

# Myers' *PSYCHOLOGY*

(7th Ed)

## Chapter 13

### Emotion

# Emotion

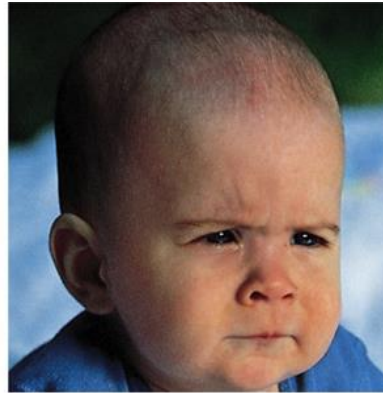
- Emotion
  - a response of the whole organism
    - physiological arousal
    - expressive behaviors
    - conscious experience

# Expressed Emotion

## Culturally Universal Expressions



(a) Joy (mouth forming smile, cheeks lifted, twinkle in eye)



(b) Anger (brows drawn together and downward, eyes fixed, mouth squarish)



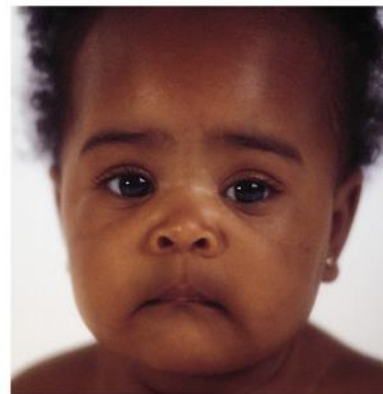
(c) Interest (brows raised or knitted, mouth softly rounded, lips may be pursed)



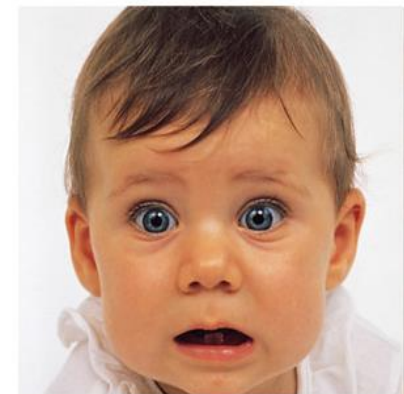
(d) Disgust (nose wrinkled, upper lip raised, tongue pushed outward)



(e) Surprise (brows raised, eyes widened, mouth rounded in oval shape)



(f) Sadness (brow's inner corner raised, mouth corners drawn down)



(g) Fear (brows level, drawn in and up, eyelids lifted, mouth corners retracted)

