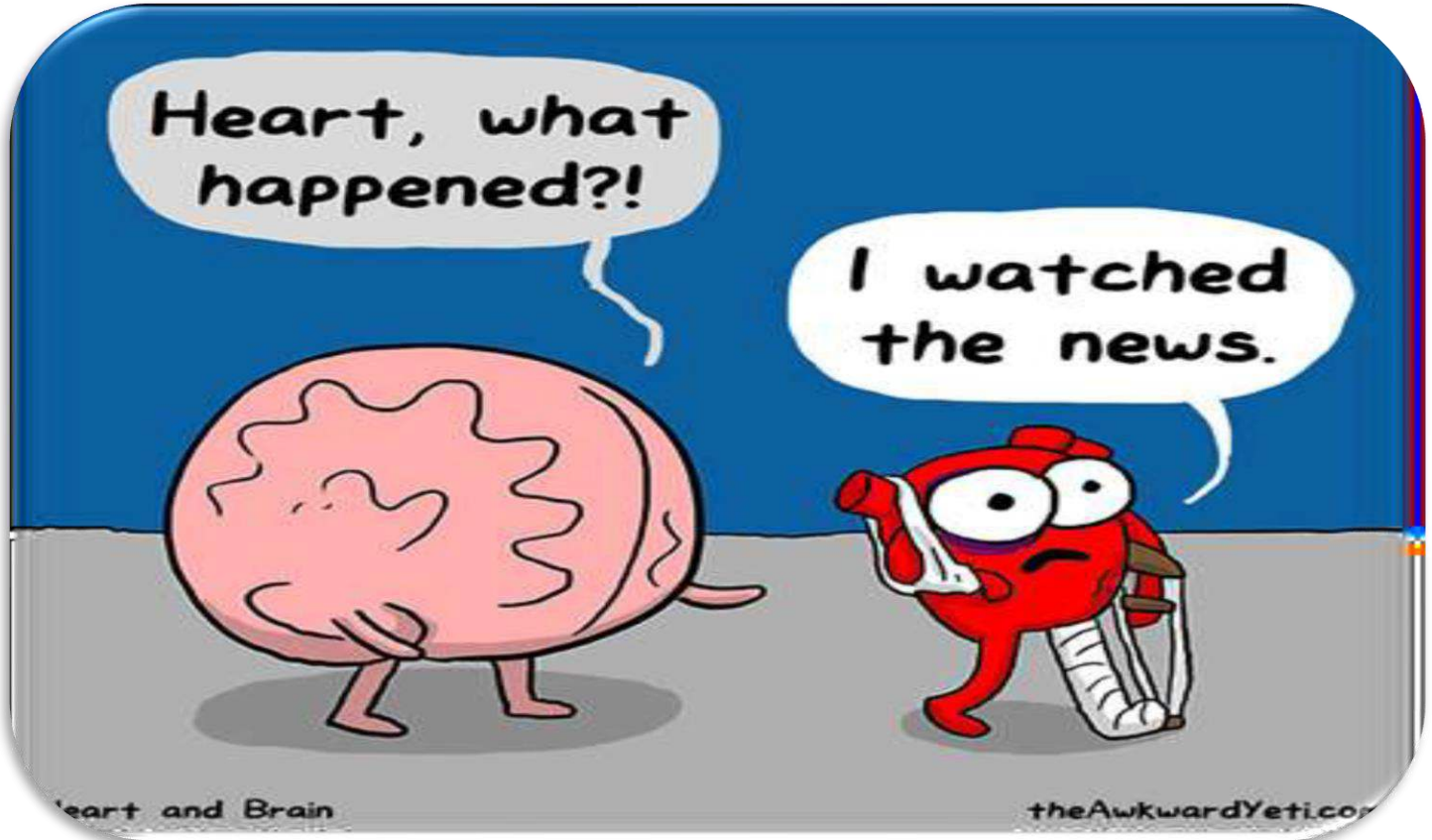
1) Prepare and motivate the person to deal with challenges in our environment.

Example: Fear prepares and motivates us to avoid or escape danger.

