

Emotion

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- Define Emotion
- Explain the characteristics of emotion
- Identify the roles of social and cultural influences on emotion
- Describe the various theories of emotion
- Understand the interaction between emotion and communication

- Organised psychological and physiological reactions

These reactions are:

- Partly inner or subjective, experiences
- Partly measurable patterns of behaviour and physiological arousal
- Usually temporary
- Could be positive or negative

- Central Nervous System (CNS): several brain areas are involved in the generation and experience of emotions.
- Autonomic Nervous System (ANS): gives rise to many of the physiological changes associated with emotional arousal.
- Brain Mechanisms
 - Limbic system
 - Voluntary facial expressions

- **James' Peripheral Theory (James-Lange Theory)**

- Perception of peripheral responses: brain interprets a situation and automatically directs a set of peripheral changes
- Facial feedback hypothesis: involuntary facial movements provide peripheral information for an emotional experience

- **Cannon's Central Theory (Cannon-Bard Theory)**

- Emotion occurs entirely within the brain with or without feedback from peripheral responses

- **Schachter–Singer Theory**

- Interpretation of events and our peripheral responses
- Arousal depends on attribution – identifying cause of an event

- **Lazarus' Cognitive Appraisal Theory**

- emotion is a result of our evaluation of how an event affects our wellbeing

- Based on James-Lange peripheral theory

- Types of lie detection tests:

Control question test

Directed lie test

Guilty knowledge test

- Problems

Polygraph results not 100 per cent accurate

Guilty person can 'fool' the machine

Innocent people can be mislabelled as guilty.

- New tests measure

Brain activity

Brief facial 'microexpressions'

- Words
- Nonverbal cues:
 - Body movement
 - Posture
 - Tone of voice
 - Facial movements and expressions

Some emotions are learned depending on social situations.
Some emotions can be interpreted differently in different cultures.