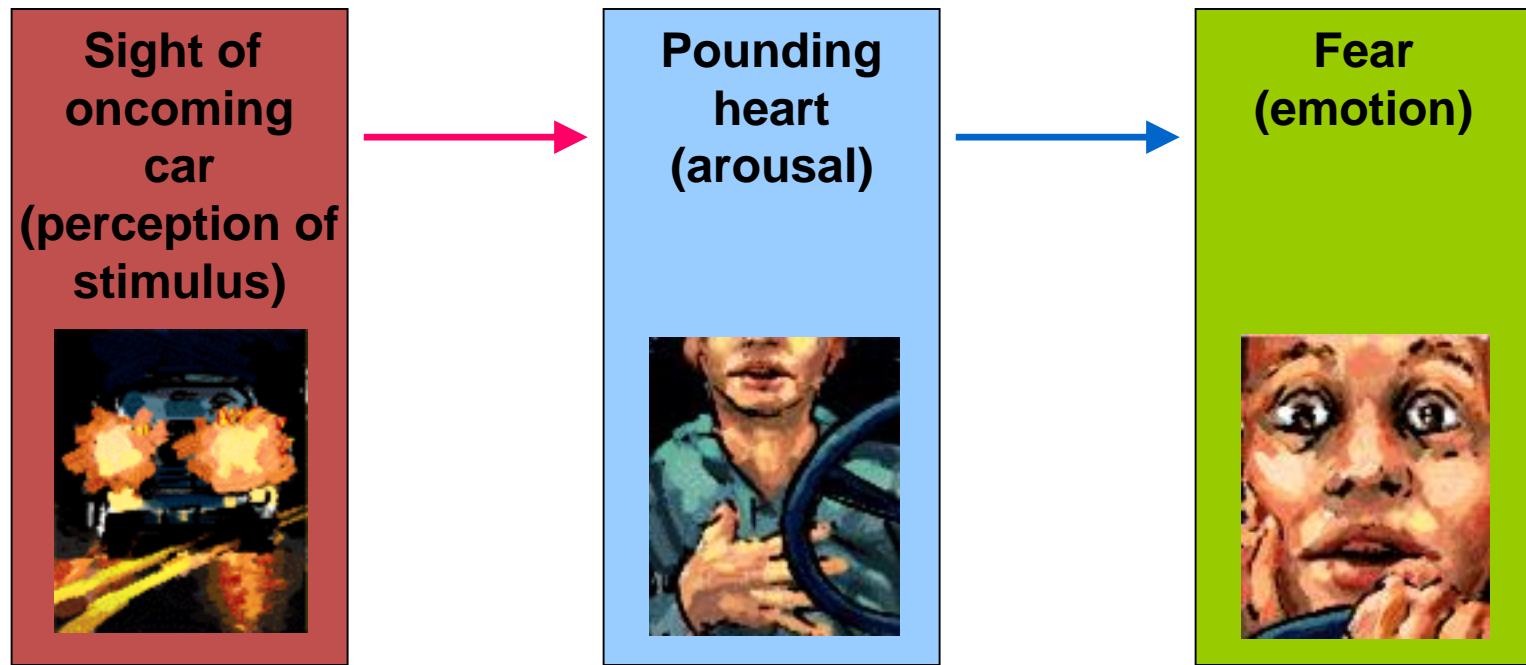
# Theories of Emotion

- Does your heart pound because you are afraid... or are you afraid because you feel your heart pounding?

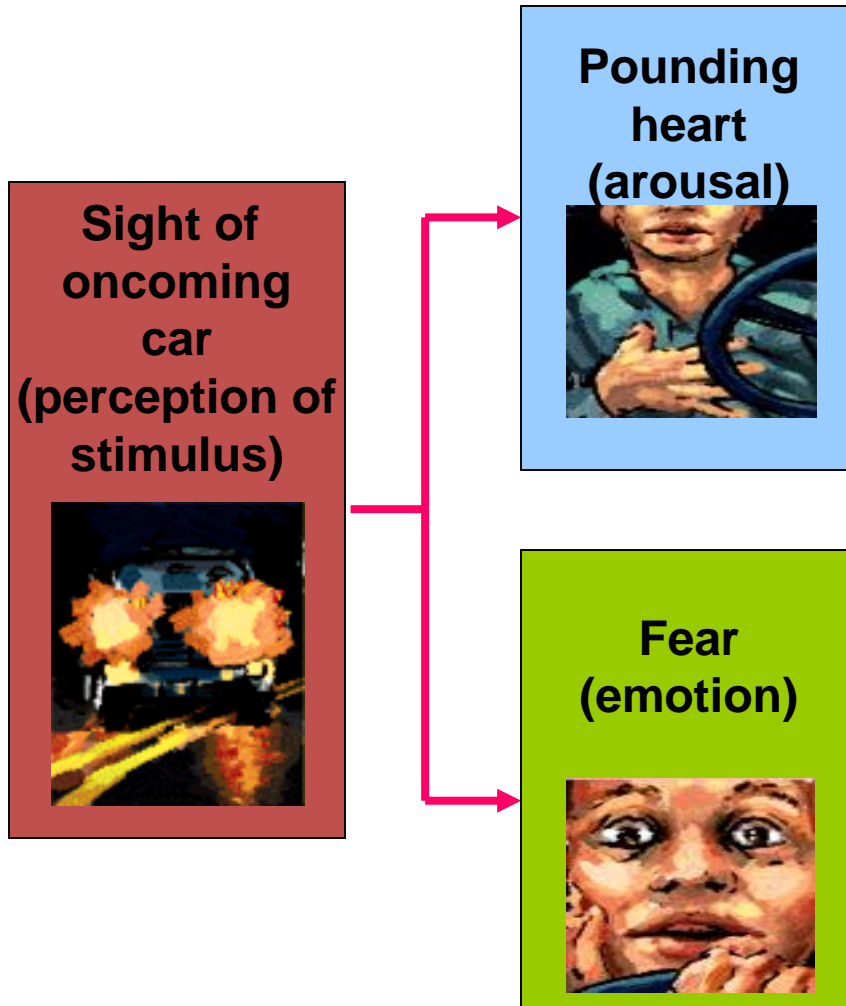
# James-Lange

## Theory of Emotion

- Experience of emotion is awareness of physiological responses to emotion-arousing stimuli
  - Neck Level spinal cord injuries would be explained best by this theory

