


Psychology 456

Emotion

Dr. Jamie Nekich




A Little About Me

- Ph.D. Counseling Psychology – Stanford University
 - Dissertation: Attribution & Emotion/ Negotiation
- Licensed Clinical Psychologist
 - Trained in cognitive behavioral, psychodynamic, depth psychological approaches
 - Expertise in mindfulness, image/ art, narrative
- Research
 - Kindness and mood; self expression and well-being
- Teaching
 - Developmental Psychology (every semester/ web and live)
 - Adult Development (every semester/ web only)
 - Psychology of Self Expression (in development)
 - Psychology of Emotion (spring semester/ live only)

<http://www.class.uidaho.edu/nekich/psyc456/index.htm>



The Course

- Four Books
 - Explore the theory & research
 - Explore 3 unique approaches to regulation
- Evaluation
 - Two exams
 - Portfolio of reflections and creative response
 - Final Project – paper or structured creative project
- Attendance
 - Highly Encouraged
 - Lectures will expand significantly upon the text



What is emotion?

- One of the most significant things ever said about emotion is that everyone knows what it is until they are asked to define it. --- Joseph LeDoux
- Human behavior flows from three main sources: desire, emotion, and knowledge. – Plato
- Music is the shorthand of emotion. – Leo Tolstoy
- Your intellect may be confused, but your emotions will never lie to you --- Roger Ebert

Screen art - iStock.com
http://www.istockphoto.com/design/76-robotizable-screen-art-wall-art-illustration


History

Emotion was a topic of great interest

Theory and studies began long ago


As a modern topic it is in its infancy

- Behaviorism saw it as 'irrelevant', not observable
- Cognitivism focused on the thinking aspects
- Growth of the field in its own right really took off in the late '80's



What am I feeling?

- How can you tell if someone is experiencing an emotion?






We never directly observe emotion, we can only infer it

Indicators of Emotions


- Body
 - Facial expression
 - Voice tone/posture/ touch
 - Physiology – heart rate, perspiration
- Cognition
 - Content of thoughts
- Action
 - Reactions/responses

What would anger look like?

- Body
 
- Cognition
 
- Action
 

Let's Try an Experiment




- Part one
- Part two



Definition


The border between emotion and not emotion is as arbitrary as art and not art or music or not music

- Still, let's try
 - Universal, functional reaction to an external stimulus that temporarily integrates physiological, cognitive, phenomenological, and behavioral channels to facilitate a fitness-enhancing, environment shaping response (--Kelner & Shiota)
 - Whew!

Do you agree?


- Universal, functional reaction
 - Are all emotions universal?
 - Does it have to be universal to be emotion?
- to an external stimulus that
 - Do only external events prompt emotion?
- temporarily integrates physiological, cognitive, phenomenological, and behavioral channels to
 - Do we need all four of these to experience emotion?
- facilitate a fitness-enhancing, environment shaping response
 - Are all responses fitness-enhancing?



A broader definition

- Multicomponent responses to challenges or opportunities that are important to an individual's goals, particularly social ones



— Oatley, Kelner, & Jenkins



Is this a challenge or opportunity?

Relationship among aspects

- Are all 4 aspects needed?
 - Paralyzed people (lacking behavior) still report emotion
 - People instructed to make emotional faces feel shifts in emotional state (presumably their cognitions aren't engaged)
 - Subliminal stimuli trigger physiological aspects of emotion

How many emotions are there?

Great question!

- **Discrete Models**
 - There is some number of basic emotions
 - These can combine to create others
- **Dimensional Models**
 - Emotions blend into each other gradually
 - Two or three dimensions define them all
 - Level of intensity
 - Positive or negative

Discrete Models

- **Basic emotions**
 - Universal, inborn with distinct expression & physiology
 - Ekman's big 6
 - Plutchik's big 8
 - Izard's big 10
 - Keltner's big 20
- Assume all aspects of emotion are equally important:
 - feeling
 - physiology
 - behavior
 - appraisal



Plutchik's Color Wheel of Emotion

8 Basic emotions vary in intensity
 • Which gives rise to a total of 24 basic
 More differentiated at higher intensities

Plutchik (and related theories)

- Conceptual Ordering of emotion terms by subjects verifies the Emotion Color Wheel (Plutchik, 1984)
- This is true across cultures
- Language/ Concepts of emotions are Universal

Discrete Model: expanded

- **Prototype Approach (James Russell)**
 - Some emotions are clear – prototypical/ basic
 - Other states are less clear
 - Can be rated a more or less prototypical
- **Example: Love**
 - Pg. 204 of text
 - Define the 'ideal' example
 - Giving, accepting the other
 - Commitment and caring
 - Has to be worked at
 - Rate other 'loves' on how similar to prototype

