

Chapter 13 Review Guide

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EMOTIONAL CONCEPTS

Emotion: a response of the whole organism; embodied emotion, expressed emotion, experienced emotion

Embodied emotion: physiological reaction; heart pounding, sweating, nervousness, dilated pupils, respiratory change, etc.

Expressed emotion: expressed through behavior; smiling, frowning, walking faster, hands held up in triumph. Can be verbal or non verbal.

Experienced emotion: cognitive or conscious awareness of our emotional state; anger, fear, elation, depression
Theories of Emotion: Does your heart pound because you are afraid or are you afraid because you feel your heart pounding?

James Lang Theory: experience of emotion is awareness of physiological responses to emotion-arousing stimuli

heart pounds > expression of fear

Cannon-Bard: Theory: emotion arousing stimuli simultaneously trigger; physiological responses and subjective experience of emotion. *heart pounds and express fear at the same time.*

Schacter's Two-Factor Theory: to experience emotion one must be physically aroused and cognitively label the arousal; *heart pounds and "I am afraid" > expression of fear*

Two Dimensions of Emotion: emotions as variations on two dimensions; low versus high arousal and pleasant versus unpleasant feeling.

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 commonly used in attempts to detect lies; measures several of the physiological responses accompanying emotion. perspiration, cardiovascular, breathing changes

A Polygraph Examination: if relevant question is > than control question = lie

Polygraph Accuracy: 70% = Assume 5% of 1000 employees actually guilty 285 will be wrongly accused 95% = Assume 1 in 1000 guilty; 50 wrongly accused. Accuracy of polygraphs is not acceptable at present time. Not allowed in legal use.

Expressed Emotion: people more speedily detect an angry face than a happy one.

Gender and expressed emotion: women's faces show more emotion than men

Cultural Universals and expressed emotion: happiness, fear, anger, disgust, surprise and sadness.

Experienced Emotion: Infants have 7 naturally occurring emotions; same as universals adding curiosity.

The Amygdala: a neural key to fear learning

Catharsis: emotional release based on hypothesis that 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.

Adaptation-Level Phenomenon: tendency to form judgements relative to a neutral level; defined by our prior experience. brightness of lights, volume of sound, level of income, etc.

Relative Deprivation: perception that one is worse off relative to those with whom one compares oneself.