

### EMOTION

According to the **American Psychological Association (APA)**, **emotion** is defined as “a complex reaction pattern, involving experiential, behavioral and physiological elements

Emotions: Reactions consisting of physiological reactions, subjective cognitive states, and expressive behaviours.

They involve three major components:

- (1) Physiological changes within our bodies—shifts in heart rate, blood pressure, and so on;
- (2) Subjective cognitive states—the personal experiences we label as emotions
- (3) Expressive behaviours outward signs of these internal reactions

### EMOTIONAL SELF AWARENESS

The ability of an individual to recognize and make sense of your emotions and others

### BASIC EMOTIONAL EXPRESSIONS

Basic emotions include joy, surprise, anger, disgust, fear, contempt, and sadness,

### DIFFERENCE BETWEEN EMOTION AND MOOD

**Emotions** tend to be intense but short-lived feelings which can be accompanied with facial expressions, body language, and physical sensations.

**Moods** are not as intense as **emotions** and can have a less specific, immediate or obvious cause.

### EMOTIONS ARE ASSOCIATED WITH

- ▶ Mood
- ▶ Temperament
- ▶ Personality
- ▶ Dispositions
- ▶ Motivation

## PRIMARY EMOTION

- ▶ Love- an intense feeling of deep affection.(AFFECTION AND ATTRACTION )
- ▶ Joy- Joy is a pleasant state that shares conceptual space with other positive emotions such as gladness, elation, **happiness**, and, to a lesser extent, amusement.
- ▶ Anger- Anger is an emotion associated with hostility and aggression where a person shows their displeasure or rage. (hostility, frustration)
- ▶ Sadness- Sadness is an emotional pain associated with, or characterized by, feelings of disadvantage, loss, despair, grief, helplessness, disappointment and sorrow
- ▶ Surprise- Surprise is one of the seven universal emotions and arises when we encounter sudden and unexpected sounds or movements (positive, negative and neutral)
- ▶ Fear- Fear is an emotion induced by perceived danger or threat, which causes physiological changes and ultimately behavioural changes,

## SECONDARY EMOTIONS

- ▶ PASSION –Passion is defined as a strong inclination toward a self-defining activity that people like (or even love), find important, and in which they invest time and energy on a regular basis. (strong and intense feeling)
- ▶ OPTIMISM – Optimism is an attitude reflecting a belief or hope that the outcome of some specific endeavour, or outcomes in general, will be positive, favourable, and desirable(confidence and hopeful future)
- ▶ IRRITATION- The tendency to react to stimuli with the experience of negative affective states (especially anger) and temper outbursts, which may or may not be aggressive. (annoyed )
- ▶ DISGUST- Disgust is one of the seven universal emotions and arises as a feeling of aversion towards something offensive. We can feel disgusted by something we perceive with our physical senses (sight, smell, touch, sound, taste), by the actions or appearances of people, and even by ideas (disliking)

- ▶ **SHAME** – Shame is an unpleasant self-conscious emotion typically associated with a negative evaluation of the self; withdrawal motivations; and feelings of distress, exposure, mistrust, powerlessness, and worthlessness.(humiliation and distressing)
- ▶ **NERVOUSNESS**- a state of mental or emotional strain or suspense.(worried and anxious)