

# Exercise walk-through

Emotion ■ 4.7

eXercise

## You must be able to

- contrast the main theories of the order of emotional events
- explain the **two-factor** 双因素 account of arousal plus label
- state what research shows about **facial expression** 面部表情 across cultures
- describe how **display rules** 表达规则 vary

## Method — The ordering question

Theories differ over the order of stimulus, bodily arousal, and conscious feeling. One holds that arousal comes first and the feeling is our reading of it; another that arousal and feeling occur simultaneously; a third that a **cognitive appraisal** determines which emotion an arousal becomes.

## Method — Two-factor

Emotion requires **physiological arousal** plus a **cognitive label** drawn from the situation. The same racing heart is read as fear, excitement or attraction depending on the context supplied.

## Method — Facial expression

A set of basic expressions is recognised at above-chance rates across widely separated cultures, indicating a biological component to expression and recognition.

## Method — Display rules

Cultures differ in **when** an emotion may be shown, to whom, and how intensely. Universality of the expression is compatible with wide variation in its display.

## Practice 2.1 ■ 2 marks

State what the two-factor account requires for an emotion to occur.

## Solution 2.1

Method: Two-factor

### Worked steps

physiological arousal **B1** plus a cognitive label drawn from the situation **B1**.



## Practice 2.2 ■ 2 marks

State what cross-cultural recognition of facial expressions indicates.

## Solution 2.2

Method: Facial expression

### Worked steps

a set of basic expressions is recognised across widely separated cultures **B1**, indicating a biological component rather than purely learned signals **B1**.

## Practice 2.3 ■ 1 mark

A person feels their heart racing before a speech and calls it excitement rather than fear.

- (a) Name the account this illustrates.
- (b) State what has changed and what has not.

## Solution 2.3

Method: Two-factor

### Worked steps

(a) the two-factor account **B1**. (b) the label has changed; the arousal has not **B1**.

## Exam-style 3.1 ■ 1 mark

Cultural differences in when an emotion may be shown are called

**A** display rules

**B** appraisals

**C** two-factor labels

**D** basic emotions

## Solution 3.1

Method: Display rules

**A** display rules



**B** appraisals

**C** two-factor labels

**D** basic emotions

### Worked steps

**A.** display rules govern when and how an emotion may be shown.

## Exam-style 3.2 ■ 1 mark

Above-chance recognition of expressions across isolated cultures suggests

- A** expressions are entirely learned
- B** a biological component to expression and recognition
- C** display rules do not exist
- D** emotion has no arousal component

## Solution 3.2

Method: Facial expression

- A expressions are entirely learned
- B a biological component to expression and recognition 
- C display rules do not exist
- D emotion has no arousal component

### Worked steps

- B. shared recognition across isolated groups points to a biological basis.



## Exam-style 3.3 ■ 1 mark

Two people show the same physiological arousal but report different emotions.

- (a) State what account explains this.
- (b) Explain what determines the difference.

## Solution 3.3

Method: Two-factor

### Worked steps

(a) the two-factor account **B1**. (b) the label applied to the arousal **B1**, which is drawn from the situation and the person's interpretation of it **B1**.