

Psychology for Nurses

EMOTION

By

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Aristotle's meaning of emotion

Any body can become ANGRY that is easy, but to be angry with the RIGHT person and to the right DEGREE and the right TIME and for the right PURPOSE and in the right WAY, that is NOT with everybody's POWER and is not EASY

Aristotle

Learning Outcomes



Understand the term of emotion. .1

Understand the physiology of emotion. .2

Discuss the link between nervous system and emotion. .3

Discuss the theory of emotion .4

Emotion Definition:

What gives emotions their flavor?



Joy



Accepted



Aware



Angry



Sadness



Rejected



Surprised



Fearful

Emotion Definition:

Emotion is defined as patterns of psychological states that ❖
involve physiological responses, subjective experiences,
and behavioral expressive.

Emotion is multi-component responses to challenges or ❖
opportunities that are important to the individual's goals, ❖
particularly social ones.

Emotion is the express of feelings happiness, sadness, ❖
anger

Feelings are usually directed at somebody or something. ❖

Primary or Basic Emotion

Basic emotion is evolved for their adaptive value in dealing with **fundamental life tasks** and they helped species to survive ➤

Basic emotions as those that fulfil vital biological functions. ➤

Major Characteristics of Basic Emotions

Emotions are found to occur, despite individual and cultural differences in social learning. ➤

They are not unique to human. ➤

They can be aroused so quickly, before we even aware of them: ➤

Components Emotion

The subjective experience of happiness, sadness, anger, and so on. ➤

Bodily reactions: Physiological changes involving functions which we have little or no conscious control. ➤



Theory of Emotion.

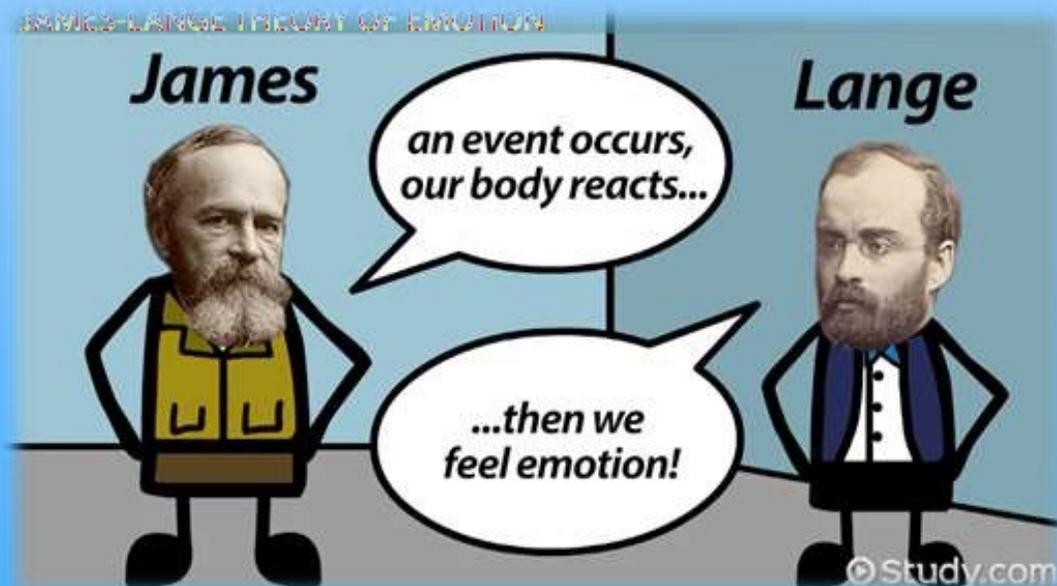
1. James-Lange Theory of Emotion

Based on this theory, after an event occur, an individual ➤ experiences physiological response first, such as increased respiration, increased heart rate, or sweaty hands.

Once this physiological response is recognized then a person ➤ can say that he feels the emotion.

