

The Psychology Of Emotion (Pt. 2)



PSYCH 1101: DAY 22

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Last Time

- What are emotions?
 - Are there basic, universal emotions?
 - One way to answer this question:
 - looking at facial expressions as markers of emotion (e.g., Charles Darwin, Paul Ekman)
 - (note that this is only *one* way to study emotions)

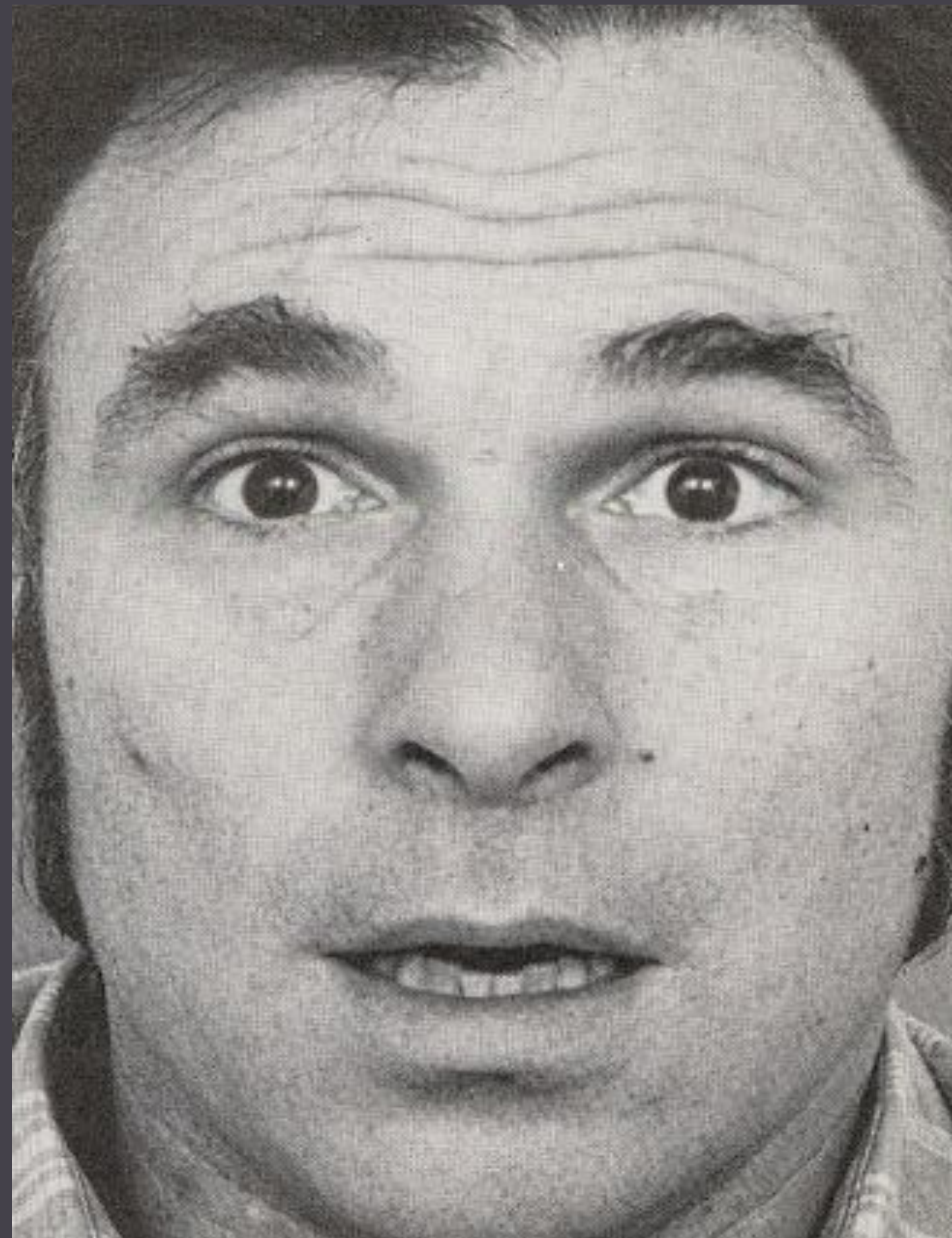


<http://www.youtube.com/watch?v=-PFqzYoKkCc>



What Sort Of Scientific Evidence Is Necessary For The Claim Of “Universal” Or “Evolutionarily Selected”?

