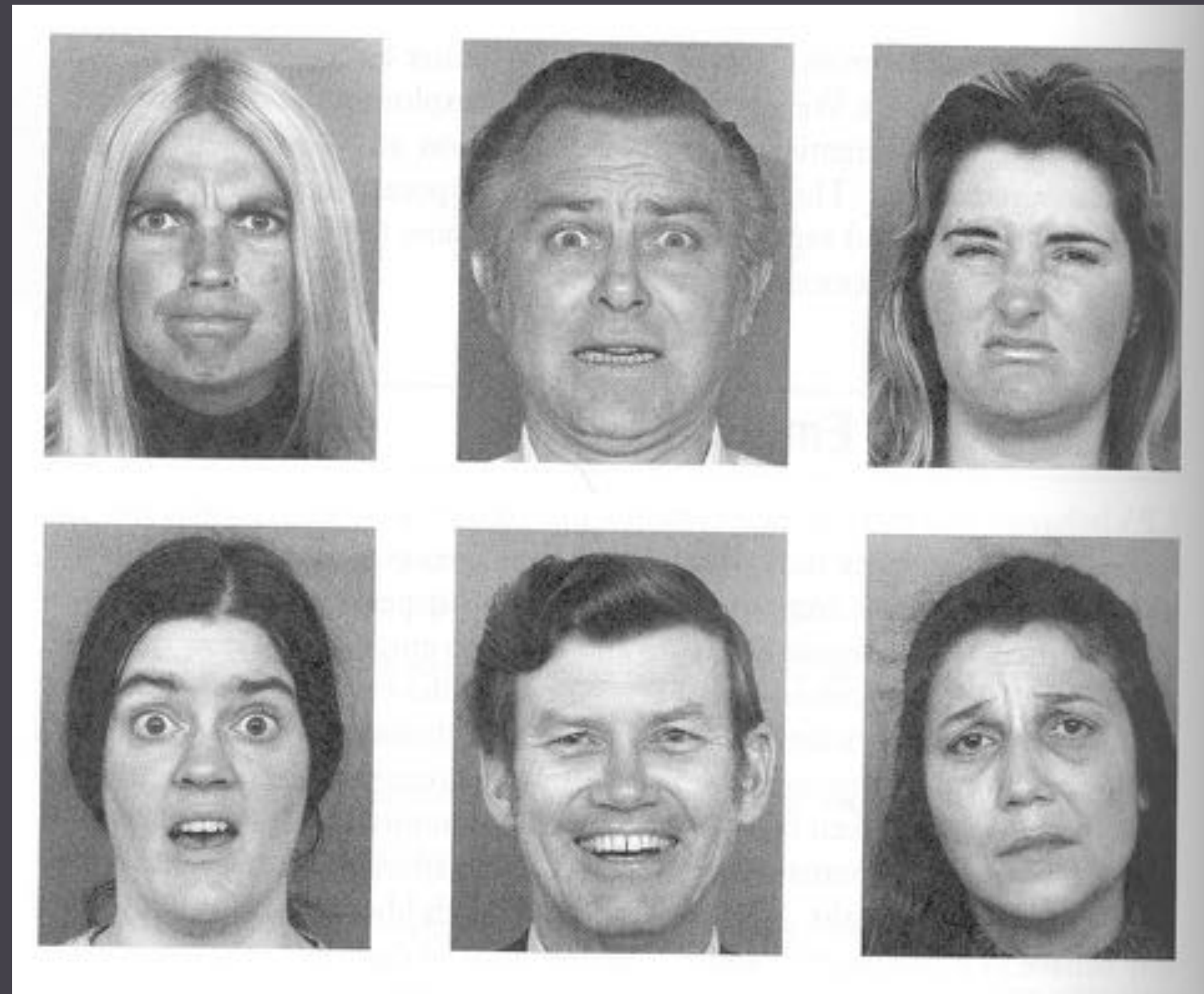


# The Psychology Of Emotions, Pt.1



PSYCH 1101: DAY 21

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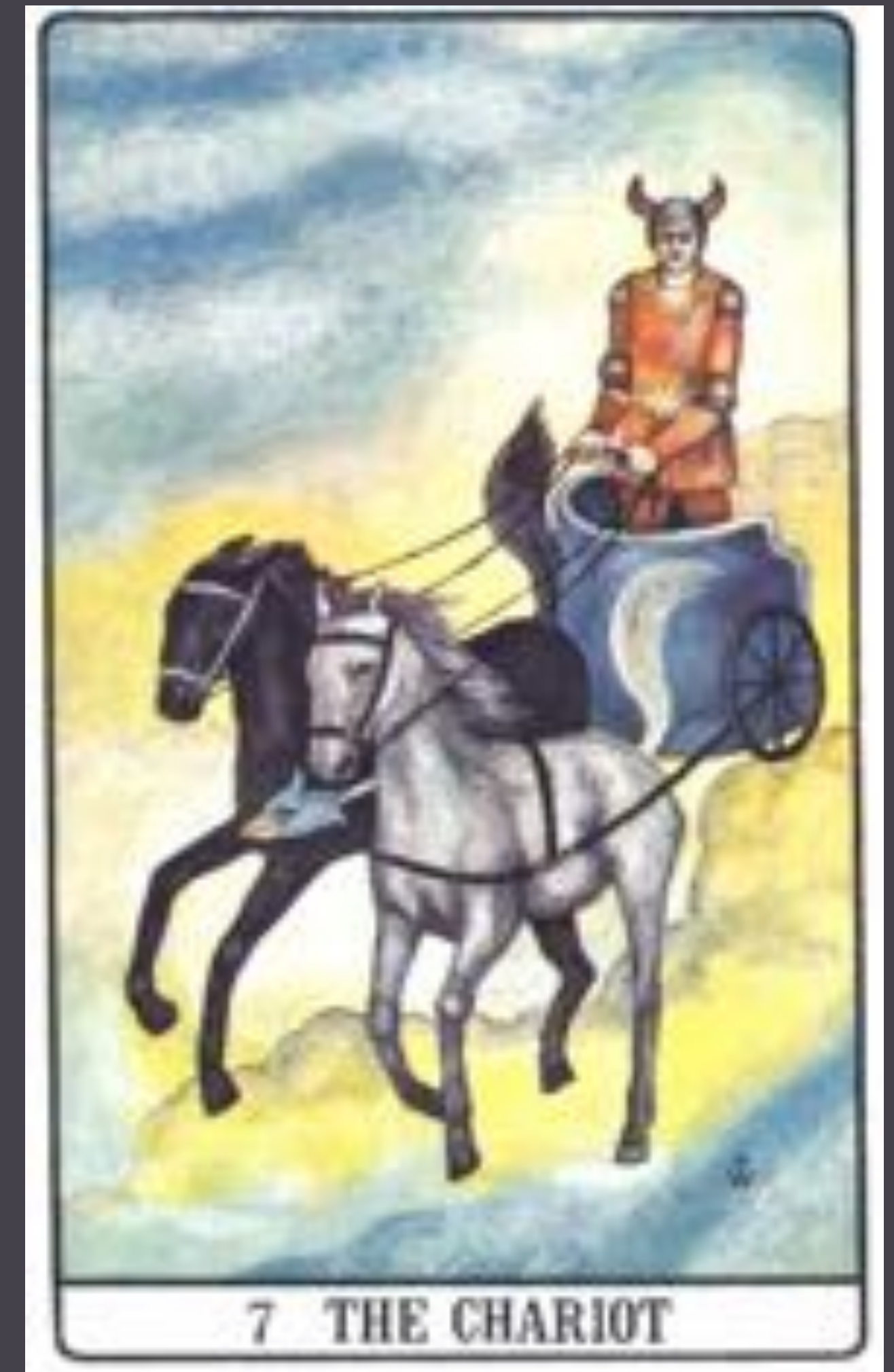
**What Is An Emotion? What Are Emotions For?**

# Emotion

"OUTWARD MOVEMENT"

# Plato's Chariot

“Two horses draw the chariot (of the personality). One of the horses is good and the other one is not. The good horse represents spirit, is noble, well formed, handsome, and tending to behave magnificently. The other horse, representing the appetites, is crooked, lumbering, ill made, stiff-necked, short-throated, with bloodshot eyes. The charioteer, whose job is to determine the direction and speed, to drive the chariot, and to coordinate the activities of both his horses is symbolic of reason.”