2) Alert us to conditions that require adjustments and give us more options .

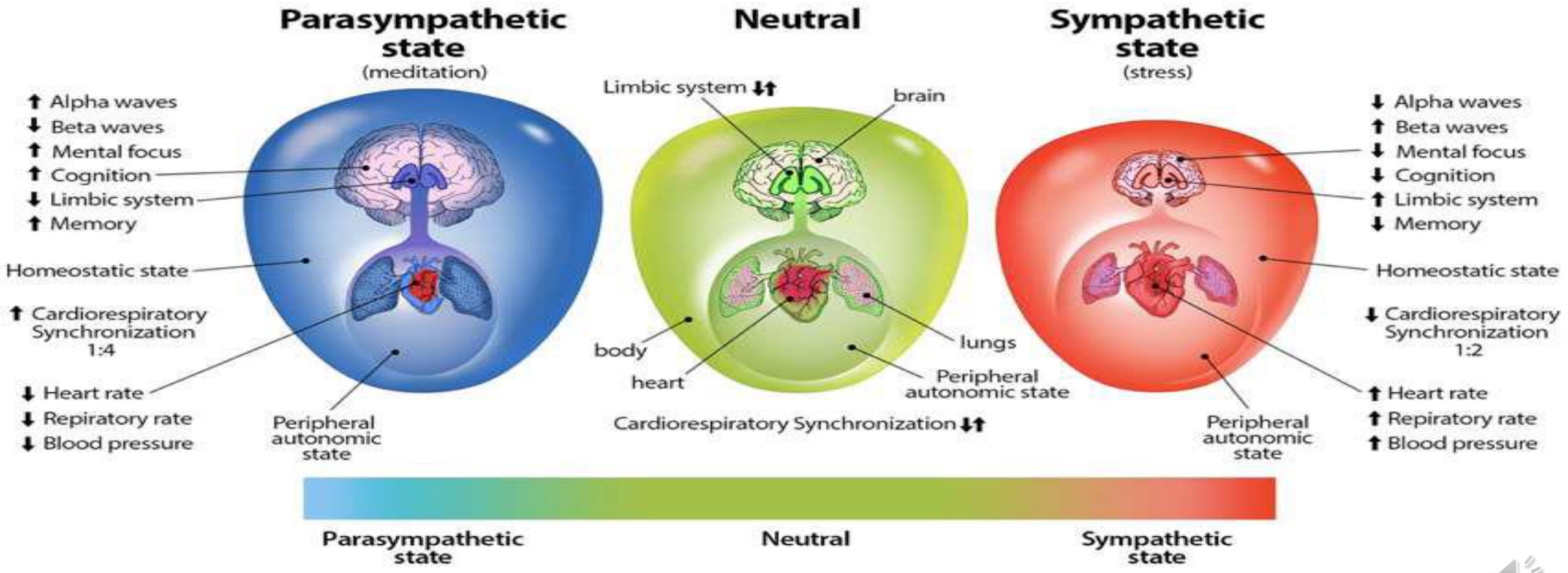
Example: When a person is threatened and afraid, he may choose to flee, fight, or negotiate.

3) Offer signals to other: They reveal how we are feeling and how we are likely to behave.



Physiology of Emotion

The physiology of emotion involves the sympathetic and parasympathetic nervous system.



Representation of Mind-Body Response During Meditation and Stress

❑ Physiology of Emotion Cont.

- **Sympathetic Nervous System Activation**

➢ **Vascular changes**: Expansion of blood vessels leading to skeletal muscles to prepare muscles for fight / flight.

➢ **Hormonal change:** ↑ Epinephrine secretion –Glucagon to provide more sugar to the body (energy).