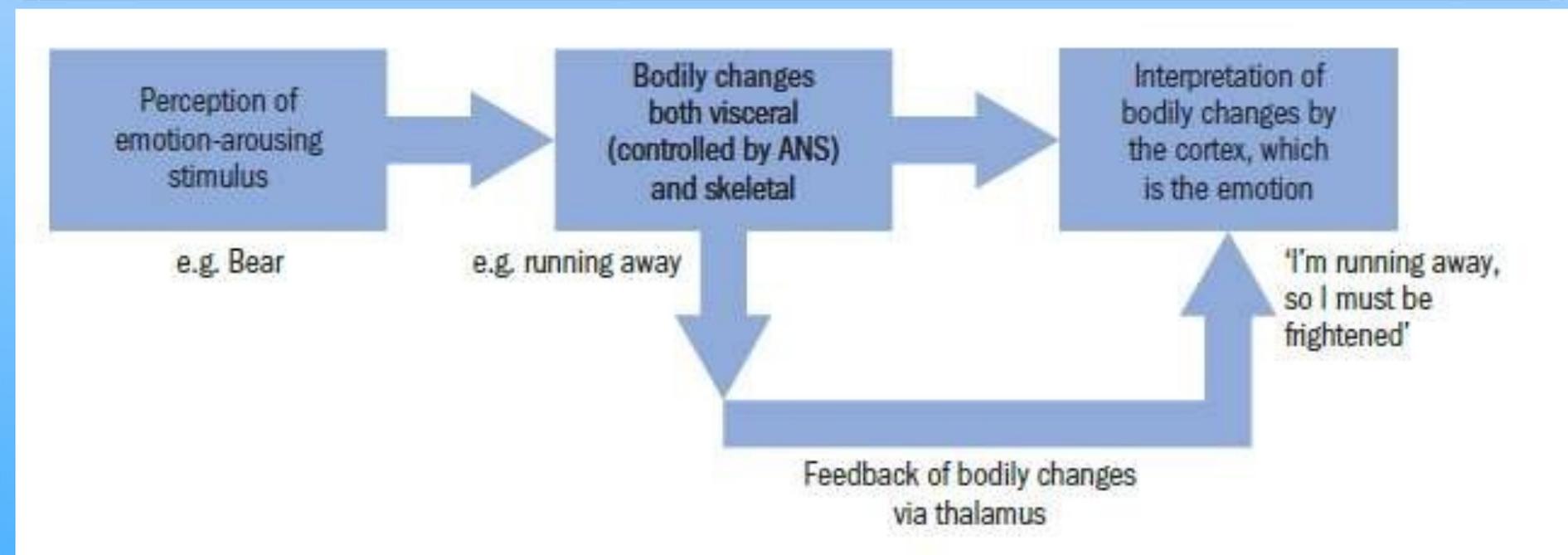
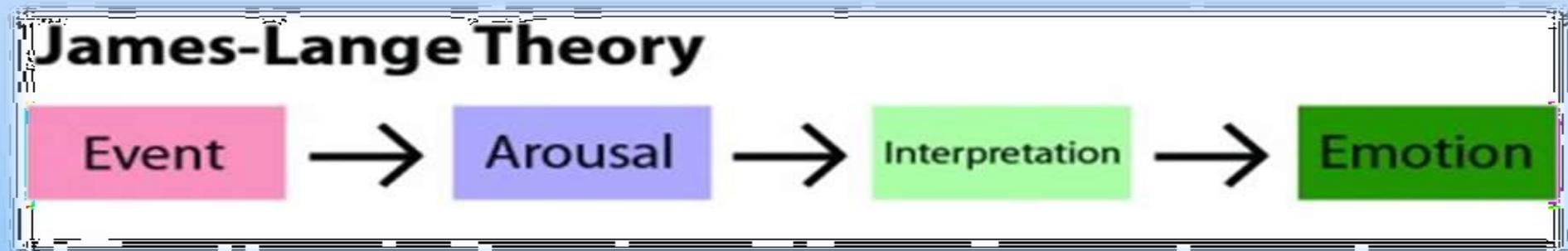
James-Lange Theory of Emotion

Example, when a scary dog barks at you, you may then experience an increase in heart rate and respiration. By observing these changes, the brain will comprehend that these changes are a response for fearful situation; then, you experience fear.



