

Advanced Placement Psychology

Chapter 13: Emotion

(<http://www.ApPsychology.net>)

- **Emotion**- a response of the whole organism
 - Physiological arousal
 - Expressive behaviors
 - Conscious experience

Emotional Arousal

- **Autonomic nervous system** controls physiological arousal

Sympathetic division (arousing)		Parasympathetic division (calming)
Pupils dilate	EYES	Pupils contract
Decreases	SALVATION	Increases
Perspires	SKIN	Dries
Increases	RESPERATION	Decreases
Accelerates	HEART	Slows
Inhibits	DIGESTION	Activates
Secrete stress hormones	ADRENAL GLANDS	Decreases secretion of stress hormones

- Arousal and Performance- Performance peaks at lower levels of arousal for difficult tasks, and at higher levels for easy or well-learned tasks.

Emotion-Lie Detectors

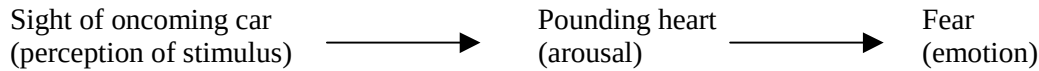
- **Polygraph**- machine that is commonly used in attempt to detect lies; measures several of the physiological responses accompanying emotion (i.e. perspiration, heart rate, blood pressure, breathing changes)
- **Control Question**
 - Up to age 18, did you ever physically harm anyone?
- **Relevant Question**
 - Did the deceased threaten to harm you in any way?
- **RELEVANT > CONTROL → LIE**
- Is 70% accuracy good?
 - Assume 5% of 1000 employees actually guilty...after testing all employees 285 will be wrongly accused
- What about 95% accuracy?
 - Assume that 1 in 1000 employees actually guilty...after testing all employees 50 are wrongly declared guilty and 1 of 51 testing positive are guilty (2%)

Experiencing Emotion

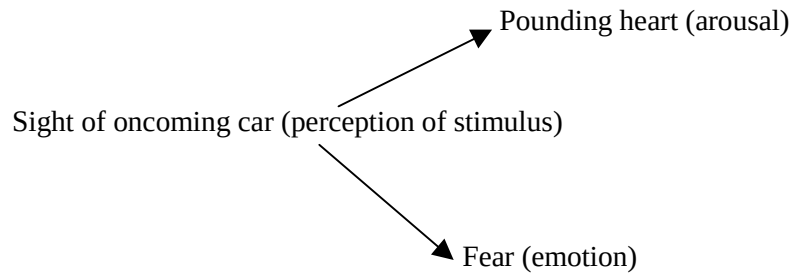
- The **amygdala** is a neural key to fear learning
- **Catharsis**- emotional release; catharsis hypothesis- "releasing" aggressive energy (through action or fantasy) relieves aggressive urges
- **Feel-good, do-good phenomenon**- people's tendency to be helpful when already in a good mood.
- **Subjective Well-Being**- self perceived happiness or satisfaction with life; used along with measures of objective well-being (physical and economic indicators to evaluate people's quality of life.
- **Adaptation-Level Phenomenon**- tendency to form judgements relative to a "neutral" level (i.e. brightness of lights, volume of sound, level of income); defined by our prior experience
- **Relative Deprivation**- perception that one is worse off relative to those with whom one compares oneself

Theories of Emotion

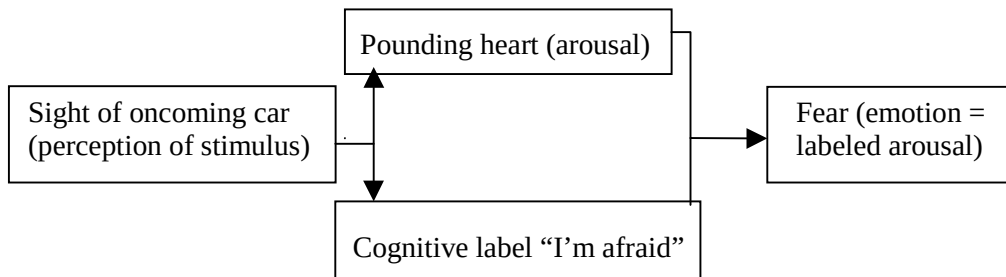
- Does your heart pound because you are afraid...or are you afraid because you feel your heart pounding?
- **James-Lange Theory of Emotion**
 - Experience of emotion is awareness of physiological responses to emotion-arousing stimuli



- **Cannon-Bard Theory of Emotion**
 - Emotion-arousing stimuli simultaneously trigger: physiological responses and subjective experience of emotion



- **Schachter's Two Factor Theory of Emotion**
 - To experience emotion one must: be physically aroused and cognitively label the arousal



Emotion and cognition feed on each other

Bibliography

Myers, David G., Psychology Fifth Edition. Worth Publishers, Inc. New York, NY ©1998