- Observe it across a wide variety of cultures
- Observe it early in life
- Observe it across species, especially close evolutionary relatives
- Demonstrate that it does not require a lot of learning/input



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

Can We Conclude That These Emotions
Are Universal?

Papua, New Guinea

- pre-literate, hunter-gatherer culture
 - no electricity, running water
- isolated from the West
 - no access to movies, television, literature
- limited chance for cross-cultural transmission
- recognition of emotion faces would be stronger evidence of universality

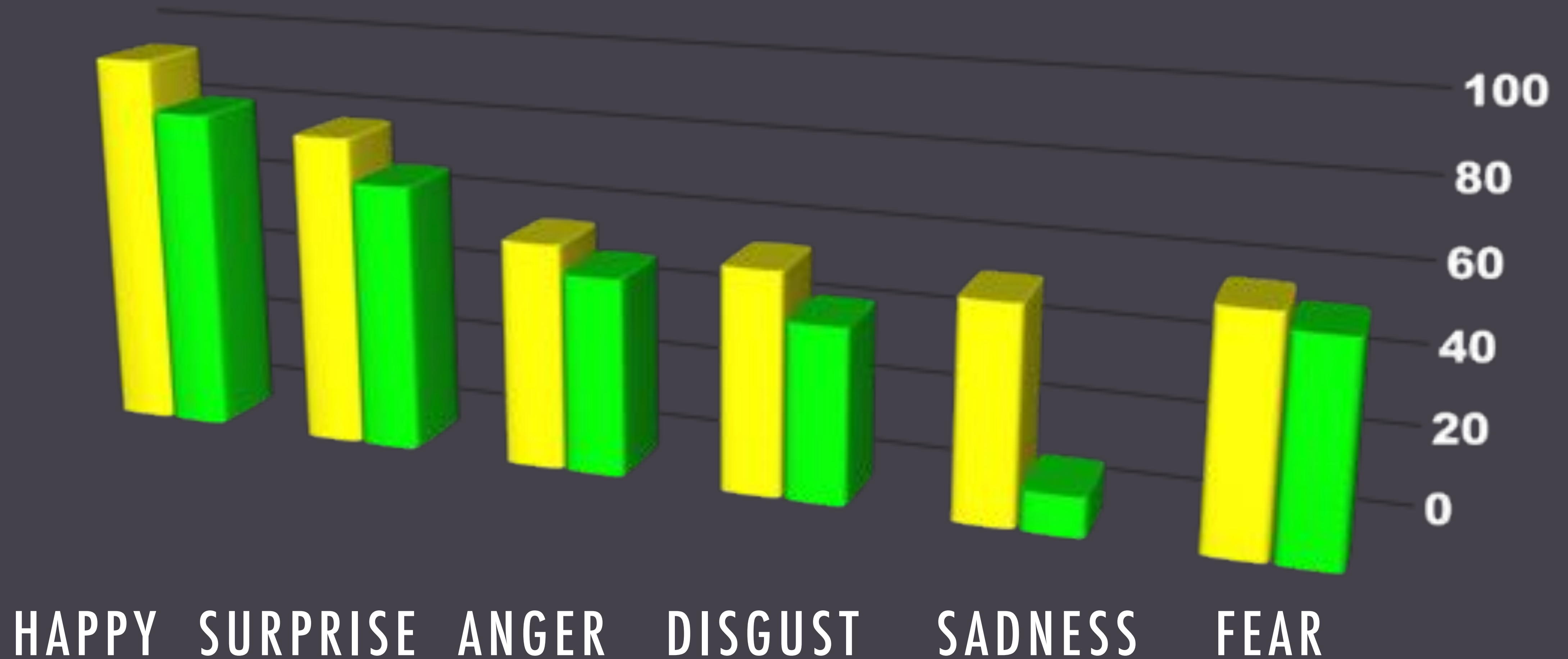
Comparison Of Izard And Ekman



Izard



Ekman



Why So Low?: Improving Methods

“Which photo shows the person who is surprised; who is looking at something new and unexpected?”