Theory of Emotion.

James-Lange Theory of Emotion



Theory of Emotion.

2. Cannon-Bard Theory of Emotion

The emotion is consciously experienced. ➤

The subjective emotion is quite **independent** of the ➤
physiological changes involved.

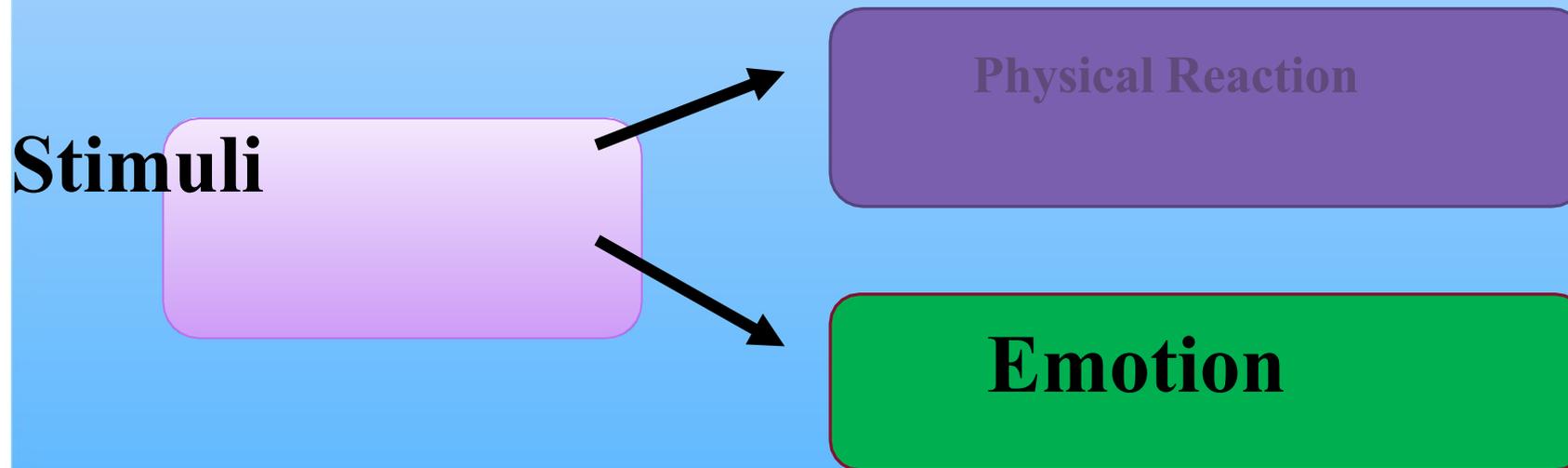
We often feel emotions quite rapidly; while the visceral ➤
changes are quite slow.

Theory of Emotion.

Cannon-Bard Theory of Emotion

Based on this theory, after an event occur, physiological arousal,
at the same time emotional

Occurring **independently**



Cannon-Bard Theory of Emotion

Example, you are walking down a dark side road late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. At the same time as these physiological changes occur you also experience the emotion of fear.



Theory of Emotion.

3. *Schachter-Singer Theory of Emotion*

According to Schachter, both *James-Lange and Cannon* ➤
were mistaken in their thinking about emotion.

However, Schachter share the James–Lange view that ➤
physiological changes start before emotion.

