PSYC 222
Motivation and Emotions

Session 8 – Dimensions of Emotion

Lecturer: Dr. Annabella Osei-Tutu, Psychology Department
Contact Information: aopare-henaku@ug.edu.gh
Session Overview

• How many types of emotion do we have? Which emotions would you want to experience and which ones do you want to avoid? What role do negative emotions serve in human experience? Humans experience a wide range of emotions from different sources. The session will expose you to some of the basic emotions and their dimensions. Before reading the slides, why don’t you generate a list of emotions you know and see how the sessions would add to it?
The key topics to be covered in the session are:

- Topic One: Basic Emotions
- Topic Two: Dimensions of Emotions
- Topic Three: Specific Emotions
Basic Emotions
Basic Emotions

How many distinct emotions are there?

Are these emotions universal? In other words, can they be found across all cultures?
Basic Emotions

• Some theories argue that there are just two basic emotion states: Positive and Negative

• Others state that there are a small set of “basic” emotions;

• Yet, others argue that there are uncountable number of emotions.
Emotion researchers have identified between 5 and 10 basic emotions including:

- happiness
- sadness
- anger
- fear
- disgust
- Surprise
Basic Emotions

- Their corresponding facial expressions of the basic emotions are recognized across different cultures.

- Most of the basic emotions can be expressed by babies.

- Emotions such as contempt, shame, and guilt, develop as we get older.
Universal and Basic Emotions
Source: Coon & Mitterer (2011)

• What emotions are these faces showing?
Topic Two

DIMENSIONS OF EMOTION
Basic Dimensions of Emotions

Emotions can be categorized according to a number of dimensions.

Even though emotion theorists do not agree on the number of emotions, they all do agree on the valence of emotions.

Emotions are about pleasure/pain, approach/avoidance.
Basic Dimensions of Emotions

- Basic/Complex emotions
- Primary/Secondary emotions
- Positive/Negative emotions
- Pleasant/Unpleasant emotions
- Active/Passive
- Intense/Not intense
- Activated/Deactivated
Basic Dimensions of Emotions

According to Plutchik (2003) primary emotions often mix to yield more complex emotions.
Basic Dimensions of Emotions

Source: Coon & Miterrer (2011)
Basic Dimensions of Emotions

- Two dimensions of emotion

![Diagram showing the basic dimensions of emotions with axes for pleasantness and arousal, and corresponding emotional states like relaxed, elated, sad, and fearful.](image-url)
<table>
<thead>
<tr>
<th>LESS INTENSE</th>
<th>PRIMARY EMOTION</th>
<th>MORE INTENSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apprehension</td>
<td>Fear</td>
<td>Terror</td>
</tr>
<tr>
<td>Distraction</td>
<td>Surprise</td>
<td>Amazement</td>
</tr>
<tr>
<td>Pensiveness</td>
<td>Sadness</td>
<td>Grief</td>
</tr>
<tr>
<td>Boredom</td>
<td>Disgust</td>
<td>Loathing/hate</td>
</tr>
<tr>
<td>Annoyance</td>
<td>Anger</td>
<td>Rage</td>
</tr>
<tr>
<td>Interest</td>
<td>Anticipation</td>
<td>Vigilance</td>
</tr>
<tr>
<td>Serenity</td>
<td>Joy</td>
<td>Ecstasy</td>
</tr>
<tr>
<td>Acceptance</td>
<td>Trust</td>
<td>Admiration</td>
</tr>
</tbody>
</table>
Topic Three

SPECIFIC EMOTIONS
Happiness

Happiness begins at home
(An Akan Proverb)

(Source: Appiah and Appiah, 2008)
Happiness

People who are happy perceive the world as being safer. They are able to make decisions easily, are more cooperative, rate job applicants more favorably, and live healthier, energized, and more satisfied lives.
Happiness

Does Money Buy Happiness?

Wealth is like health: Its utter absence can breed misery, yet having it is no guarantee of happiness.
Happiness

1. In wealthy societies, people with more money are happier than people who struggle for their basic needs.

2. People in rich countries are happier than people in poor countries.

3. A sudden rise in financial conditions makes people happy.

However, people who live in poverty or in slums are also satisfied with their life.
Adaptation-Level Phenomenon: Like the adaptation to brightness, volume, and touch, people adapt to income levels (Myers, 2010).
Happiness is not only relative to our past, but also to our comparisons with others. **Relative Deprivation** is the perception that we are relatively worse off than those we compare ourselves with.
Happiness

Why are some people generally more happy than others?
Predictors of Happiness

<table>
<thead>
<tr>
<th>Researchers Have Found That Happy People Tend To</th>
<th>However, Happiness Seems Not Much Related to Other Factors, Such As</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have high self-esteem (in individualistic countries).</td>
<td>Age.</td>
</tr>
<tr>
<td>Be optimistic, outgoing, and agreeable.</td>
<td>Gender (women are more often depressed, but also more often joyful).</td>
</tr>
<tr>
<td>Have close friendships or a satisfying marriage.</td>
<td>Education levels.</td>
</tr>
<tr>
<td>Have work and leisure that engage their skills.</td>
<td>Parenthood (having children or not).</td>
</tr>
<tr>
<td>Have a meaningful religious faith.</td>
<td>Physical attractiveness.</td>
</tr>
<tr>
<td>Sleep well and exercise.</td>
<td></td>
</tr>
</tbody>
</table>

(Myers, 2010)
Fear

Fear can be poisonous; it can torment us, rob us of sleep

When you fear someone you are constantly troubled by them in your mind

(An Akan Proverb)

(Source, Appiah, Appiah, & Agyeman-Duah, 2007)
Fear

What is the function of fear, and how do we learn fears?

Fear inhibits approach and motivates escape of protective behavior (Izard, 2007)
Anger makes people talk too much  
(An Akan Proverb)

Anger makes a weak man violent  
(An Akan Proverb)

(Source: Appiah, Appiah, & Agyeman-Duah, 2007)
Reading List

References