Benefits:

1. Stories in addition to words

- Provides context, so imperfect translations can still communicate necessary information

2. No list of words to memorize

- Choose among images instead of words

3. Point to answer, no need to speak

- Less risk of confusion between interviewer and participant



(a) show me what your face would look like if you were about to fight



(b) show me what your face would look like if you had just finished a fight



(c) show me what your face would look like if you were drunk

Comparison: Izard And Ekman Dashiell



How Much Learning Is Needed? Congenitally Blind Athletes Make The Same Expressions



MATSUMOTO, D., & WILLINGHAM, B. (2009). SPONTANEOUS FACIAL EXPRESSIONS OF EMOTION OF CONGENITALLY AND NONCONGENITALLY BLIND INDIVIDUALS. JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY, 96, 1-10,

IMAGE CREDIT: BOB WILLINGHAM





► Major Components of the Limbic System

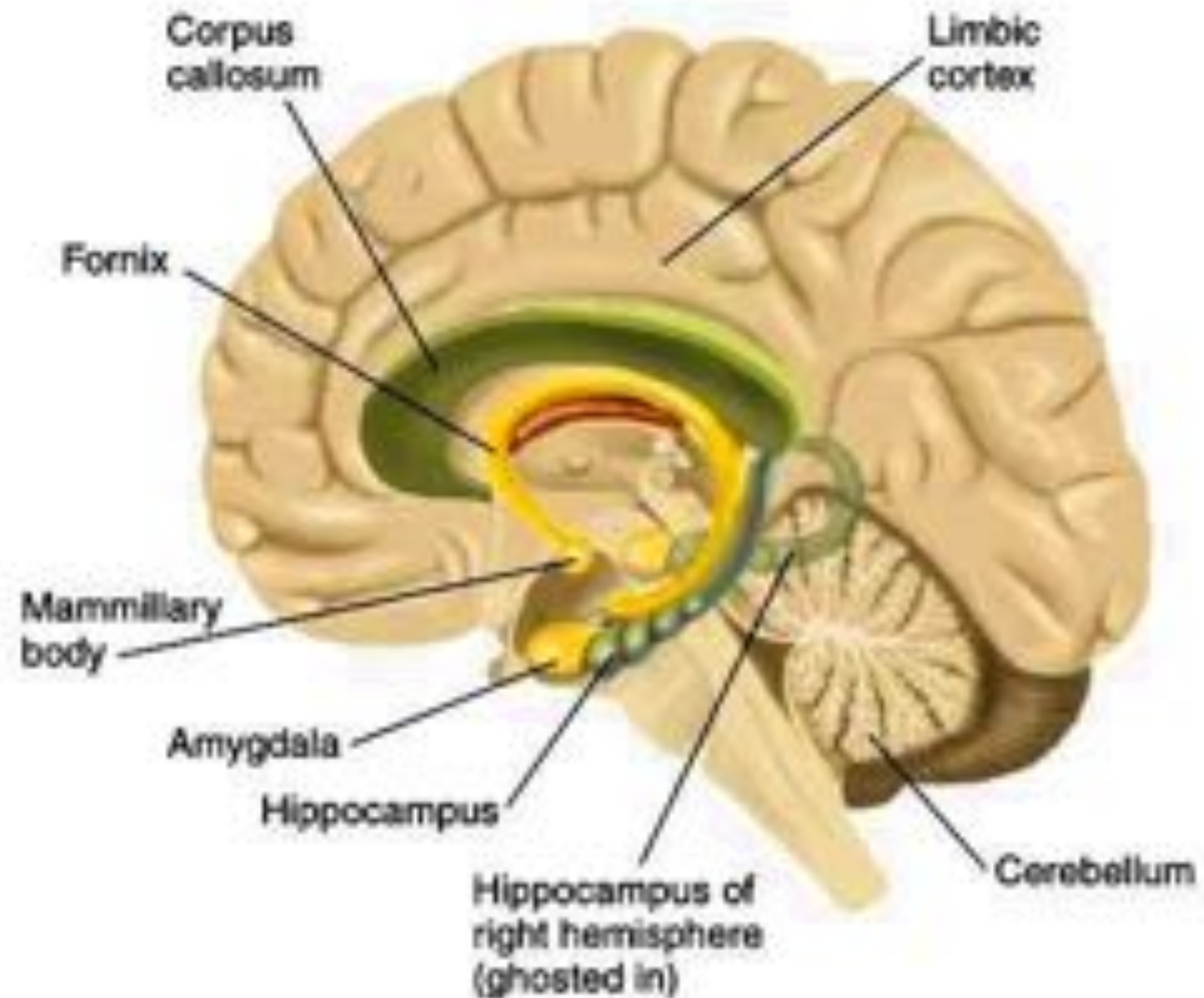




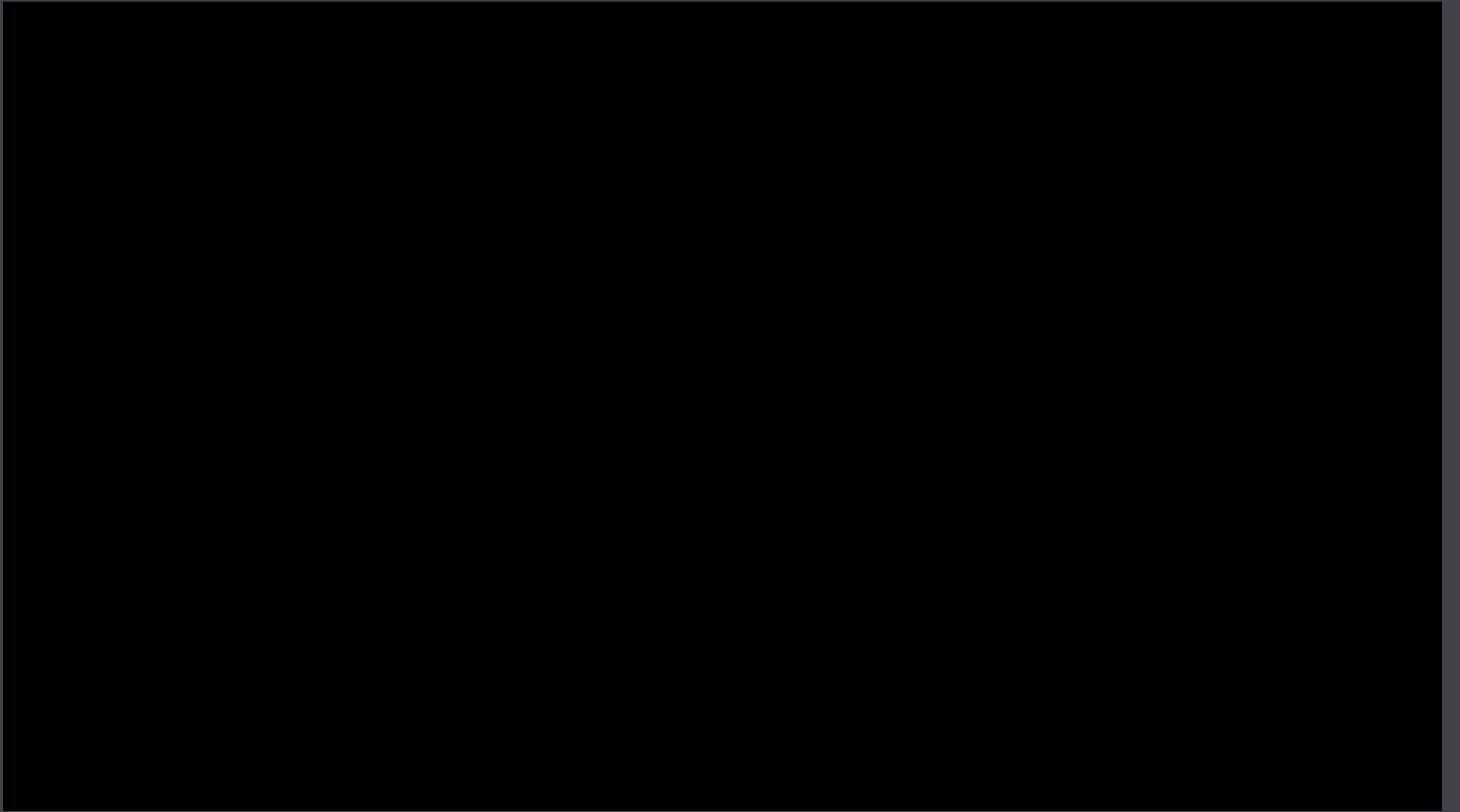
Fig. 15. Cat terrified at a dog. From life, by Mr. Wood.