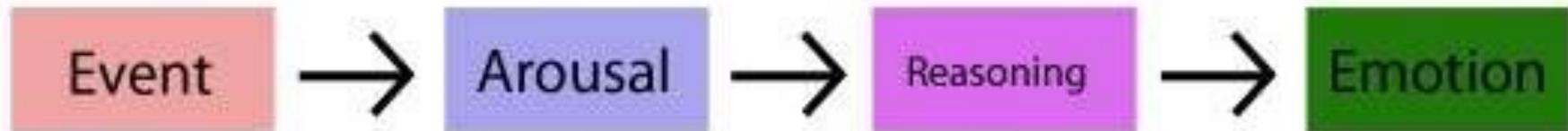
The importance in this view was how we interpret that ➤
arousal not the arousal itself.

Theory of Emotion.

Schachter-Singer Theory of Emotion

Based on this theory, a stimuli causes physiological arousal first. You must then identify a reason for this arousal and then you are able to experience emotion.

Schachter-Singer Theory



Theory of Emotion.

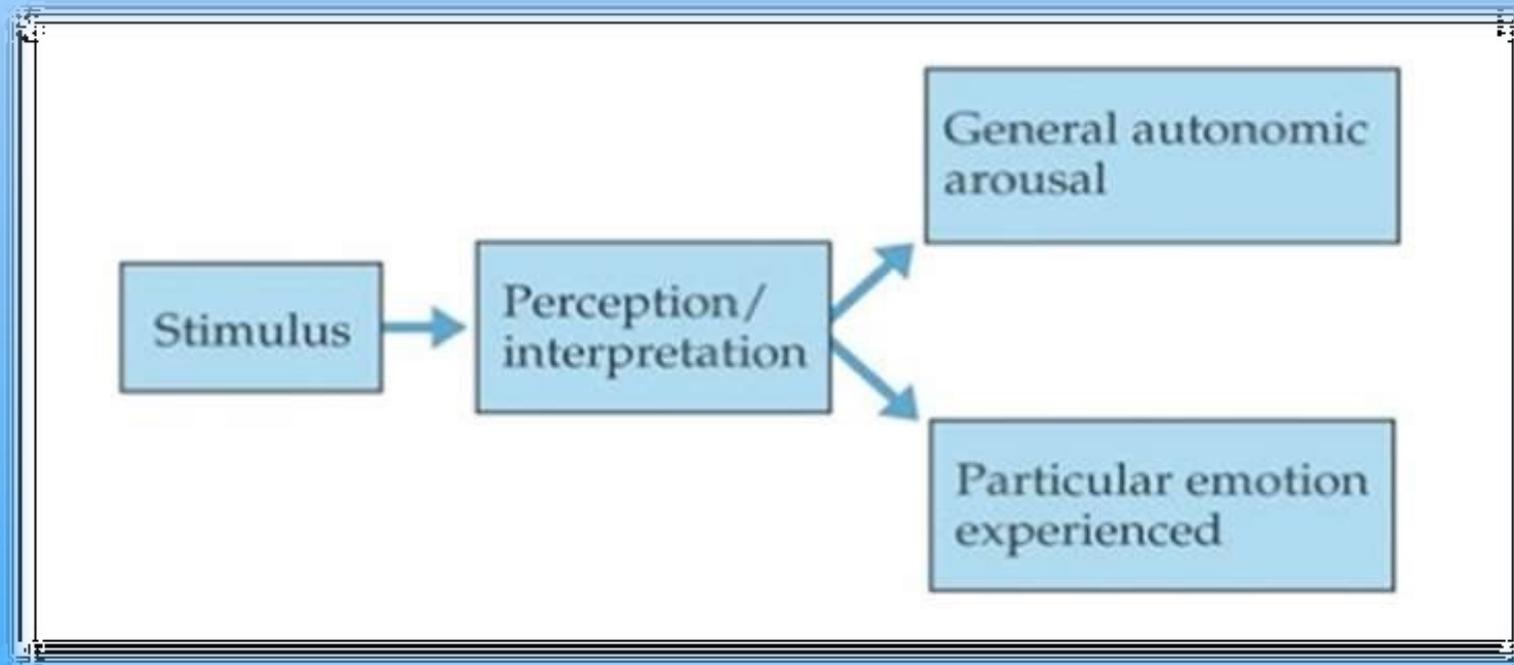
Schachter-Singer Theory of Emotion

Example, you are walking down a dark alley late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. Upon noticing this arousal you realize that comes from the fact that you are walking down a dark alley by yourself. This behavior is dangerous and therefore you feel the emotion of fear.

