

4.7 Emotion

Name: _____ Class: _____ Date: _____

Total: 11 marks

KEY WORDS emotion 情绪 • two-factor 双因素 • display rules 表达规则 • facial expression 面部表情
• cognitive label 认知标签

Objective

Build the skills to answer exam questions on **emotion** 情绪.

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

1 Worked examples

Study these first. Each one shows the method for a task used later.

■ 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.

■ 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.

■ 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.

■ 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.

2 Practice

2.1 State what the two-factor account requires for an emotion to occur. [2]

2.2 State what cross-cultural recognition of facial expressions indicates. [2]

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

(a) Name the account this illustrates. [1]

(b) State what has changed and what has not. [1]

3 Exam-style questions

3.1 Cultural differences in when an emotion may be shown are called [1]

- **A** display rules
- **B** appraisals
- **C** two-factor labels
- **D** basic emotions

3.2 Above-chance recognition of expressions across isolated cultures suggests [1]

- **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

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

(a) State what account explains this. [1]

(b) Explain what determines the difference.

[2]

Solutions

2.1 physiological arousal plus a cognitive label drawn from the situation.

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

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

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

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

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