What Are Emotions?

emotions are states of arousal that motivate a particular set of thoughts, decisions, and behaviors

- functional (they solve problems)
- universal (we all have them)
- efficient (quick and easy)
- a few “basic” emotions (although some prefer to refer to universal dimensions rather than discrete emotions)

Emotion And Culture



Anger And The “Culture Of Honor”

- Subcultural Differences-The “Culture of Honor” in the Southern U.S. (Cohen, Nisbett, Bowdle, & Schwarz, 1996)
- In response to insult, southerners displayed more anger, were more physiologically aroused, and gave stronger shocks to a confederate

Emotional Display Rules

(Friesen, 1972)

- Compared Japanese vs. American students who were watching a film depicting a disgusting surgical procedure
- Japanese students were much more “stone-faced” than American students (but only when watching film in the presence of an authority figure)

Emotional Reactivity And Culture

- Large body of findings: temperamental differences between Caucasian and Asian infants
 - Asian infants were less irritable
 - Take longer to reach peak excitement
 - Grow accustomed to novel stimuli sooner
 - Better able to stop crying by themselves than Caucasian Newborns
 - Caucasian infants show more rapid negative facial expressions

And More...

- Kagan and his colleagues (1994)
- 4-month old Chinese, Irish, and US Caucasian babies
- Presented a variety of stimuli to senses (smell, sight, touch)
- Chinese infants less reactive than Western infants
- American infants cried the most and most active and fretful (followed by Irish, then Chinese)
- American and Irish infants also vocalized more than Chinese infants

Japanese Immigrants To U.S.

- Yet another tactic--measure physiology in immigrants after recent move to a new culture, then after having been “immersed”
- autonomic responses of Japanese immigrants during stressful task changes after about a year of being in US (they become more reactive)

Early Transmission Of Emotional Style

- Kuchner (1989) compared parenting styles at home of Chinese American (CA) and European American (EA) mothers when infants were 3 weeks, 1, 2, and 3 months old
- EA mothers routinely introduced changes and novel stimuli into infants' environments more than CA
- CA mothers more likely to use calming as a method to sooth distressed babies compared to EA mothers

Even Within Culture

- Harkness & Harper (1983) found that constant presentation of stimuli is related to:
 - increases in sleep difficulties
 - higher levels of physiological arousal
- Plenty of evidence that differences in arousal mediated by cultural transmission