“The emotions are all those feelings that so change men as to affect their judgments, ... such are anger, pity, fear and the like, with their opposites.... Take, for instance, the emotion of anger: here we must discover... what the state of mind of angry people is, who the people are with whom they usually get angry, and on what grounds they get angry with them. It is not enough to know one or even two of these points; ...the same is true of the other emotions”

*(Rhetoric, Book 2, Chapter 1).*



ARISTOTLE

# “Animal Spirits”

“The function of all the passions consists solely in this, that they dispose our soul to want the things which nature deems useful for us, and to persist in this volition; and the same agitation of the spirits which normally causes the passions also disposes the body to make movements which help us to attain these things”



RENEE DESCARTES

Is There A Set Of "Basic," Universal Emotions? Do All People Experience The Same Emotions?

# Descartes' Six "Primitive" Passions

- Wonder
- Desire
- Love
- Hatred
- Joy
- Sadness
- “All the other [emotions] are either composed from some of these six or they are species of them”



<u>Researcher</u>	<u>Basic Emotions</u>	<u>Basis for Inclusion</u>
<b>Plutchik</b>	Acceptance, anger, anticipation, disgust, joy, fear, sadness,	adaptive biological processes
<b>Ekman, Friesen, &amp; Ellsworth</b>	Anger, disgust, fear, joy, sadness, surprise, [contempt]	universal facial expressions
<b>Gray</b>	Rage and terror, anxiety, joy	universal across species
<b>Oatley and Johnson-Laird</b>	Anger, disgust, anxiety, happiness, sadness	require little cognition

# What Is An Emotion?

- Emotions are often defined as states that have certain *components*:
  - Physiological Arousal
  - Subjective feeling
  - Motivation to act (action-tendency)
  - Elicitor (“trigger”)
  - Expression (usually facial)

# Darwin And Emotional Expression



"...the young and the old of widely different races, both with man and animals, express the same state of mind by the same movements."

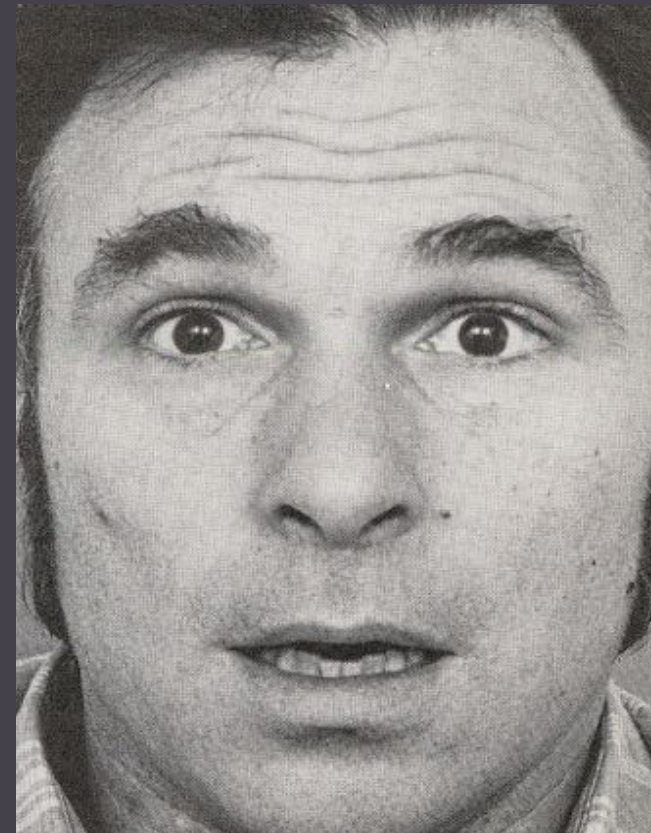
# Basic Emotions And Facial Expression

- Direct descendant of Darwin's approach.
- Certain emotions are basic, "natural kinds"
- Universal facial expression
- Quantified by looking at facial musculature