Theory of Emotion.

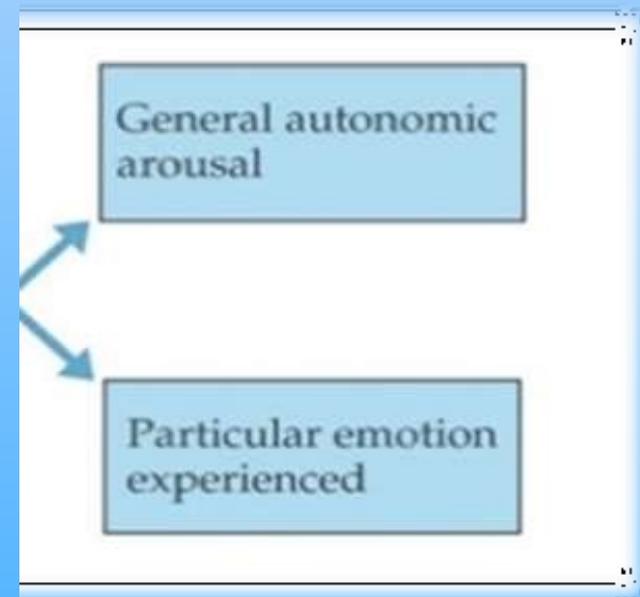
4. Lazarus Theory of Emotion

Based on this theory, a thought must come before any emotion or physiological arousal. (An individual must first think about the situation before he/she experiences an emotion.



Lazarus Theory of Emotion

Example, you are walking down a dark alley late at night. You hear footsteps behind you and you think it may be a mugger so you begin to tremble, your heart beats faster, and your breathing deepens and at the same time experience fear.



Common sense

"I tremble because I feel afraid"



Stimulus



Conscious feeling



Autonomic arousal



James-Lange

"I feel afraid because I tremble"



Stimulus



Autonomic arousal



Conscious feeling



Cannon-Bard

"The dog makes me tremble and feel afraid"



Stimulus



Subcortical brain activity



Conscious feeling

Autonomic arousal



Schachter

"I label my trembling as fear because I appraise the situation as dangerous"



Stimulus



Autonomic arousal



Appraisal



Conscious feeling



Functions of emotions.

Prepare and motivate the person to deal with challenges in (1
our environment.