Emotional Valuation

Smile Preferences



EXCITED

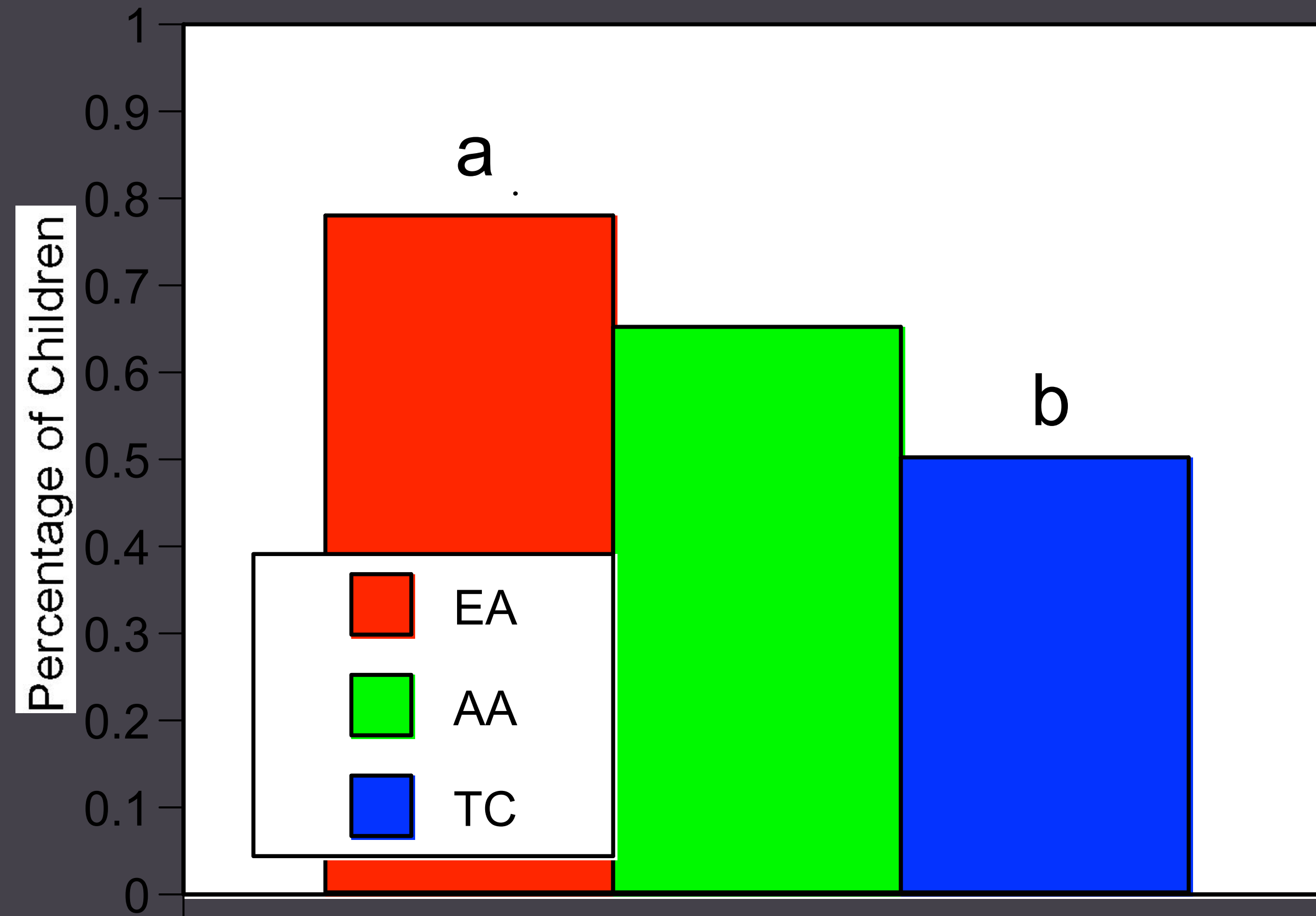


CALM

Which one would you rather be?

Which one is more happy?

European American Preschoolers Prefer Excited Smile More Than Do Taiwanese Chinese Preschoolers





WHERE THE WILD THINGS ARE



XIAO ER YUE DE GUSHI

Russians And Negative Emotion

- Russians value negative emotion far more than Americans
- Report that a good life is one in which both kinds of emotions are experienced
- Fairy Tale storybooks— which stories make it into the canon?
 - More stories with negative emotions made it into the Russian fairy tale canon