

Emotion...and Motivation..

By

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Emotion:

Emotions and motivations are closely related. Emotions can activate and direct behavior in the same way that basic motives do. They may also accompany motivated behavior. Sex for example is not only a powerful motive but a potential source of joy. Despite their similarities they are distinguished in some aspects. Our distinction is that emotions are triggered from outside, whereas motives are activated from within.

Emotion:

Another distinction is that a motive is usually elicited by a specific need, whereas an emotion can be elicited by a variety of stimuli (different things can make you angry). These distinctions are not absolute. An external source can trigger a motive, as the sight of food triggers hunger. The discomfort caused by hunger or thirst can arouse emotions. Nevertheless, emotions and motives are different enough in their sources, subjective experience and effects on behavior.

Components of emotion:

- 1) The subjective experience of emotion.
- 2) Internal bodily responses, particularly those involving the autonomic nervous system.
- 3) Cognitions about the emotion and associated situations(I studied well and passed the exam).
- 4) Facial expressions.
- 5) Reactions to the emotion. Negative emotions(seeing world black).
- 6) Action tendencies.(anger leads to aggression).

Physiological changes in emotions:

- 1) Blood pressure and heart rate increase.
- 2) Respiration-rapid.
- 3) Dilated pupils.
- 4) Sweating.
- 5) Dry mouth.
- 6) Blood sugar –rise.
- 7) Blood clots more quickly.
- 8) Blood is diverted from viscera to the brain and muscles.
- 9) Erected hair.

The sympathetic system is responsible for these reactions.

Differentiation of emotions:

James Lange Theory: believe that there are distinct patterns of autonomic activity for each emotion.

Cannon offered 3 major criticisms;

- 1) Internal changes occur too slowly to the source of emotion and feeling.
- 2) Artificial bodily changes by injection of epinephrine does not produce the experience of true emotion.
- 3) Autonomic arousal does not seem to differ much from one emotional state to another. Anger makes heart fast so does the sight of a loved one. The new studies support James Lange view.

Motivation:

Is a condition that energizes behavior and gives it directions, it is experienced subjectively as a conscious desire –the desire for food ,for drink, for sex, most of us can choose whether or not to act on our desires. The causes of motivation range from physiological events within the brain and body to our culture and social interactions with our individuals who surround us.

Motivation:

For basic motivations like hunger, thirst , sex, physiologists have traditionally distinguished between two types of theories of motivation:

1-Drive theories: stress the role of internal factors in motivation. Some internal drives such as those related to hunger or thirst have been said to reflect basic physiological needs. For motivations like sex or aggression, drive factors seem less tied to absolute physiological needs. But still they have drive aspects, the effect of internal factors such as hormonal state and to fulfill basic ancestral needs.

Motivation:

On the other hand are incentive theories of motivation ,which stress the motivational role of external events or objects of desire. Food ,drink, sexual partners' ,targets of attack, relationships with others,esteem,money and the reward of success all are incentives. Incentives are the object of motivation.

Incentives can produce pleasure and reinforce the behavior that leads to them. Some incentives are primary reinforcers able to act as rewards independently of prior learning.e.g. a sweat taste or a sexual sensation may be pleasant the first time it is experienced.

Motivation:

Other incentives are secondary reinforcers which have gained their status at least partly through learning. As money as a good grade. Incentive motivation is characterized by affect the production of pleasure or displeasure.

The rewarding consequences of an action is worth repeating, the mesolimbic dopamine system play a great role in it.



Thank You