Learning Objectives

Upon completion of this unit, students should be able to:

1. Compare and contrast the biological and psychological components of emotion.
2. Identify and describe the role culture has in display, interpretation, and expression of emotions.
3. Explain gender differences in emotion.
4. Identify how stress affects the body and the mind.
5. Appraise the connection between stress and emotions.
7. Summarize the major forms of eating disorders and disordered eating.
8. Identify various biological, social, sexual, and cognitive motives.
9. List the effects of work on motivation.
10. Examine three basic motivational conflicts.

Written Lecture

Chapter 11: Emotion, Stress, and Health

You look funny. Are you sad? Did I say something to make you angry?

According to Wade & Tavris (2011), one can often detect emotions by looking at the facial expressions of others. Across various cultures, an individual can readily notice when someone is sad, angry, or happy, simply by looking at the person’s face. In this chapter, you will examine research related to emotions and how these feelings impact various parts of the body, both mentally and physically. For instance, have you ever noticed someone’s lip curl before? Did you immediately think the individual was disgusted or feeling some form of contempt?

Ekman & Friesen (1988) conducted research in ten countries and discovered that 75% of the respondents identified the expression of a unilateral lip curl to be a form of contempt. They purported that in many countries, this facial expression was viewed almost overwhelmingly as contempt. So the next time you have a mean thought, just remember, “It is written all over your face.”

You should always look someone in the eye when he is speaking to you.

Did your mom ever teach you this lesson? Eye contact is an integral component of communication. Research has discovered that there is “more than meets the eye” when making eye contact. Hess (1975) conducted research in which he discovered that one’s pupil size is related to his/her level of arousal. He noticed that the pupils of most men and women became larger when viewing pictures of the opposite sex. On the other hand, when looking at pictures of the same sex, he noticed that the pupils actually constricted. Hess also observed these differences when individuals were seeking to solve problems. The pupils reached maximum dilation when the individual arrived at the solution. Thusly, the small dots in our eyes are impacted by various emotional and cognitive factors. What do you think? The next time you see your loved one, go take a look in the mirror and examine your “dots.”

Key Terms

1. Alarm, resistance, and exhaustion phases of stress
2. Body language
3. Display rules
4. Emotion
5. Emotion prototypes
6. Emotion work
7. Epinephrine
8. Facial feedback
9. General adaptation syndrome (Selye)
10. HPA axis
11. Mirror neurons
12. Norepinephrine
13. Polygraph machine
14. Primary emotions
15. Secondary emotions

Reading Assignment

Chapter 11: Emotion, Stress, and Health
Chapter 12: Motivation

Supplemental Reading

See information below.
When you have seen one smile, have you virtually seen them all? What does a smile really say about a person?

Ekman (1985) argues that individuals display different smiles. He posits that humans have different smiles for various situations: the embarrassment smile, the miserable smile, and the compliant smile, to name a few. Have you ever noticed this? Does your smile change when you are attempting to put on a happy face? The next time someone smiles at you, just remember that not all smiles are created equally.

Are you stressed out? Do you feel as if the weight of the world is constantly on your shoulders?

Many individuals today live in a constant state of stress. As you continue with your studies, begin to examine the relationship of stress to one’s emotions. Lingering stressors can cause physical harm to our bodies. Do you know someone who suffers from extreme migraines? Has anyone in your family been diagnosed with high blood pressure? There is a very high probability that these individuals have not learned how to deal well with stress. Children are not immune to feeling stress, either. Due to the many demands in school, extra-curricular activities, and community service, many children today are overscheduled, and this causes undue stress. What happened to the days when children had stress-free lives and simply enjoyed childlike activities? Examine the children around you. Do they seem overwhelmed with all of the activities on their plates?

