Intro to Psychology

“Motivation and Emotion”

Objectives

1. Identify the three components of emotion.
2. Using the four theories of emotion, identify the sequence of events that occur when an individual experiences an emotion.

The Components of Emotions

1. Emotion – An identifyable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ state.
2. Emotions can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. As a result, psychologists study emoutions using three components . . .

Theories of Emotion

1. James-Lange Theory
   1. The sequence of events is exacltly the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of what subjective experience tells us.
   2. Only after an event causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_ arousal and a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ response does the individual perceive the physical response as an emotion.
   3. For example: When you say something stupid, you eventually blush. After you blush, you realize you are embarrassed.
   4. Problem: If physical arousal causes emotions, there would have to be specific \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ associated with each emotion. Othewise you wouldn’t know if you were sad, embarrassed, frightened, or happy.

1. The Cannon-Bard Theory
   1. Walter Cannon focussed on the \_\_\_\_\_\_\_\_\_\_\_\_- or - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ response and the concept of homeostasis.
   2. Bodily changes are not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ enough to inform us of our emotions.
   3. Cannon says that once you come into contact with emotion-provoking stimuli, feelings of emotion and physiological arousal occur at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The schachter-Singer Theory
   1. An event causes physiologic al arousal. You must the be able to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a reason for the arousal in order to label the emotion.
3. Lazarus Theory
   1. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ occurs, a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ appraisal is made, and then the emotion and physiological arousal follow.
   2. Problem: Some emotional reactions occur too \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in order to make a cognitive appraisal.