PAUL EKMAN

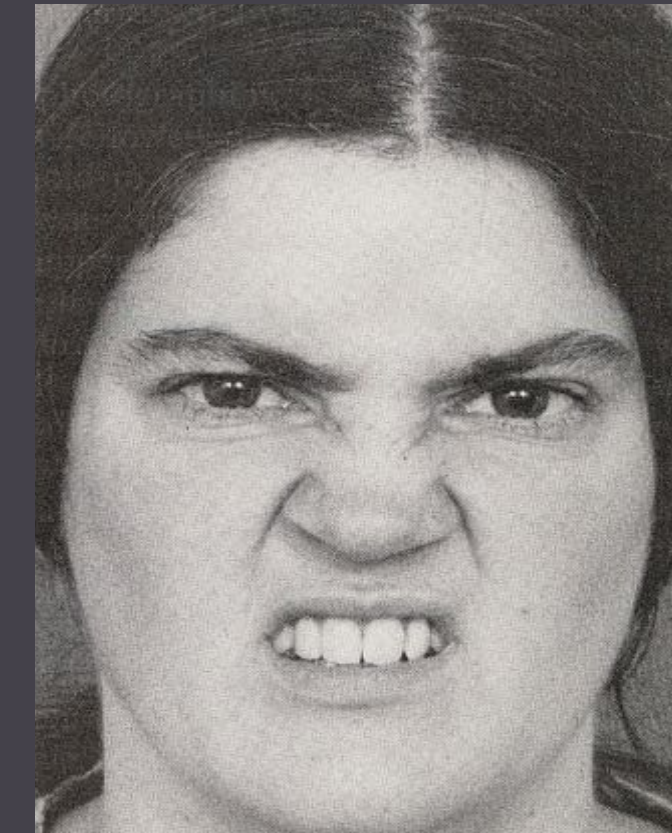
# Facial Expression Of Emotions



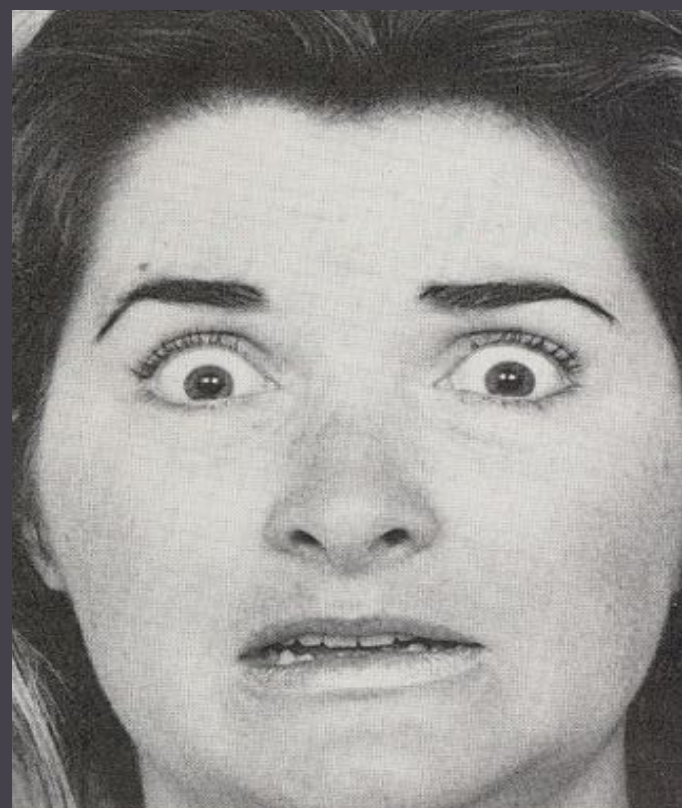
**SURPRISE**