Type of Love	Prototypicality
Maternal love	5.00
Paternal love	4.90
Child's love	4.70
Marital love	4.50
Brother's love	4.30
Sister's love	4.20
Friend's love	4.10
Love for humanity	4.00
Self-love	3.90
Platonic love	3.80
Love of work	3.70
Love of money	3.60
Love of power	3.50
Love of sex	3.40
Love of food	3.30
Love of drink	3.20
Love of sleep	3.10
Love of sex	3.00
Love of food	2.90
Love of drink	2.80
Love of sleep	2.70
Love of sex	2.60
Love of food	2.50
Love of drink	2.40
Love of sleep	2.30
Love of sex	2.20
Love of food	2.10
Love of drink	2.00
Love of sleep	1.90
Love of sex	1.80
Love of food	1.70
Love of drink	1.60
Love of sleep	1.50
Love of sex	1.40
Love of food	1.30
Love of drink	1.20
Love of sleep	1.10
Love of sex	1.00

Dimensional Models

- Focus on feeling aspect of emotion (Core Affect Model)
 - Ask individuals to rate pairs of feelings for their similarity/ difference
 - Responses analyzed for underlying dimensions
 - James Russell (1980) found pleasantness and intensity as two dimensions

High Intensity
 Low Intensity
 Unpleasant
 Pleasant
 Anticipation

Dimensional Models

- Other researchers focus on Appraisal (Evaluative Space Model)
- Watson & Tellegen (1985) propose negative & positive evaluations are independent

Mixed results for this model jury is still out

FIGURE 1.12 In this model of emotional feelings, the main dimensions are Positive Affect and Negative Affect. Mixed results regarding a circumplex structure of affect. (© R. Watson and T. Tellegen, Psychological Bulletin, 98, pp. 106-19, © 1985 American Psychological Association, reprinted by permission of SA World)

Comparisons

- **Discrete**
 - All aspects of emotion equally important
 - Basic emotion is inborn
 - Distinct profiles for each
- **Dimensional**
 - Feeling aspect is primary to emotion
 - Emotion is psychologically and socially constructed
 - Emotions can have overlapping profiles

Emotions as Compounds

- Component Process Theory (Scherer, 1992)
 - Focuses on appraisals as iterative processes
 - As new information is processed, the emotion evolves
- Anger has 4 components
 - Unexpected event (widened eyes) also present in anger and fear
 - Displeasure (downturned mouth) also present in sadness and disgust
 - Desire to change situation (frown brows) also present in frustration and concentration
 - Sense of resolve or efficacy (tightened lips) also present in pride
- Strong version of anger will contain all
- Weaker contains fewer

FIGURE 1.13 This appraisal set describes an anger episode. It is a compound of several elements. (© Ira Roseman, 1984, What are your emotions? © 1984 American Psychological Association, reprinted by permission of SA World)

Another Component Theory

	Moderator	Appraisal	Outcome	Facilitator	Appraisal	Outcome
Disappointment	Unpleasant	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment
Displeasure	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Disgust	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Fear	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Anger	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Sadness	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Surprise	Unpleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Amusement	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Excitement	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Contentment	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Relief	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Optimism	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Hope	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Confidence	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Trust	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Love	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Friendship	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Compassion	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Gratitude	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Respect	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Admiration	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Reverence	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment
Worship	Pleasant	Disappointment	Disappointment	Disappointment	Disappointment	Disappointment

Ira Roseman, 1984 – circumstances of the event & outcomes are evaluated to determine emotion

- What caused it
 - Likelihood of expected outcome
 - Is it what you want/ consistent with your goals
 - Your power to impact outcomes

Emotion... it's quite the tangle, wouldn't you say?






WE'LL TRY TO UNRAVEL IT ... IN 4 MONTHS

WE'LL EXPLORE MANY QUESTIONS

- What is and what is not an emotion? How are moods and feelings different?
- Is there emotion-specific physiology?
- Are there universal antecedents to emotion? Universal emotions?
- What is the function of emotion?
- Can emotion be unconscious? Can we control it?
- What is the relationship between cognition/ learning/ memory and emotion?
- How does emotion develop and can we alter our emotional responses as adults?
- How can we foster our own happiness and other positive states?

The Theories

Different assumptions and approaches to research; but with overlap, as well

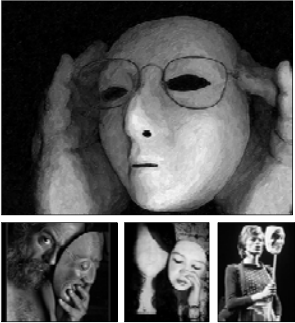
- Evolutionary Approaches 
- Physiological Approaches 
- Neurological 
- Cultural/ Constructivist Approaches 
- Cognitive Approaches 

Highlights



Tradition	Emotion is:	Theorists
Evolutionary	universal and serves adaptive function	Darwin Ekman
Jamesian	Depends on bodily reaction	James Levenson
Cognitive	shaped by appraisal	Smith and Lazarus
Cultural/ Constructivist	socially determined	
Neurological	a rapid neurological reaction	Demasio

The Emotions

- Fear/ anxiety
- Anger/ disgust
- Love/ happiness
- Self conscious emotions



Regulation Approaches

- Positive Psychology
 - Authentic Happiness 
- Narrative Psychology
 - Opening Up 
- Mindfulness
 - Going to Pieces Without Falling Apart 