

# General Psychology

## lectures 12-13

### Emotions

1. Definition, characteristics and classification of emotions.
2. Theories of emotion.
  - a. James –Lange Theory
  - b. Arousal-Cognition theory
  - c. The opponent-process theory.
3. Interpersonal Attraction: liking, loving.

# Definition.

‘Emotion’ and ‘motivation’ have a common origin – Latin term – ‘emovere’ – to disturb or move away. So, emotions accompany many of our motivations.

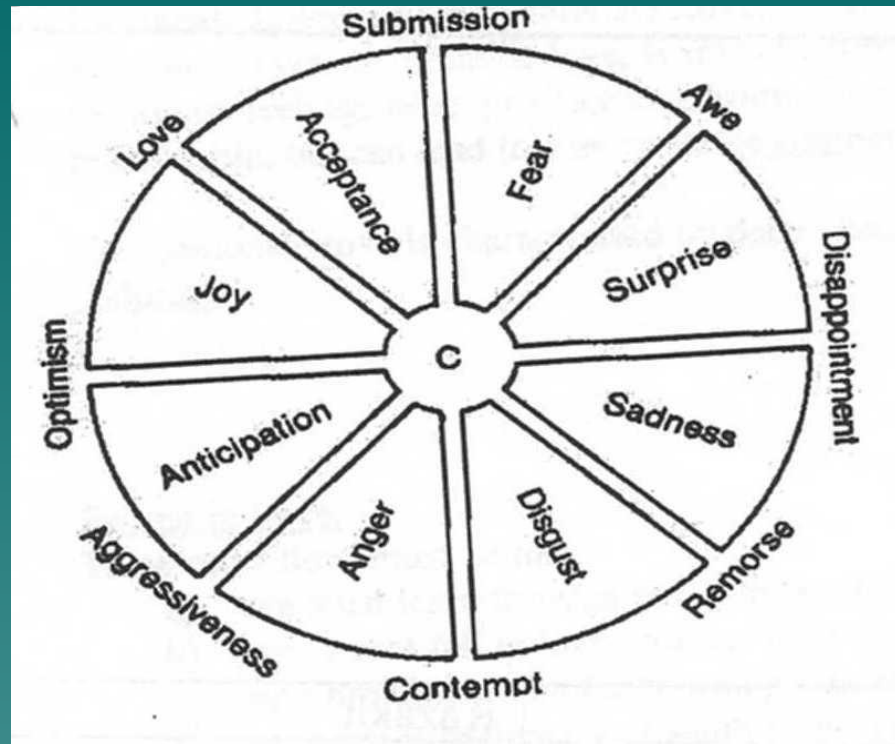
Emotions are complex private events as a response to stimulus that involve physiological arousal, subjective feeling, cognitive interpretation, and overt behavior.

# Characteristics

- 1) Different emotions have a similar physiological basis.
- 2) Some emotions are innate (dogs also bare teeth when they're angry)

Many emotions are learned (through conditioning)  
(different cultures express some emotions in different ways – in China: clapping hands □  
disappointment; sticking out tongue □  
surprise)

# Classification.



Plutchik's Theory of Emotions Primary emotions: joy and acceptance form love. The emotion of anger is expressed by attack behavior, serves the function of destruction and is associated with an aggressive personality.

Stimulus □ cognition □ feeling □ behavior

Stimulus □ behavior □ arousal □ feeling

## The James-Lange Theory

(1884) ↓ (1885)

Behavior precedes feeling :

We feel sad because we are crying;

We jump quickly to safety (when a car is approaching us) and then we feel fear or anger.

(it is untestable, many scientists criticized this theory)

# Stimulus □ arousal □ cognition

## Arousal –Cognition Theory (1962)

First □ physiologically aroused

Second □ look for environmental explanation for our arousal

Third □ interpret our situation cognitively and label our arousal as an appropriate emotion.

Cognition plays the important role in determining emotions.