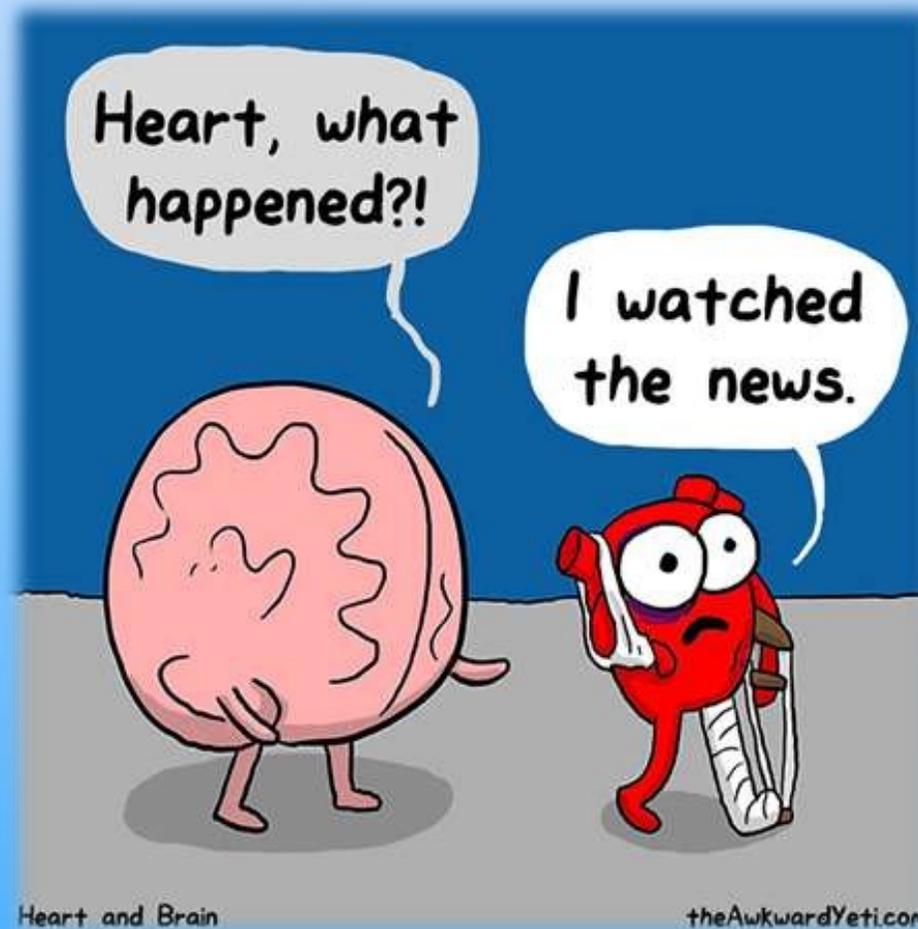
Example: Fear prepares and motivates us to avoid or
escape danger.

Alert us to conditions that require adjustments and give us (2