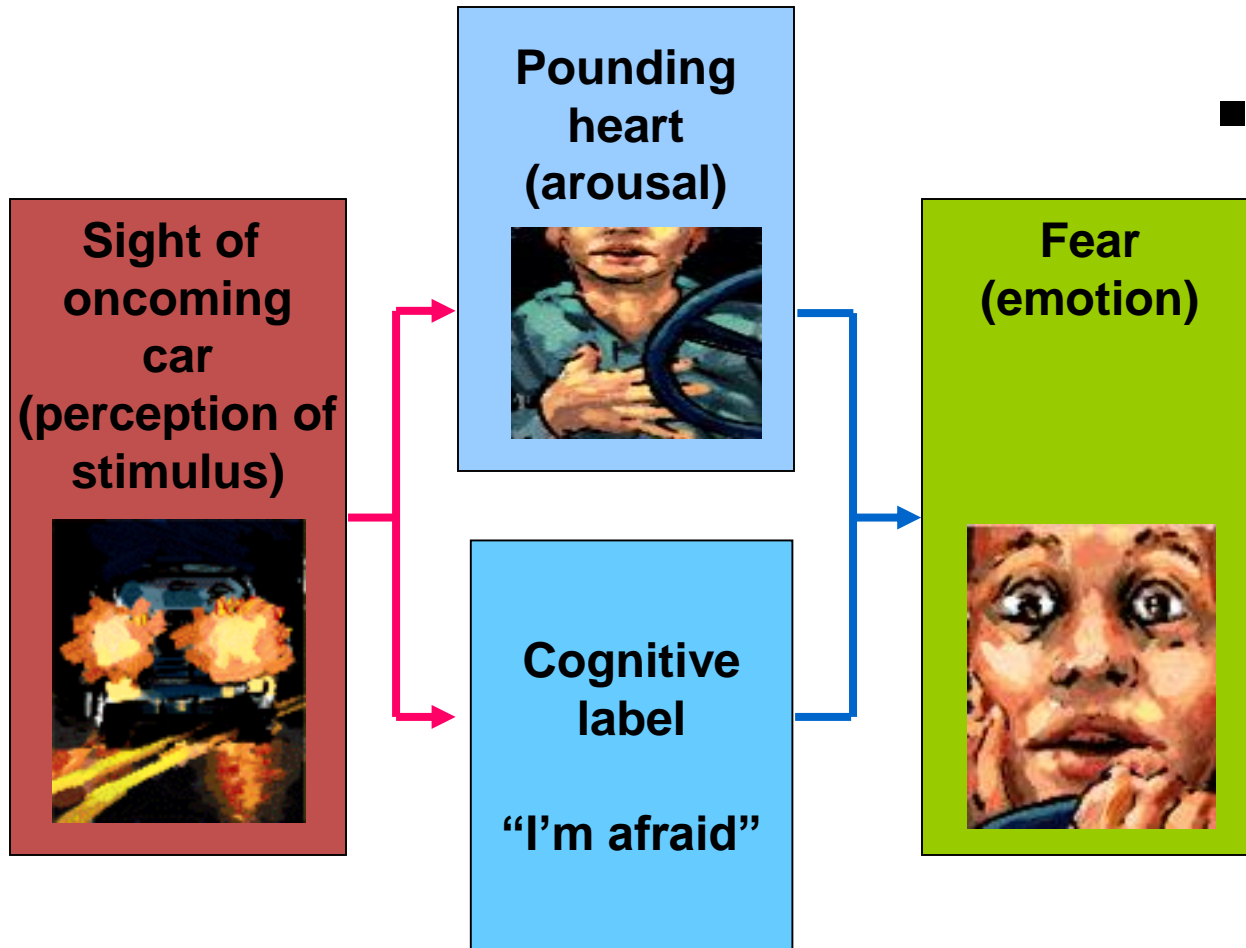


# Cannon-Bard Theory of Emotion



- Emotion-arousing stimuli simultaneously trigger:
  - physiological responses
  - subjective experience of emotion

# Schachter's Two-Factor Theory of Emotion



- To experience emotion one must:
  - be physically aroused
  - cognitively label the arousal