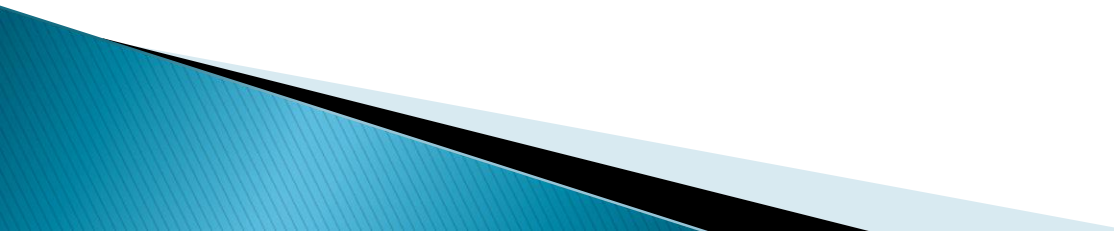


Emotions

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Emotion

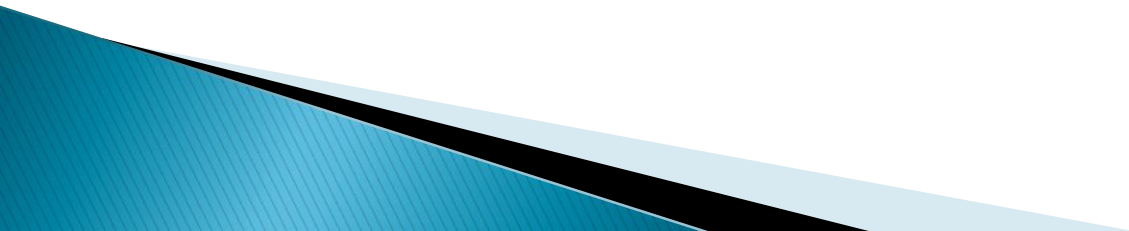
- ▶ An emotion is a subjective state of being that we often describe as our feelings.
 - ▶ The words emotion and mood are sometimes used interchangeably, but psychologists use these words to refer to two different things.
 - ▶ Typically, the word emotion indicates a subjective, affective state that is relatively intense and that occurs in response to something we experience. Emotions are often thought to be consciously experienced and intentional.
 - ▶ Mood, on the other hand, refers to a prolonged, less intense, affective state that does not occur in response to something we experience.
- 

components of emotion.

Our emotional states are combinations of –

- ▶ physiological arousal,
- ▶ psychological appraisal,
- ▶ and subjective experiences.

Theories of Emotion





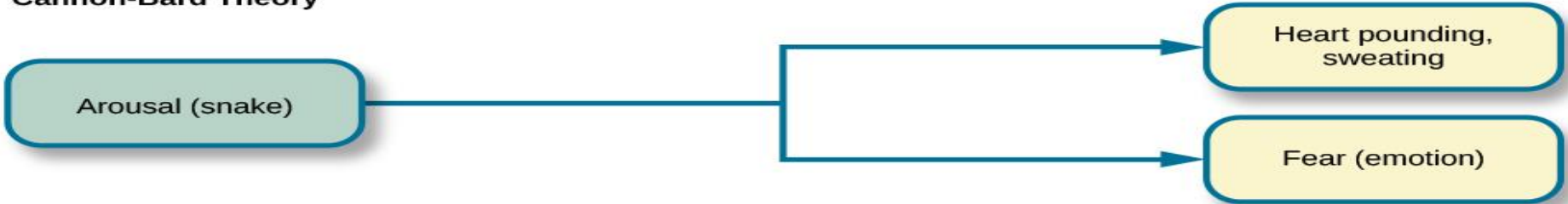
Time



James-Lange Theory



Cannon-Bard Theory



Schachter-Singer Two-Factor Theory



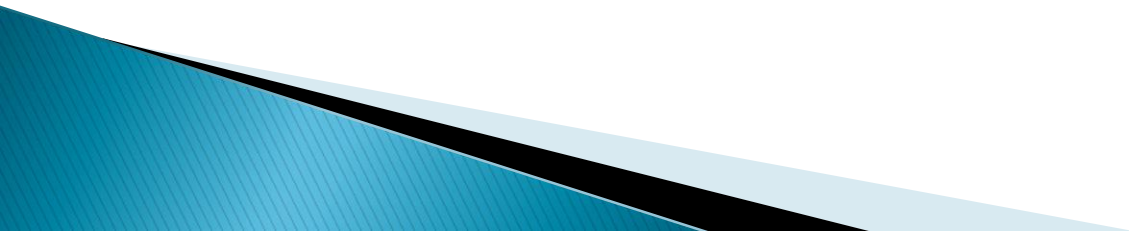
Lazarus' Cognitive-mediational Theory



Activation Theory

- Emotions represents a state of heightened arousal rather than a qualitatively unique type of psychological, physiological or biological process. Arousal is considered to lie on a wide continuum ranging from a very low level to extreme agitation.
 - ▶ • According to Lindsley emotions provoking stimuli activate the reticular activating system in brain stem which send impulses to cortex as well as musculature an hence emotion are created or expressed.

▶ Thank you.....



References

- ▶ <https://courses.lumenlearning.com/waymaker-psychology/chapter/emotion/>