more options .

Example: When a person is threatened and afraid, he may
choose to flee, fight, or negotiate.

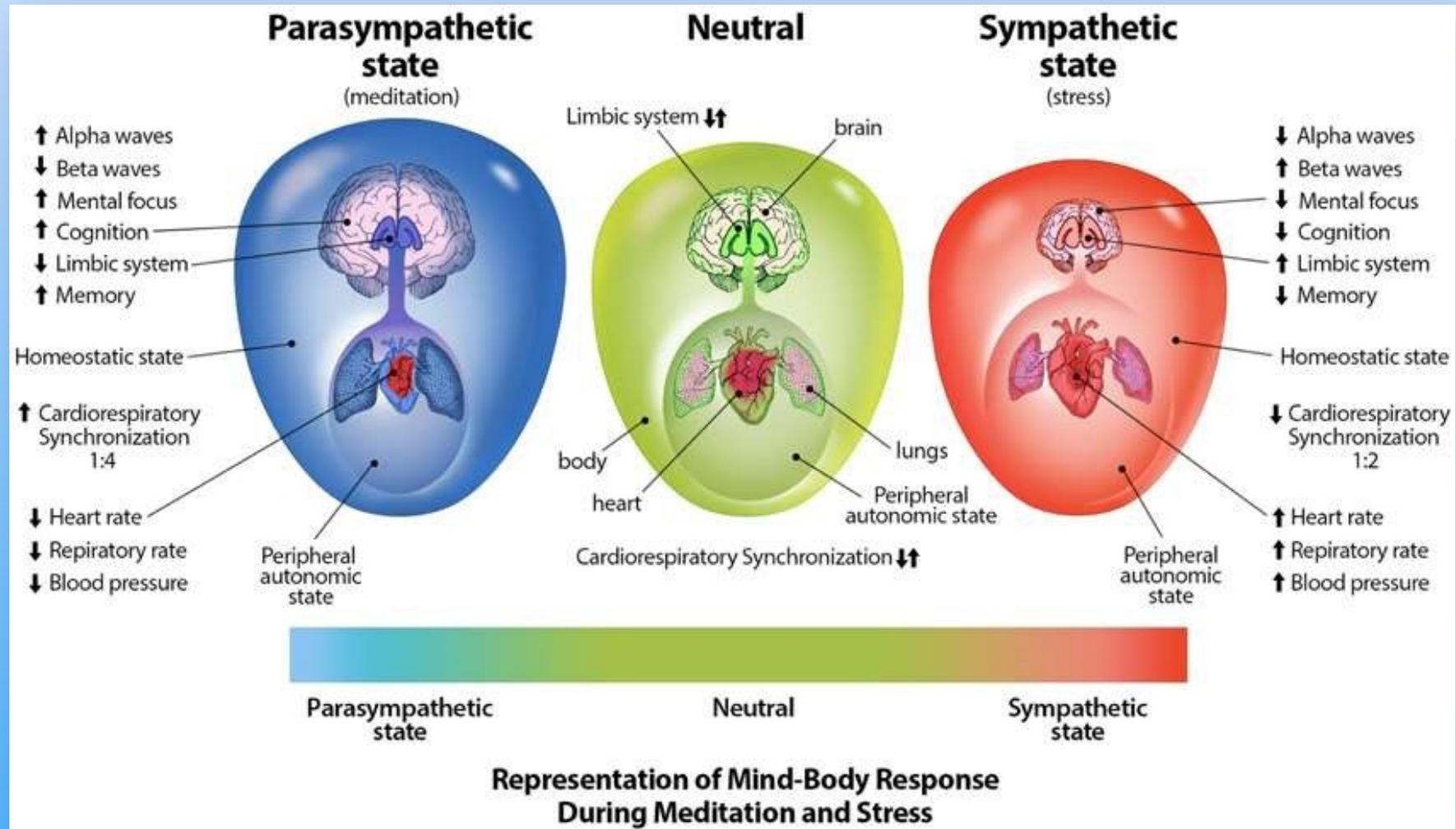
Functions of emotions.

