

EMOTIONS

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Who are we?



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**LIST 3 WORDS THAT FIRST COMES TO YOUR MIND WHEN
YOU THINK OF AN APPLE**



Shape

Color

Texture

Taste

Its origin on a tree

WHAT ABOUT HAPPINESS

3 words that first come to your mind...



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EMOTIONS AND ROBOTICS

A Study Across Different Cultures, Educational Systems and Populations



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Emotions are all around us...

- Have you ever observed what you see around you every day and analyzed it from an emotional standpoint?
- A stranger helping a blind woman cross the road.
- A child crying because of her grandfather is being sent to an old age home.

EMOTION

- Emotions are psychological and physiological reactions to the **stimuli** that people observe in the world around them
- **Stimuli:** other people, events, internal thoughts, written messages, music, and works of art...
- **EMOTION:** Each distinct emotion is related to specific action tendencies (psychological and physiological responses) that prepare the individuals to respond adaptively in their environments

Primary Emotions

- Primary emotions have evolved for their adaptive value and play a functional role in humans' adaptation to their physical and social environment.
- And helps us to deal with fundamental life tasks and prepare us for actions that are useful
- Most basic emotion theories assume that each basic emotion
 - (1) corresponds to one particular adaptive value
 - (2) is characterized by its own set of unique features (antecedent events, facial and vocal expressions, physiology)

Primary Emotions-Facial recognition of emotions

Universal building blocks of emotional life

Anger



Fear

Disgust

Surprise

Sadness

Vocal expressions?

Happiness

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Primary Emotions

- Emotion-specific response configurations will occur in the face as a consequence of the emotional experiences (Ekman, 1992) **(NATURE)**
- Facial expressions are purely social signals used for strategic purposes (Dawkins and Krebs, 1978). **(NURTURE)**
- These studies highlight the important role of *emotion displays in social communication.*

Expression of Emotion

- Happiness promotes social bonding
 - Anger leads us to address problems in a relationship
 - Contempt leads us to reinforce a social hierarchy
-
- The social functional perspective on emotion argues that these action tendencies serve functions in promoting group living

Because.....

Expression of Emotion

- Emotion expressions serve as communication.
- They produce cues that are visible to the social environment, and visible cues can be perceived by others.
- Perception of emotion in others is valuable because expressions of emotions are clues about
 - others' internal experience of emotions
 - others' appraisal of their situation and their likely actions.
- People who can recognize emotions well – better social adjustment, better school performance, and even better workplace success

Expression of Emotion

- These cues include facial expressions, nonverbal components of vocal expressions, respiration, bodily posture, and muscular movements.
- Unless people are paying conscious attention to manage their faces, facial expressions are the most salient mode of expressions.
- Because they are generated quickly and often without our awareness, which makes them an efficient form of communicating

Controllability-leakage hierarchy of channels of communication

- The more controllable channel: FACE
- Facial expressions generally express the information that we choose to volunteer



Controllability-leakage hierarchy of channels of communication

- Less controllable 'leaky' channels: BODY and VOICE
- They provide a truer window into a person's feelings.
- This information can still be controlled, but it is more difficult and requires more conscious, deliberate effort.
- In an example of leaky communication, expressions of contempt have been found years later to predict the deterioration of marriages (Gottman, 1998).

Physiological Changes

Disgust (face)

- (1) wrinkle your nose (while keeping your mouth open)
- (2) pull down your lower lip,
- (3) move your tongue forward without sticking it out.



Physiological Changes

- Happiness: slow, deep, regular breathing through the nose.



- Anger: fast, deep, irregular nasal breathing



Physiological Changes

- Nervous System
- It continuously evaluates the risk by processing information in the environment using own senses (whether situations are safe, dangerous, or life threatening)
- Limbic System: Emotions and behaviors related to these emotions, memory, learning

Physiological Changes

- We may not realize it but we experience the effects of limbic system in every day
- You are scared of a dog, or watched a horror movie- your heart rate increase
- 50 First Dates



You are walking home in the dark and you hear footsteps behind you



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In a class...

- If the teacher perceives an environment to be physically and socially safe, the tools for social communication are accessible to him/her.
- Facial expressions; eye contact, capacity to differentiate human voice from background noise; and relatively automatic abdominal breathing
- Your physiological state support social communication, including heart rate, strength of pulse, oxygenation of the blood, and breathing pattern

In a class...

- What about if we perceive the environment as unsafe?
- Teaching new students or subject matter perceived to be difficult
- A fight-flight mode of conduct can occur.
- In this mode, a person might not clearly hear what others are saying because of an inability to differentiate the human voice from other environmental noise.
- There may be no control of facial muscles and associated expressions for effective social communication.
- The emotions produced are likely to reflect anger (fight) and/or fear (flight)

Self-conscious emotions

- Shame
 - Guilt
 - Empathy
 - Envy
 - Pride
-
- Self is the object of self-conscious emotions



Self-conscious emotions

- Secondary emotions emerge later with some cognitive achievements – recognition of the self separate from others and standards and rules are learned while evaluating self
- Self-recognition (15–24 months)



Self-conscious emotions

- When good things happen, we may feel a range of positive emotions – joy, happiness, contentment, pride
- When bad things happen, we may feel a range of h-negative emotions- sadness, disappointment, frustration, anger.
- But these feelings come with the recognition of one's own characteristics or behaviors.
- We experience shame or pride due to another person's behavior, if that person is part of our self-definition (like a family member, close friend).

