



Negative Emotion

Anger



Anger


- Not as extensively studied as fear
desire to hurt/ threaten someone who has offended or injured you
somewhat idiosyncratic – based on person's goals & values
- **Anger/ Frustration:** violation of autonomy
- **Disgust:** violation of sense of 'purity' or cleanliness
- **Contempt:** violation of community standards



Self Directed Anger

- Typically anger arises toward another person
often includes an evaluation of intentionality
often includes blame; motivates retaliation
- What about anger at the self?
Doesn't involve intentionality
don't retaliate against the self

typically includes other feelings: sadness/ guilt/ shame/ embarrassment



Remember this?

- Component Process Theory (Scherer, 1992)
 - Explains the possible meaning of each element
- 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 (furrow brows)
also present in frustration and concentration
 - Sense of resolve or efficacy (tightened lips)
also present in pride

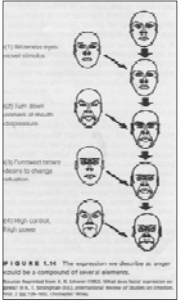


FIGURE 5.14 The expression we describe as anger could be a compound of several elements. Because facial muscles are so closely linked, what you feel depends on what is in it. Interpretation also determines how it looks to others. (From Ekman & Friesen, 1975)

Components Compared

- | | |
|--|---|
| <ul style="list-style-type: none"> • Anger
unexpected
unpleasant
unfair/ interferes with goals
caused by someone else
changeable | <ul style="list-style-type: none"> • Fear
unexpected
unpleasant

caused externally
not changeable |
| <ul style="list-style-type: none"> • Nervous System
increased HR
increased BP (higher than fear)
increased finger temperature | <ul style="list-style-type: none"> • Nervous System
increased HR
increased BP |

Theories of Anger

- Theories that don't presume much cognition
- Frustration-Aggression Hypothesis**
anything that blocks gratification leads to anger/ aggression
- Cognitive-neoassociationistic model**
any unpleasant event facilitates anger/ aggression
- evidence: more violent crime in hot weather
two mice shocked in a cage attack each other
pain/ noise/ smoke make subjects more aggressive
- Theories that require cognition
- if you feel threatened and have no control: **fear**
if you feel threatened but have control: **anger**

Putting it together

- Two types of anger?
 - Anger: response to particular event, often involving another person
 - Irritability: due to discomfort, directed more diffusely
- Anger and Aggression aren't the same thing
 - Discomfort leads to aggression directly
 - Cognition necessary for anger to emerge, which may also lead to aggression



Feeling Angry?

- Experimental Manipulation of Anger
 - quite difficult to elicit anger experimentally
 - easier to elicit aggression – typically involves deception
 - Deliver shock, take away rewards after reports of insults
 - between strangers, with no opportunity for retaliation
 - Target is typically not visible, no way to interact
- Self Reported Anger
 - Multidimensional anger scale
 - How angry you typically become
 - Types of situations that elicit your anger (state)
 - How you deal with your anger
 - General hostile attitude (trait)



Anger Display

- What tells you someone is angry?
 - Facial expression
 - voice tone
 - body posture
- Function of Angry Display
corrective in relationships – 'don't do that again!'
- confer power to **mild** displays of anger
in negotiations, get more of what they want
communicates limits and demands



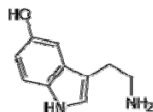
Do we use anger strategically?

- Two groups of subjects
 - one: knew they'd be asked to perform in an aggressive video game
 - two: knew they be asked to perform in a game to spread world peace
- given the choice of recalling angry memories or calming memories
- those facing the aggressive performance:
- Chose to recall angry memories more often
 - Reported feeling more angry during their performance
 - Performed better on the task



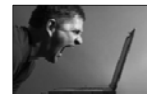
Biology of Aggression

- Less active prefrontal cortex
(less inhibition of impulses)
- In animal studies – lower serotonin levels leads to aggression
rats, monkeys
- Similar findings in humans
 - Lower levels in those convicted of violent crime
 - Released prisoners more likely to be violent crime shortly after release
 - Violent teens with low Ser more likely to commit more violent crime
 - Violent suicide attempts more likely to attempt again with low serotonin
- Interpret results with caution – in a study where Ser was reduced experimentally:
 - History of violence --- more likely be violent
 - History of depression – more likely to become depressed
 - History of substance abuse – more likely to relapse



Anger & Heart Disease

- Strong link between chronic anger and heart disease
- why?
 - SNS – stimulates heart rate/ BP/ release of cortisol
- Link strongest in angry people who
express anger frequently and explosively
- Weaker in angry people who
express anger verbally while trying to understand the other person
this approach lowers resting BP



Anger and Aggression

- Aggression is a behavioral indicator of anger
- What do you think if this?

Can you be angry and not aggress?
Can you aggress and not be angry?

- Hostile Aggression – involves anger
- Instrumental Aggression – does not involve anger



Predictors of Aggression

- Low inhibition (prefrontal cortex deficits)
- Perceive others' actions as hostile
 - tape of taking someone's change in a bar
 - tape of driving in front to take parking place
 - more anger prone – more likely to see hostile intent
- No relationship to self esteem or mental health
- Genetics accounts for 40% of variance
 - No specific gene

Gender and Aggression

- Males and females get equally angry
 - Males and females express anger equally often
 - Males more likely to be physically aggressive
 - Females refuse to communicate, spread rumors
 - example: woman who put slug in her husband's food
 - What explains this difference?
 - Testosterone?
- Inject women with testosterone:
amygdala become more active to angry expressions



Environment and Aggression

- Family plays an important role in socializing inhibition of aggression
- Violence more common when grew up with physical abuse
 - parents who frequently fought
 - parents who got in trouble with the law
 - parents who abuse substances



- Media – more aggressive media, more aggressive behavior


707 families followed for 18 years

experiment:
played video games for 20 minutes – violent/ non violent
witnessed a staged fight after doing so
those who played violent game slower to intervene and help the victim

Disgust

- More coming ...

Disgust



- Eyebrows slanted down
- Nose wrinkled
- Upper lip pulled up
- Lips tight