Offer signals to other: They reveal how we are feeling and 3)
how we are likely to behave.



Physiology of Emotion

The physiology of emotion involves the sympathetic and parasympathetic nervous system.



Physiology of Emotion Cont.

Sympathetic Nervous System Activation

Vascular changes: Expansion of blood vessels ➤
leading to skeletal muscles to prepare muscles for fight
/ flight.



Hormonal change: Epinephrine secretion – Glucagon ➤
to provide more sugar to the body (energy).



Respiratory rate – depth ***Respiratory change:*** ➤



Heart rate (pulse). ***Circulatory changes:*** ➤

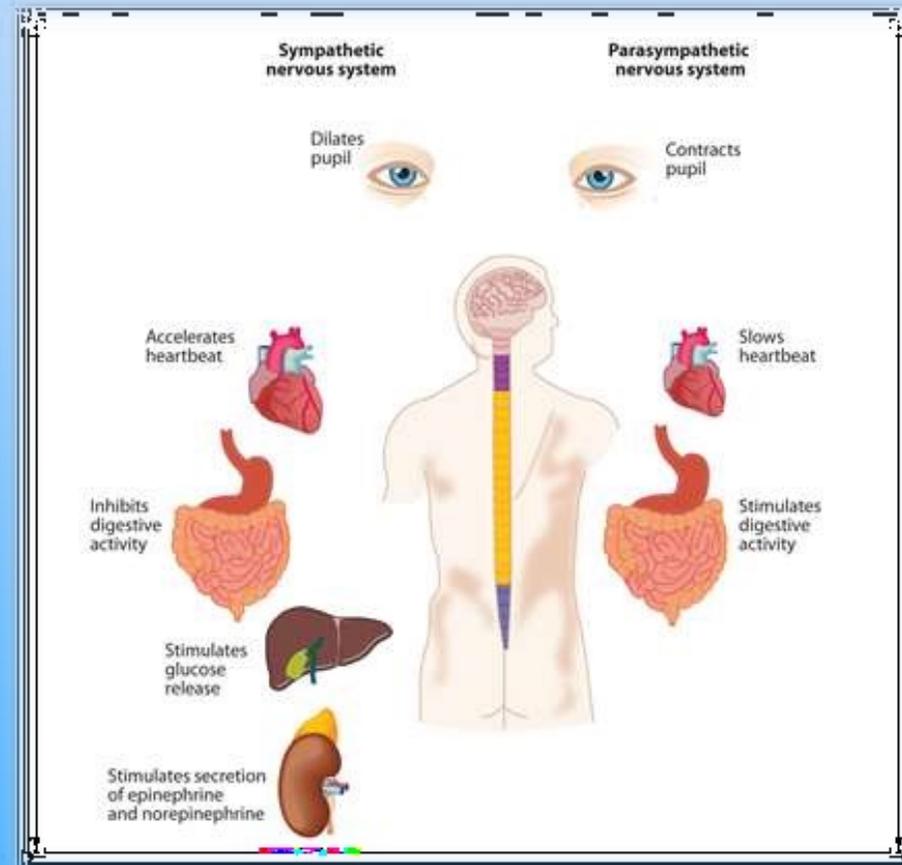


Dilation of pupils ***Visual change:*** ➤

Physiology of Emotion Cont.

Activation of sweat glands ➤

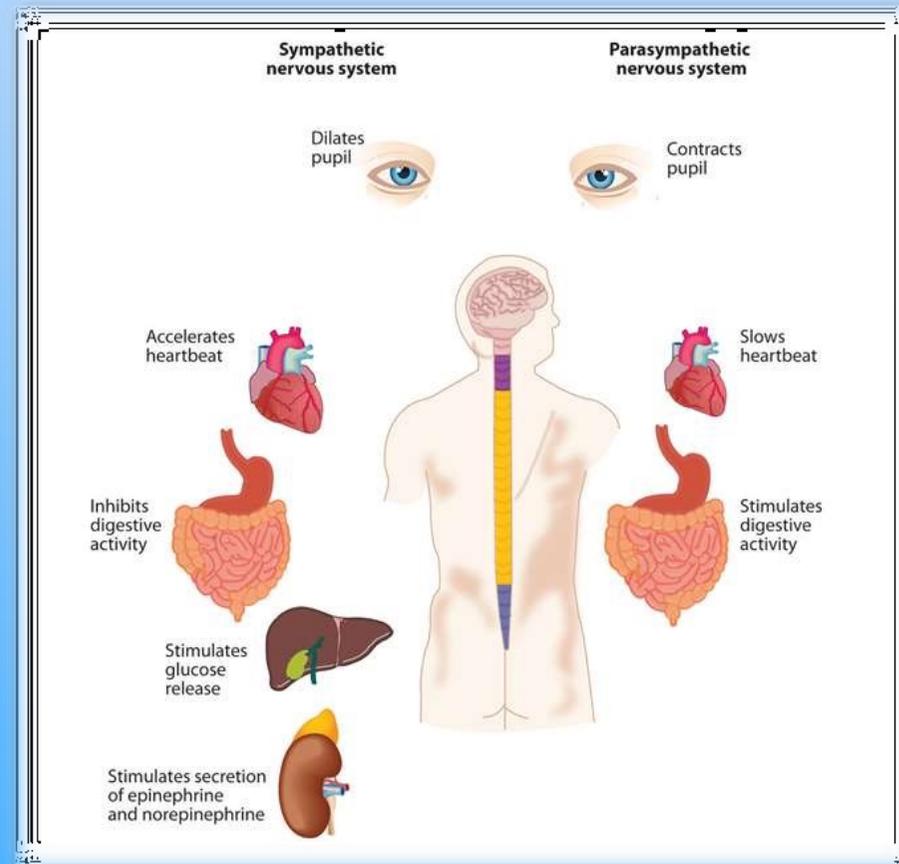
Contraction of muscles and hair on skin stand ➤



Physiology of Emotion Cont.

Parasympathetic Nervous system Activation ➤

The body returns to its normal state before stimulation (relaxation state).



The End