

Unit-2

Emotions: Experience & Expression

Understanding Emotions: Experience & Expression; Assessing, Empathy, Application with peers

Basics of Design Thinking - Definition
Need of DT, its Objective, Concepts & Brainstorming, Stages of DT
Process (explain with examples)
- Empathize, Define, Ideate, Prototype, Test.

Emotions :

- A state of feeling

OR

- A Conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.

OR

- Emotions are reactions that human beings experience in response to events or situations.

→ Emotions have a strong influence on our daily lives.

→ We make decisions based on whether we are happy, angry, sad, bored or frustrated.

→ we also choose activities and hobbies based on the emotions we have.

→ Understanding emotions can help us navigate life with greater ease and stability.

Types of Emotions:-

Six (6) basic

emotions:

- (i) Fear (ii) Disgust (iii) Anger
(iv) Surprise (v) Joy (Happiness) (vi) Sadness

→ In 1980's: Robert Plutchik introduced another emotions classification system known as "Wheel of emotions".

⊛ This model demonstrated how different emotions can be combined or mixed together.

→ In 1999, Ekman expanded his list to include other basic emotions: embarrassment, Contempt, Shame, pride, ^{असमानता} Satisfaction, & amusement.

→ Plutchik proposed eight primary emotional dimensions: Joy vs sadness, anger vs fear, trust vs disgust, and Surprise vs anticipation.

⊛ These emotions can then be combined to create others such as
Happiness + Anticipation = excitement

Ref →

www.verywellmind.com

Emotional Experiences have Three Components

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3 key elements of Emotions :-

- ① Subjective Experience
- ② Physiological Response
- ③ Behavioral Response.

① Subjective Experience :- Researchers believe that experiencing emotion can be highly subjective.

eg → Consider Anger, your own experience might range from mild annoyance to blinding rage.

Additionally, you may experience anger differently than someone else.

→ Individual own experience for emotions is multi-dimensional hence Subjective.

we also don't always experience pure form of emotion, Mixed Emotions :- over different events or situations in our lives are common.

eg → When starting a new job we might feel both excited and nervous. Similarly getting married, or having a child marked with wide variety of emotions like joy, to anxiety.

→ These emotions might occur simultaneously or you might feel them one after another.

② Physiological Response :- If you've ever felt your stomach lurch from anxiety or your heart palpitate with fear, you've already experienced the strong physiological responses are regulated by the sympathetic nervous system, a branch of autonomic nervous system.

→ The autonomic nervous system controls involuntary body responses such as blood flow and digestion.

→ Brain scan have shown that a tiny almond-shaped structure amygdala (Part of limbic System) plays an important role in emotion and fear in particular.

→ Amygdala is linked to motivational states such as hunger and thirst as well as behavior and emotion.

→ When people are shown threatening images, the amygdala becomes activated.

② Theories of Emotion:- Charles Darwin proposed the evolutionary theory of emotion, which suggests that emotions are adaptive to our environment and improve our chances of ~~improving~~ survival.

→ According to this theory fear is adaptive because it keeps us safe from predators.

Other Popular theory:-

- (a) James-Lange theory of emotion
- (b) The Cannon-Bard Theory
- (c) The Schachter-Singer Theory.

③ Behavioral Response:- The actual expression of emotion.

→ we spend a significant amount of time interpreting the emotional expressions of the people around us.

→ Social culture norms also play a role in it.

→ Our ability to accurately understand these expressions is tied to what psychologists call emotional intelligence and these expressions play a major part in our overall body language.

Emotion: Experience & Expression:-

→ The Experience of Emotion or Emotional Exp.
→ Experiences of emotion are content-rich events.

→ Emotion is an instinctive or intuitive strong feeling usually deriving from interactions with a specific object, person and situation or event. Your way of thinking, focusing, behaving, feeling, perceiving will produce a reaction of emotions, experienced as strong feelings, and the outcome is an emotional experience.

→ Emotions don't just make you feel good or bad, they also shape your well-being, they determine if you are held in a healthy or unhealthy emotional experience.

Expressing Feelings:-

- Cultural backgrounds, family values and many other factors can influence how we express emotions.
- Typically we learn to express our emotions in two primary ways: either directly expressing them to someone else (eg in a personal) or hiding the feelings and keeping them to ourselves.
- Learning ways to express our emotions that are aligned with our cultural values, while still attending to our need and feelings can be helpful both for ourselves and in our relationship with others.

Assessing Empathy:-

Psychologists distinguish b/w measurements of situational empathy - that is empathetic reactions in a specific situation - and measurements of dispositional empathy - where empathy is understood as a person's stable character trait.

→ Situational empathy is measured either by asking subjects about their experiences immediately after they were exposed to a particular situation, by studying the "facial gestural ~~ex~~ and vocal indices of empathy-related responding, or by various psychological measures such as measurement of heart rate or skin conductance.

↑ None of the above measurements are perfect tools

→ Dispositional empathy has been measured either by relying on the reports of others (Particularly in case of children) or, most often (in researching empathy in adults) by relying on the administration of various questionnaires associated with various empathy scales.

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