

# Emotion

**Emotions** form an important component of psychological events. They can be defined as **a set of psychological and physiological phenomena**.

## Emotion feature

Emotion:

- *characterize an individual's reaction to a given situation*
- they represent an important *governing regulatory mechanism*
- *they direct the activities* of the individual
- *they satisfy our needs*
- they automatically *direct human tendencies and relationships*
- *they overcome even instincts*
- lead to *suppression of the fear of death*
- they play an important role in the field *of sexual desire*, etc.

## Experiencing emotions

Emotional experiences can be divided into:

- **experiences** - reflect the positive or negative value of the stimulus situation in relation to the individual's needs
- **affects** (= short-term attunements) and **moods** (= prolonged attunements)
  - ← these are positive or negative stimuli to objects and phenomena *of the external and internal environment and to one's own manifestations*
  - ← used for *tactical programs*
- **feelings** and **higher emotions** - positive or negative stimuli regarding *perspective, long-term relationships*
  - ← main - **love, hate**
  - ← feelings serve strategic goals

## The emotional circuit and its mediators

- in addition to **subjective experience**, emotions also have **somatic-vegetative** manifestations, mainly *negative emotions*
  - motor manifestations can be suppressed (laughter, crying, gestures), vegetative manifestations cannot (changes in muscle tone, blood pressure, pulse, etc.) → it can lead to **psychosomatic diseases**
  - the anatomical basis for the emergence and experience of emotions is represented by the so-called **emotional circuit**:
  - it represents: hypothalamus, pituitary gland, adrenal cortex, reticular formation, thalamus, limbic system, cortex
  - it involves *the interplay of subcortical areas with the crust*
- **mediators** playing a role in mood:
  - *depression* : noradrenaline, serotonin, dopamine, acetylcholine, GABA
  - fear : GABA, NA, serotonin
  - aggression : GABA, serotonin, NA, dopamine



*Laugh heals. But only those who can laugh.*  
(Jiří Žaček)

## The distribution of emotions

### According to the basic focus

- **positive, pleasant** (joy, love)
- **negative, unpleasant** (grief, hatred)
  
- **sthenic, mobilizing** (anger)
- **asthenic, demobilizing** (sadness)

### According to intensity and time course

- **emotional coloring of feelings and perceptions** (pleasant, unpleasant)
- **affects** (short-term, violent emotional reactions)
- **moods** (prolonged emotional states)

- **feelings and higher emotions**

## By hierarchical arrangement

- **lower** (stimuli from the vital area, satisfaction of basic needs)
- **higher** (social, specifically human)
  - *intellectual feelings* (associated with intellectual activity)
  - *aesthetic feelings*
  - *moral feelings*
  - *ethical feelings*

## Affects and their disorders

- **rapid-onset** and **rapid-fading** emotional responses
- **accompanied by distinct vegetative and mimic reactions**
- tendency to **reckless behavior** (can be handled freely, but needs to be acquired through education and self-discipline)
- the emergence depends on dispositions and the immediate state of emotionality
- **every affect tends to discharge**
  1. *displacement of the affect* - it is discharged, for example, *on another person*
  2. *stagnation of affect* - after a series of insufficiently intense and cumulative stimuli, the last one causes an *inadequate explosion*

## Affective Disorders

- Pathetic affect
  - unusually *intense*
  - at its peak there will be a short-term *clouding of consciousness* → a serious event may occur (murder, suicide, etc.) ← *memory is missing*
  - relatively rare
  - *Etiology* :
    - after a severe attack of epilepsy
    - alcohol
    - dementia
    - even in normal people - during starvation, exhaustion, etc.
- **Pathetic affective irritability**
  - tendency to *excessively strong affects*
  - *Etiology* :
    - mainly in *organic brain conditions* - atherosclerosis , dementia, oligophrenia, intoxication, alcoholism
- **Paroxysmal affects**
  - *Etiology* :
    - biological factors: pheochromocytoma , temporal lobe lesions, epilepsy
- **Emotional lability**
  - *changeable emotions even to weak stimuli*
  - *Etiology* :
    - the cause is natural
    - organic disorder (atherosclerosis, dementia)
- **Emotional incontinence**
  - reaction with *pathetic crying even to non-emotional stimuli*
  - *Etiology* :
    - typically in cerebral atherosclerosis
- **Hypersensitivity**
  - *easy emergence of emotions* - they are more permanent than in lability
- **Affective ambivalence**
  - *opposite emotions at the same time* (love x hate)
  - *Etiology* :
    - schizophrenia
- **Phobia**
  - *intrusive fears* also have an emotional component, but intrusiveness is characteristic

## Moods and their disorders

- mood is a **long-lasting setting of the emotional system**
- it is the base for a number of psychic processes
- it is not tied to the content of consciousness, but **affects the character of other functions** - attention, inculcation, memory , alertness, evaluation, motivation, affects, etc.
- intense, repeated exposure to certain stimuli can modify mood:
  - *physical factors* - environmental temperature, atmospheric pressure, geomagnetic field, humidity, sun, length of day, season, time of day
  - *chemical factors* - poisons, drugs, psycholeptics, dysleptics, dysphoria, antidepressants
  - *metabolic factors* - irritability in hypoglycemia and hyperthyroidism, anxiety in cardiac and asthmatic patients, premenstrual syndrome , postpartum depression , toxic infection, exhaustion, hunger, weight

- loss, CNS diseases
- *psychological factors* - mainly mood quality

## Pathetic moods

- **characteristic :**
  - *intensity and duration* (months to years)
  - *independence of emergence from psychogenic factors*
  - *influence on personality*
- it is important to realize that there is a pathic endogenous mood – folk psychological wisdom attributes every mood change to an experience
- **types:**
  - **euphoric** = blissful
    - *occurrence:* frontal lobe affections
  - **expansive** = high activity, self-confidence
    - *incidence:* mania , hebephrenia
  - **exalted** = feeling of well-being, enthusiasm
    - *incidence:* epilepsy, hysterical psychotic states
  - **apathetic** = reduced pace, indifference, loss of initiative
    - *incidence:* depression, dementia, drug addiction
  - **explosive** = explosive
    - *incidence:* epilepsy, chronic alcoholism, explosive psychopathy
  - **clueless** = inability to make a decision, is experienced unpleasantly
    - *incidence:* depression, schizophrenia
  - **anxious** = a feeling of tension, restlessness, threatened suicide
    - *incidence:* depression, schizophrenia, epilepsy, dementia
  - **depressed** = sadness, desolation, fear, high risk of suicide!
    - *incidence:* depression, schizophrenia, epilepsy, dementia

## Feeling and their disorders

- the most common disorders are:
  - **undeveloped feelings**
  - **loss of higher feelings**
  - **reduction of higher emotions**
- *Etiology :*
  - *innately* - insensitive, ruthless people
  - *organic disorder* - oligophrenia, tumors, encephalitis, injuries, etc.
- **manifestations :**
  - *egocentrism, bad taste, tactlessness, bluntness, rudeness*
  - *infantile and hysterical personality* i - on the one hand warm and devoted, on the other ruthless and hateful
  - *passions* = exaggerated feelings – collecting, gambling, careerism, jealousy, etc.
  - some *hypersensitive overly conscientious persons* – excessive development of higher feelings

## Links

### External links

- Emotions (Czech Wikipedia) (<https://cs.wikipedia.org/wiki/Emoce>)
- Emotion (English Wikipedia) (<https://en.wikipedia.org/wiki/Emotion>)

### Source

- BENEŠ, George. *Study Materials* [online]. [cit. 2009]. <<http://jirben.wz.cz>>.