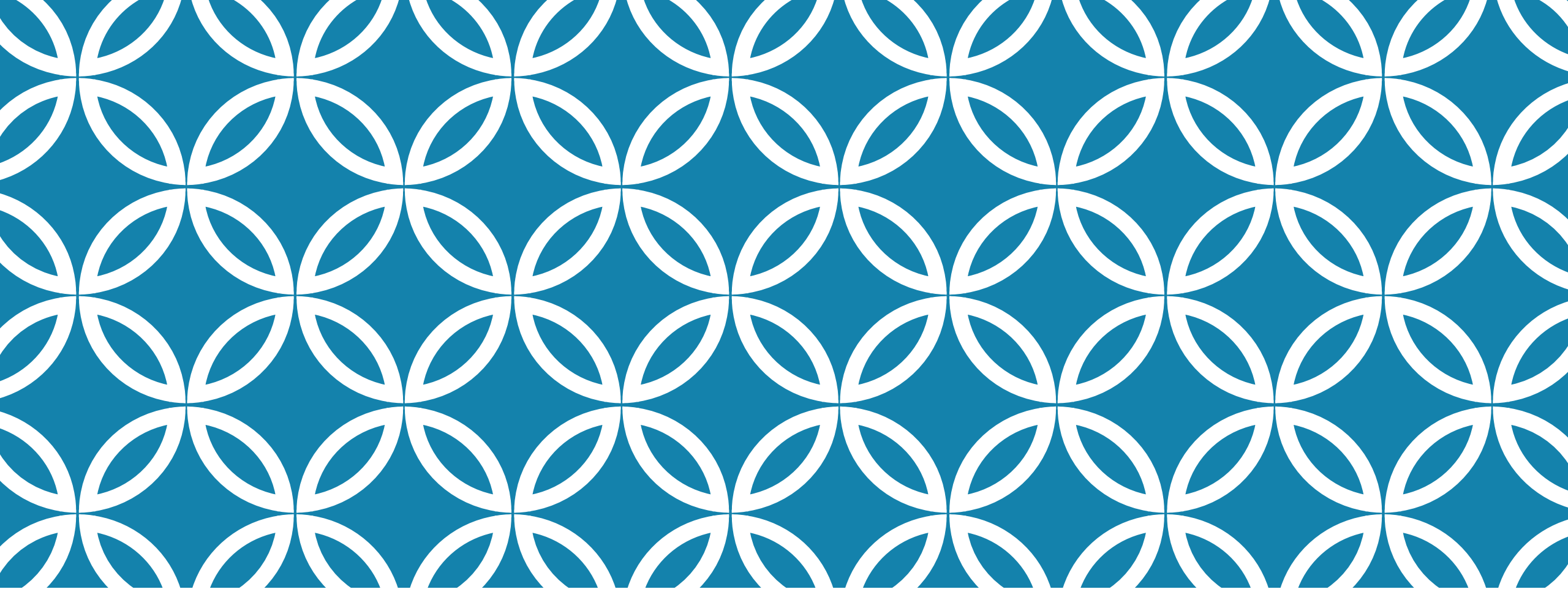




BASIC EMOTIONAL STATES



EMOTION

“A complex set of interactions among subjective and objective factors, mediated by neural/hormonal systems, which can (a) give rise to affective experiences such as feelings of arousal, pleasure/displeasure; (b) generate cognitive processes such as emotionally relevant perceptual effects, appraisals, labeling processes; (c) activate widespread physiological adjustments to the arousing conditions; and (d) lead to behavior that is often, but not always, expressive, goal-directed, and adaptive.”

(Kleinginna and Kleinginna, 1981).

EMOTIONAL STATES

Emotional states are the combination of the physical sensations of emotion and the cognitive experience of emotion.

Emotional states produce behaviours both **internal** and **external**.

EMOTIONAL STATES ARE LEARNED OR INNATE??

It appears that there are universal basic emotions that occur in all humans, which presumably are mediated by similar areas of the brain (Izard, 1992)

BASIC EMOTIONAL STATES

Happiness, sadness, fear, anger, surprise and disgust are basic emotions (Izard, 1992), others do not consider surprise to be an emotional, suggesting instead that it is a reflex (Ekman, Friesman and Simon, 1985)

BASIC EMOTIONAL STATES

Ekman (1998) suggests that for an emotional state to be considered as basic it must exhibit the following **seven** elements:

1. Distinctive facial expression.
2. Distinctive physiological state.

BASIC EMOTIONAL STATES

3. Facial expressions and physiological states that occur together and are relatively difficult to separate.
4. Almost instantaneous onset of the facial expression and physiological state, which lasts for only a brief duration.

BASIC EMOTIONAL STATES

- 5. Distinctive eliciting stimuli.
- 6. Automatic appraisal of the eliciting stimuli, not a result of deliberate cognitive appraisal.
- 7. Similar expressions of emotional states in the related primates.

CRITICISM

No corresponding facial expression (e.g. jealousy; greed)

There is a scientific problem with attributing emotional states to nonverbal individuals (e.g., babies, other primates).

Even Ekman suggests that emotional states like awe, embarrassment, excitement, guilt, interest, shame and surprise – do not meet his criteria (Ekman, 1998).

WHAT IS THE FUNCTION OF EMOTIONAL STATE?

Mineka (2001) suggest that common phobias and fears are elicited by stimuli that are relevant to **survival**. Prepare the body for action.

Emotional states act as **signals** to ensure that behaviours occur (or do not occur) appropriately, especially in social situations.

WHAT IS THE FUNCTION OF EMOTIONAL STATE?

Hansen and Hansen (1988) suggest that detecting emotional states in others and the self serves a **predictive** function, as emotional states help the organism to avoid negative situations and ensure that organisms take advantage of positive situations. Thus flexibility of action.

WHAT IS THE FUNCTION OF EMOTIONAL STATE?

Emotion is motivating.

Emotion helps in communication.

Emotion helps in social bonding.

The current mood state can affect the cognitive evaluation of events or memories (Blaney, 1986; Oatley & Jenkins, 1996).

Emotion may facilitate the storage and recall of memories.