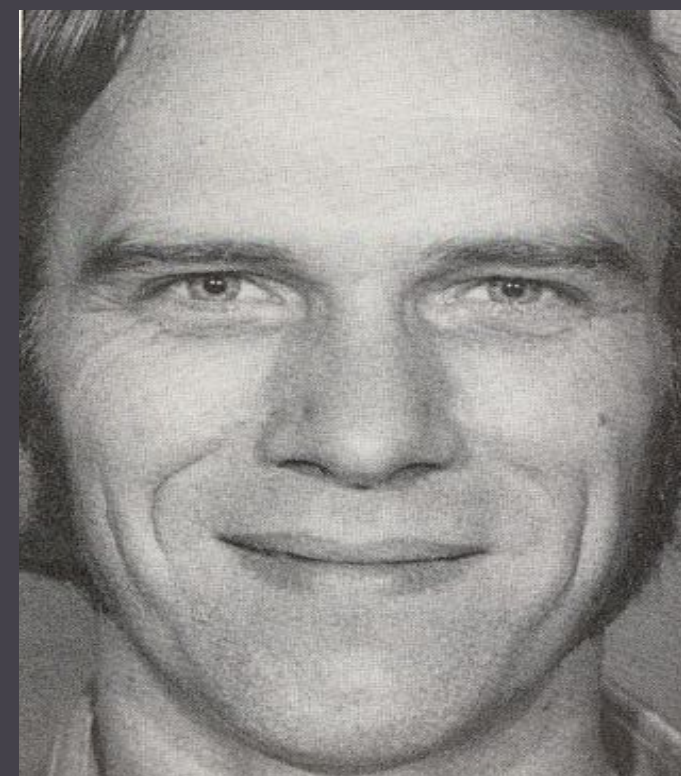
**ANGER**



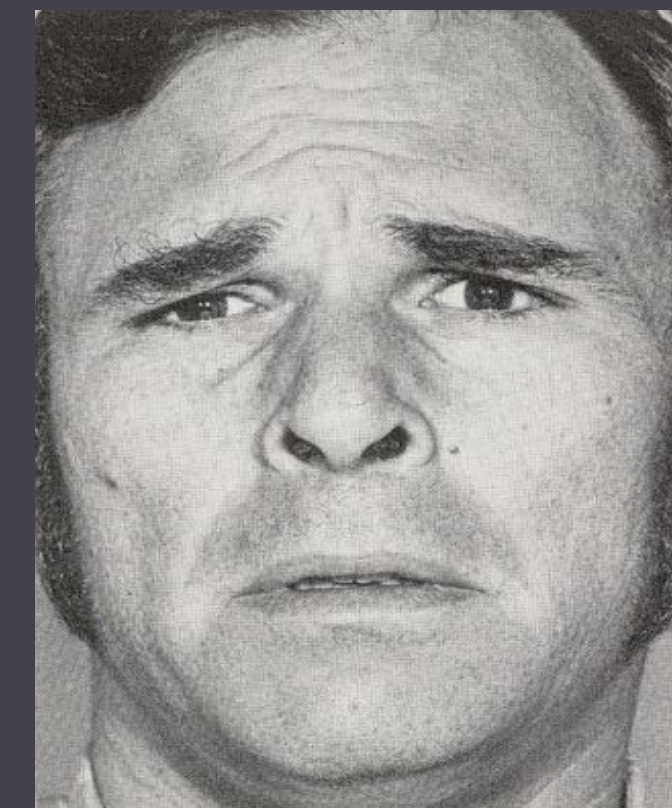
**DISGUST**



**FEAR**



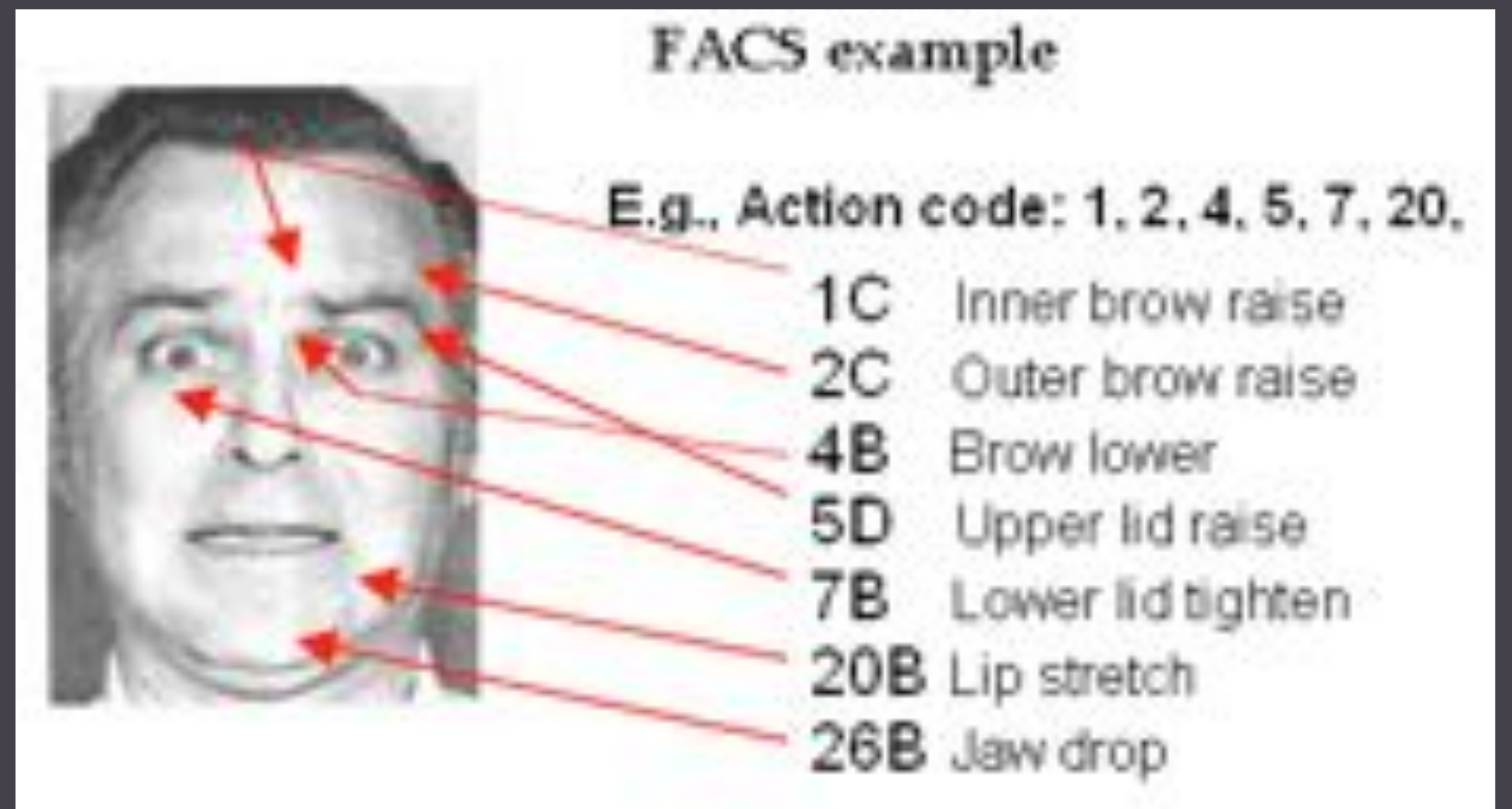
**HAPPINESS**



**SADNESS**

# Facial Action Coding System

- Identify facial muscle movement
- Specific combinations known to reflect a particular emotion