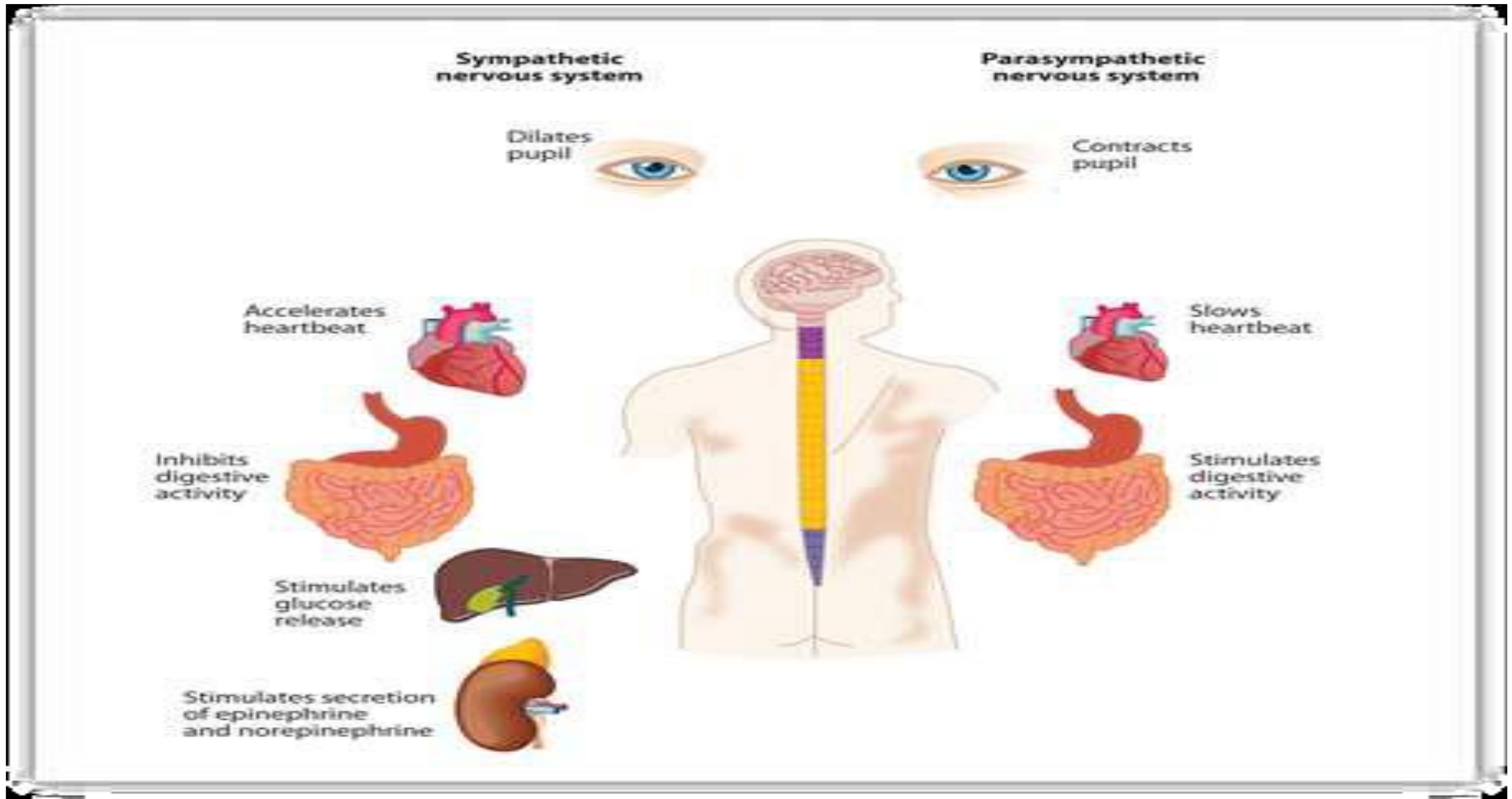
➢ **Respiratory change**: ↑ Respiratory rate – depth.

➢ **Circulatory changes**: ↑ Heart rate (pulse).

➢ **Visual change**: ↑ Dilation of pupils

Physiology of Emotion Cont.

- *Activation of sweat glands*
- *Contraction of muscles and hair on skin stand*



➢ Parasympathetic Nervous system Activation

The body returns to its normal state before stimulation (relaxation state).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