

Guided Reading Activity 12-3

Emotions

For use with textbook pages 328-336

Humans vs. Animals

Homecoming Football

List of Emotions p. 329

Directions: Recalling the Facts Use the information in your textbook to answer the questions.

1. Why do we call certain physiological changes "drives" sometimes and "emotions" other times? feelings associated with behaviors are emotions

2. In what way do emotions function like a drive? energize us and make us pursue a goal (just like a drive)

3. What is the cognitive aspect of emotions? concerns how we interpret situations (which affects how we respond emotionally)

4. One study showed that people from five different cultures identified the same emotions in photos of facial expressions. What do these results imply? certain basic facial features are innate

5. What part does learning play in emotional expression? we learn that emotions can serve different social functions

6. What is the core belief behind the James-Lange theory? emotions are the perception of certain internal bodily changes (not causes)

7. Where did Carroll Izard believe emotions come from? sensory feedback from muscles in our faces (Smile = good mood / Frown = bad mood)

8. According to the Cannon-Bard theory, when an experience activates the brain, what two reactions does the brain send? arousal and experience of emotion

9. What do lie-detection tests measure? signs of physiological arousal

10. Cognitive theorists believe that physiological arousal only partly determines how you feel. What is the other part? how you interpret your symptoms

11. In the Schachter-Singer experiment, when the participants could not explain their physical reactions, what did they do? took cues from their environment

12. According to the opponent-process theory, how do we regulate and manipulate our emotions? autonomic nervous system (sympathetic / parasympathetic)

13. How might emotions play an important role in our survival as human beings? they spur us to action (which may be necessary for survival)

Emotional Control! ↓ important

Dr. Jekyll vs. Mr. Hyde

Paul Ekman

Emotional Control

"Gut" Reactions

Experience activates the brain

Test Game situations

Who is going to beat me vs. Who will I beat?

Stimulus for one emotion removed, you feel the opposite emotion

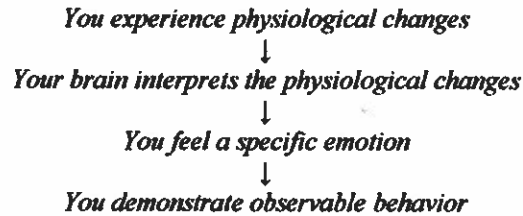
Emotions
① Physical
② Behavioral
③ Cognitive

Instinct?

Theories Of Emotion

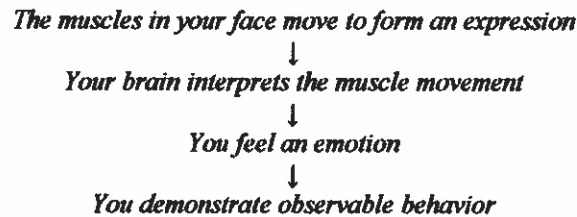
1. James-Lange Theory (William James & Carl Lange – 1922)

- emotions are the perception of certain bodily changes
- emotions trigger bodily changes



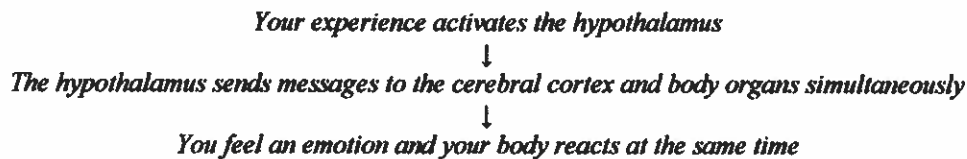
2. Facial Feedback Theory (Carroll Izard – 1972)

- emotions result from sensory feedback we receive from the muscles in our face



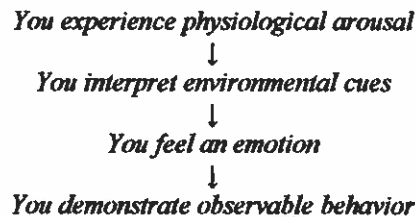
3. Cannon-Bard Theory (Walter B. Cannon & Philip Bard – 1934)

- experience activates the brain, which sends messages to body organs
- reactions (messages) are arousal and experience of emotions



4. Schachter-Singer Theory (Stanley Schachter & Jerome Singer – 1962)

- internal components of emotion affect people differently
- based on interpretation and perception of physiological arousal



5. Opponent-Process Theory (Richard Solomon & John Corbit – 1974)

- removal of stimuli that excites one emotion causes feeling of opposite emotion