# Facial Muscles (~ 40)





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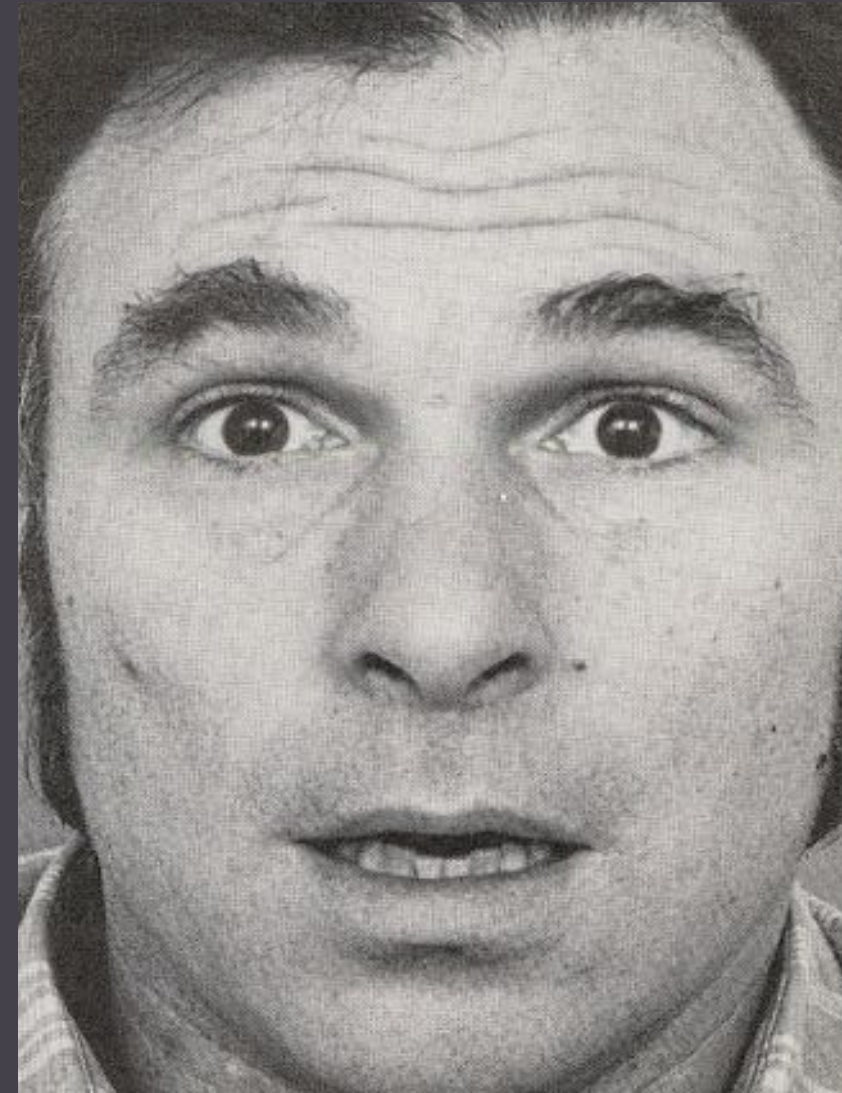


# Emotional Expression Studies

## Carroll Izard (1968)

- Studies included people from:
- -U.S., England, Germany, Sweden, France, Switzerland, Greece, Japan, Mexico
- Collect photos of emotion expressions
  - -Posed
  - -Natural
- Show photos to subjects
- Subjects asked to match photo to emotion term

# Forced-Choice Response Method



Choose the emotion below that best matches the emotion expressed by the person in the photo.

Circle ONE EMOTION only:

Anger    Disgust    Fear    Happiness    Sadness    Surprise

# What Level Of Agreement?

- 100%?
  - Unreasonable; errors always occur in research
- How can we determine a cut-off?
  - Make sure people are not just guessing (chance)
  - Determine whether level of agreement (“recognition rate”) is significantly greater than chance
  - Chance based on number of options
  - With 6 options, chance =  $1/6 = .17 = 17\%$

# Izard's Research Findings Across Cultures

- Happiness: 93-97% (Best recognized)
- Surprise: 79-90%
- Anger: 57-92%
- Disgust: 56-83%
- Sadness: 54-74%
- Fear: 58-88%

\*compared to chance (17%) all these values are significant