

~EMOTION~

Lecture 1: Evolutionary Approach to Emotion

- Why do we have emotions→ are we built for it?
- What are emotions→ if we talk about feeling...
 - Is it how someone *feels* physiologically?
 - What someone *feels* like doing
- 3 Components of Emotion
 - 1. Cognitive
 - Subjective conscious experience
 - When you describe how you feel at that moment
 - 2. Physiological
 - Emotions cause different changes in your nervous system
 - Bodily arousal—heart rate, body temperature
 - Changes in your body associated with emotions
 - 3. Behavioural
 - Overt expressions of the emotions
 - Facial expressions, bodily movements
 - Researchers look at one or more of the components in their research to study emotion
 - Historically→ relied more on behavioural component
 - Mostly on facial expression because that is what was easiest to study
 - Did not have the technology to measure bodily arousal or cognitive measures
- Theories of Emotion
 - 1. Common Sense Theory
 - Cognitive→ physiological + behavioural
 - You see the fearful stimuli→ consequently you feel afraid
 - Conscious feeling of being afraid→ you start to tremble
 - 2. James and Lange
 - Physiological→ cognitive + behavioural
 - See fearful stimuli→ body automatically responds→ you become aware of your body's response → attribute feeling to how your body is acting
 - It is not the conscious feeling that arouses the body, but the changes in body that trigger the feeling and emotion
 - BUT suggests that each emotion is paired with distinct set of bodily arousals
 - 3. Cannon and Bard
 - Emotions are processed simultaneously → activates different parts of brain
 - It is too difficult to assess one's bodily arousal then pair it with an emotion
 - No perfect association of arousal to an emotion

- Stimulus→ automatic appraisal in subcortical brain region→recognise stimulus→ thalamus stimulates conscious area of brain + automatic bodily arousal areas (Subcortical brain region simultaneously causes the conscious subjective feeling of emotion and the physical arousal)
- 4. Schacter
 - Different parts of the brain can be stimulated, but not simultaneously
 - See a stimulus→ become physically aroused→ seek out for an explanation for why IN CONTEXT of where you are
 - Notice physiology→ look around → conclude
 - Interpreting arousal as an emotion based on the context
 - CRITICISM→ sometimes emotions not proximal to context, context may not fit emotion, it would take long time then before you feel emotion
- 5. Evolutionary approach (dominant)
 - We have emotions because of their adaptive value
 - Charles Darwin's theory of natural selection
 - Features that will enhance your survival will get passed down
 - For the survival of the gene
 - Emotions too have an adaptive advantage→ humans are equipped then with emotions, it is innate
 - Emotion grounded in evolutionary history→ drew parallels with other species→ emotions have a functional and adaptive value
- Evolutionary Perspective of Emotions
 - People think Freud is most influential with emotions→ what you feel as a child influences what you feel as an adult
 - Charles Darwin had a much bigger influence in emotional research
 - CD: emotions evolved because they allow people to respond to the unpredictable world around them→ emotions have a survival value
 - Theory of Natural selection
 - What set us apart from others was that we could feel and express emotion
 - Physical evolution and emotional evolution
 - Emotions were inherited from primate ancestors, just as physical features
 - If we share an evolutionary process with the body, so with emotions
 - Parallels between different species + function and adaptive value of emotions
 - Norm of the time
 - Emotions are learned from the people around you
 - Emotions are environmentally-determined
 - BUT CD→ emotions are innate reflexes to specific stimuli→ does not have to be learned→ look at babies, respond with emotions like reflex