

Unit - 3

Emotionally -

It is the observable behavioural and physiological component of emotion. It is a measure of person's emotional reactivity to a stimulus.

- Most of the responses can be observed by other people, while some emotional responses can only be observed by the person experiencing it.
- Observable responses do not have single meaning.
- Emotions not only give colour but also meaning to our life and experiences.
- Crimes and inhuman acts all are because of emotions.
- They play a very important role in human behaviour and life.

The emotion is defined as "a strong mental or instinctive feeling such as love or fear" involving many bodily processes.

2 types of emotions

- Primary emotions develop in 1st 6 months & universal
- Self conscious emotions / Secondary emotions which 1st appear at 1 1/2 to 2 years

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Pride & Guilt
2-5 yrs

- An emotion involves cognition, bodily arousal and behaviour as a readymade formula made up for a situation that has been interposed
- Emotion is associated with mood temperament and the inner awareness of feelings
- Emotions expressed by humans can be broadly divided into two categories
 - 1) positive emotions - an attempt or intention to include example enthusiasm, interest, joy, empathy, laughter
 - 2) Negative emotions - an attempt or intention to exclude example - anger, jealousy, fear, shame, grief

- Emotions are accompanied by both physiological and psychological changes.
- Physiological changes include gestures, muscular movement, facial expression, blood pressure, heart beat.
- Psychological changes include blurring of consciousness, blocking of memory, confusion in perception.

Types of emotions

There are 6 universal emotions

1) Happiness -

Many strive for happiness as it is a pleasant emotion accompanied by sense of well being and satisfaction. It is often expressed by smiling, laughing or in upbeat tone.

2) Sadness -

All of us experience sadness all the time. Someone might express sadness through crying, being quiet or by withdrawing from others. Types of sadness are hopelessness, grief and disappointment.

3) Fear -

Fear can increase heart rate cause racing thoughts or trigger fight-or-flight instinct. It can be a response to actual perceived threat. It can also happen through watching scary movies, riding roller coasters or skydiving.

47 Disgust - It can be triggered by a physical experience, such as seeing or smelling rotting food, blood or poor hygiene. Moral disgust is when a person finds some person doing something immoral or distasteful.

57 Anger. Anger can be expressed with facial experiences like frowning, yelling or violent behaviour. Anger can motivate you to make changes in your life, but you need to find a healthy outlet to express anger so it doesn't cause harm to yourself or others.

64 Surprise - Surprise can be pleasant or unpleasant. You might open your ~~or~~ mouth or gasp when you're surprised. Surprise, like fear can trigger the fight-to-flight response.

General Characteristics -

- Emotion and biological drive
- Emotion and reasoning
- Emotions and overt behaviour
- Emotions and internal responses.