# The Opponent-Process Theory



(Rich. Solomon 1980 – emotions as pairs of opposites: fear □ relief; pleasant □ pain)

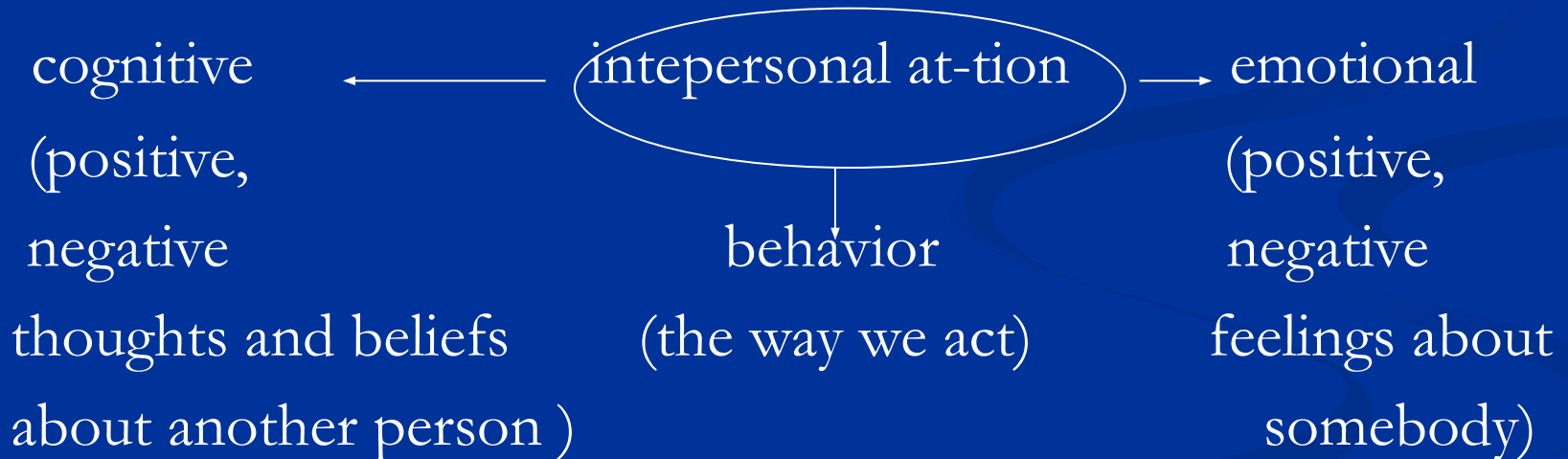
When one emotion is experienced (fear), the other is suppressed (relief).

(skydivers fear as they jump, relief when they land: with time fear decreases, relief increases) – a model of drug addiction.

# Interpersonal Attraction.



The area of psychology that includes liking, love, and friendship





# Liking

People have a need to be with others  
(affiliation)

Proximity

(geographical)

Neighborhood

School

Work, clubs

3 major  
influences

similarity

similar values

interests

intellectual ability

activity preferences

reflections of ourselves

as it makes us feel com-

fortable

physical attractiveness

# Theories of Interpersonal Relationships

## <1> Social exchange theory

- a) If rewards outweigh the costs □ continue
- b) If rewards are too high □ look for an alternative

*Rewards* : status, information, money, emotional stability, enjoyment.

*Costs*: money, efforts, other unpleasant aspects of relationship.

## <2> Equity Theory

People are motivated to maintain a fair balance in relationships

If one person is always taking and the other is always giving = unfair relationship. One wouldn't continue an unequal, unsatisfying relationship.

# Theories of Love.

Love is most complete relationship, it is the active concern for the life and growth of another person.

romantic	realistic	passionate	companionate
Excitement, Arousal Urgency	Practical Calm solid	Sexual desire, elation Anxiety Tenderness ( 6- 30 months)	Deep Attachment Respect Affection Loyalty Less intense More endures

# Falling in love:

## 3 conditions

1. We must learn through our culture, what love is, so as to learn what to expect
2. Requirements: proximity, similarity, physical attractiveness should be met.
3. We must experience a physiological arousal that we can label the emotion – love.

# Stenberg's Triangular Theory of Love ( 1986)

Intimacy (emotional)	Passion (motivational)	Decision/commitment (cognitive)
Respect Understanding Support Intimate com-n	Physiological Arousal Sexual desire Self-esteem Affiliation dominance	To continue The relationship Though good and bad times Help to solidify it.

# 8 kinds of love

Kind	Intimacy	Passion	Decision/ Commitment
Nonlove	No	No	No
Liking	Yes	No	No
Infatuated Love	No	Yes	No
Empty Love	No	No	Yes
Romantic Love	Yes	Yes	No
Companionate Love	Yes	No	Yes
Fatuous Love	No	Yes	Yes
Consummate Love	Yes	Yes	Yes



# Seminar questions:

1. Define and characterize emotions
2. Compare the major theories of emotions.
3. Define and explain interpersonal attraction.
4. Describe 3 major influences on interpersonal attraction.
5. Theories of interpersonal relationships and theories of love.

## Volunteer reports:

1. Arousal and emotion
2. Cognition and emotion
3. Expression and emotion.

Literature: R. Atkinson ch 11 pp 418 -432