Self-conscious emotions

- no clear facial expressions (subtle cues)
- There are postural indicators and physical signals
- Pride: head held high, shoulders back
- Shame and embarrassment: slumped shoulders, downcast eyes/head
- No known visible marker of guilt

Self-conscious emotions

Shame and Guilt

- Violations of social norms- lying, cheating, stealing, failing to help another
- It results in guilt for some people and shame for others.
- What is the difference between shame and guilt?



Self-conscious emotions

Shame and Guilt

- Shame involves a negative evaluation of the global self
- Guilt involves a negative evaluation of a specific behavior.

- Emphasis is on self or on the behavior?

- I did that horrible thing

Self-conscious emotions

Shame

- Shame is an acutely painful emotion accompanied by a sense of shrinking, 'being small,' and by a sense of worthlessness and powerlessness.
- Shame does not necessarily involve an actual observing audience, there is often the imagery of how one's self would appear to others.
- Shame often leads to a desire to escape or hide



Self-conscious emotions

Guilt

- Guilt is less painful because the primary concern is with a specific behavior, not the entire self.
- When people feel guilt, they experience a tension, remorse, and regret over the 'bad thing done'
- Rather than avoidance, guilt motivates reparative action.
- confessing, apologizing, undoing the harm that was done

Self-conscious emotions

Shame vs Guilt

- Guilt orients in a more constructive, future-oriented direction,
- Shame orients toward separation, distance, and defense



Self-conscious emotions

Shame vs Guilt

- Shame-prone individuals are also prone to feelings of anger and hostility.
- Guilt--- constructive means of handling anger
- Feeling shame
 - initially direct hostility inward ('I'm such a bad person').
 - this hostility may be redirected outward in a defensive attempt to protect the self by shifting the blame elsewhere ('How could you make me feel that way!')

Self-conscious emotions

Shame vs Guilt

- Maladaptive guilt experiences -Guilt fused with shame.
- When a person initially experiences guilt ('Oh, look at what a horrible thing I have done') but then magnifies and generalizes the event to himself or herself ('I am a horrible person')



Self-conscious emotions

Shame vs Guilt

- When Is Shame Adaptive?

- In some domains (e.g., academic), the experience of shame may motivate efforts to improve oneself.



Self-conscious emotions

Embarrassment

- The most 'social' of the self-conscious emotions
- tripping in front of a class, forgetting someone's name, unintended bodily induced noises
- being the center of attention during a 'Happy Birthday' chorus



Self-conscious emotions

Shame vs Embarrassment

- Is there a difference between shame and embarrassment?
- Shame and embarrassment differ in intensity of affect
- Shame is a more intense, painful emotion
- perceived deficiencies of one's core self
- perceived deficiencies in one's presented self.

Self-conscious emotions

Pride

- Mascolo and Fischer (1995) defined pride as an emotion “generated by appraisals that one is responsible for a socially valued outcome or for being a socially valued person”
- criteria children use for evaluating success and failure
- Pride serves to enhance people’s self-worth and to encourage future behavior that is socially valued.



Self-conscious emotions

Pride

- authentic (or behavioral) pride and hubristic pride.
- **authentic (or behavioral) pride**: attributing one's success to a specific action
- **hubristic pride**: attributions of success to the global self
- hubristic pride– maladaptive (distorted image of self)

Self-conscious emotions

Pride

- People prone to authentic pride tend to be **low in** depression, trait anxiety, social phobia, aggression, hostility, and rejection sensitivity; and **high in** self control, goal-engagement, relationship satisfaction, attachment security, dyadic adjustment, and social support.
- People prone to hubristic pride are more impulsive, anxious, hostile, and inclined to engage in a range of other antisocial misbehaviors, poorer relationship adjustment and less social support.

Positive Emotions

- Studies show that positive emotions can temporarily broaden our scope visually, cognitively, and socially.
- We process more peripheral visual information.
- Positive emotions seem to
 - broadening our visual scope
 - expanded awareness of our surroundings
 - more open and creative problem solving
 - enhancing attentional flexibility

Positive Emotions

- Attentional flexibility
- **Success**-learning, problem solving, and healthy emotional functioning.
- **Failure**-rumination about a problem in our lives, or distractibility when focus is necessary



Positive Emotions

- more perspective taking and compassion for dissimilar others, such as individuals from another cultural background
- such broadened awareness appears to enhance people's ability to recognize a variety of opportunities.



Positive Emotions

- Broaden effect and the build effect
- Broadened awareness happens in the moment
- Build effect happens more gradually, over the long term
- accumulation into a stable affective disposition



Positive Emotions

- How increasing the daily amount of positive emotions can increase cognitive, psychological, and social resources?
- Meditation- self-generate positive emotions
- increases in the daily experience of positive emotions result in increases in
 - mindfulness
 - social support
 - purpose in life
 - fewer physical illness symptoms

Positive Emotions

- People who are depressed tend to show bias toward negative faces, narrowed attention, and have difficulty coping with stressors.
- Broad-minded coping (degree to which people can step back from their current problems and take a big-picture perspective) increases over time with levels of positive emotionality



Positive Emotions

- Is the build effect is not only for those who start out positive and end up more positive?
- In a study exploring the benefits of mindfulness training (Garland et al., 2011), there was a reciprocal relationship found among positive reappraisal, trait mindfulness, and emotional well-being.
- If individuals learn how to self generate positive emotions, as through mind-training techniques, psychological resources will increase as well

Positive Emotions

- In the world where both personal and work-related information are constantly updating and evolving, being able to encounter new information with attentional flexibility will help you in this fast-paced structure of the digital age.



THANK YOU