As you conclude your examination of this chapter, reflect upon your personal coping mechanisms. Do you have a friend in which you can confide? How well do you handle not only major issues that often arise, but little hassles that seem to creep up on a daily basis? It is impossible to escape various stressors in life. Therefore, it becomes inherently important to seek available resources to deal with issues as they arise. Our reactions to stress will directly impact our overall well-being. Think about it. You can't escape the stress, but you can certainly embrace a better way in which to deal with it!

Chapter 12: Motivation

What's your motivation? What drives you to reach your goals?

Wade & Tavris (2011) confront the issue of motivation in this chapter. As you read the textbook, you will quickly learn that human beings have several innate drives which influence one’s motivation in various areas: eating, love, sex, and achievement.

Is bigger really better?

Although many cultures readily express disgust with overweight and obese individuals, in some cultures, the heavier one is, the more he/she is desired. According to Simmons (1998), a particular tribe in Nigeria values large, robust women. An overweight young lady is a sign of health, desirability, and prosperity. Many teenage girls there take a sabbatical to the “fattening room” in order to increase their chances of catching the ideal mate. They gorge excessively on food to quickly increase their body fat and weight. What do you think about this tradition? Would you overeat to attract your soul mate? On the flip side of this controversy, some individuals are going to great lengths to lose weight. Many have developed eating disorders in a quest to achieve the ideal “Barbie” figure. As you read this section, weigh your thoughts on this topic. Does our society place too much emphasis on one’s weight?
Do opposites really attract? Has anyone ever told you that you look like your spouse or significant other?

Research conducted by Zajonc, Adelmann, Murphy, & Niedenthal (1987) reveals that many couples grow to resemble each other after twenty-five years, or more, of marriage. Many factors are offered as explanation for why some couples, who seemingly look completely opposite when they first marry, begin to look more like brother and sister after a couple decades together. Diet is one factor that could contribute to this phenomenon. Many couples adopt the same eating habits and thusly their diets could contribute to physical resemblances. Environmental factors come into play as well. If a couple lives in a tropical climate with great exposure to sun, they will begin to develop similar skin patterns. However, the greatest factor argued by these scholars lies in facial musculature. Most of the couples studied shared common empathy for each other. The joys and sorrows felt by one spouse were shared by the other one as well. The various facial expressions shared over the years inflict an etching pattern on one’s muscles and produce skin tone changes. In essence, facial similarities emerge. So what does this mean for you? Do you want to look like your spouse twenty years from now?

As you continue your examination of the textbook, notice the section related to sexual motivation. What makes one individual crave sex while another can completely loath the mere thought of sexual intimacy? Many individuals possess various sexual fantasies and desires. Some fantasies might be considered extreme, yet be perfectly within the law. On the other hand, some sexual drives are viewed as seemingly bizarre, and have legal ramifications attached. For instance, necrophilia involves the urge to have sex with a corpse. It has been discovered that many serial killers have had sex with their victims as a last form of control. As you read this section, think about your own sexual desires and motives. Would you be considered “normal” by society’s standards?

As you conclude your study of this section, begin to examine your motives for achievement. What motivates you on your job? Does a high-paying job equate to job satisfaction? Wade & Tavris (2011) discuss several factors that influence our motivations for work. Both intrinsic and extrinsic rewards drive individuals. It is often a struggle to find a balance between the two. As you continue, reflect upon your own pursuit of happiness. What makes you happy? According to Maslow, certain physiological needs must first be met in order for us to attain higher levels of satisfaction. Has your definition of happiness changed in recent years? Do you need to find a new source of inspiration to keep you motivated in your life?

References


**Supplemental Reading**

Click [here](#) to access a PDF of the Chapter 11 Presentation.

Click [here](#) to access a PDF of the Chapter 12 Presentation.

**S-E-X!** This has always been a subject surrounded by controversy. What makes one individual have demanding sex drives while others could live without ever participating in the event? Alfred Kinsey sought to examine various issues related to sex and our innate desires. Much controversy engulfs his research. For extra enrichment, go to the CSU Online Library and review two articles discussing Kinsey and his “radical” views in relation to sex.
