

# Emosi

- Stimulus situasi yang menimbulkan reaksi
- Pengalaman positif/negatif yang menyertai
- Keterbangkitan fisiologis (sistem saraf otonom dan kelenjar)
- Perilaku yang menyertai

# Perkembangan teori emosi

- 1899 Charles Darwin

- Evolusi emosi, melalui seleksi alam

- Reaksi emosional terhadap stimuli yang berbahaya

- ➔ menghindarinya

- Reaksi emosional terhadap stimuli yang positif

- ➔ mendekatinya: survival, reproduksi



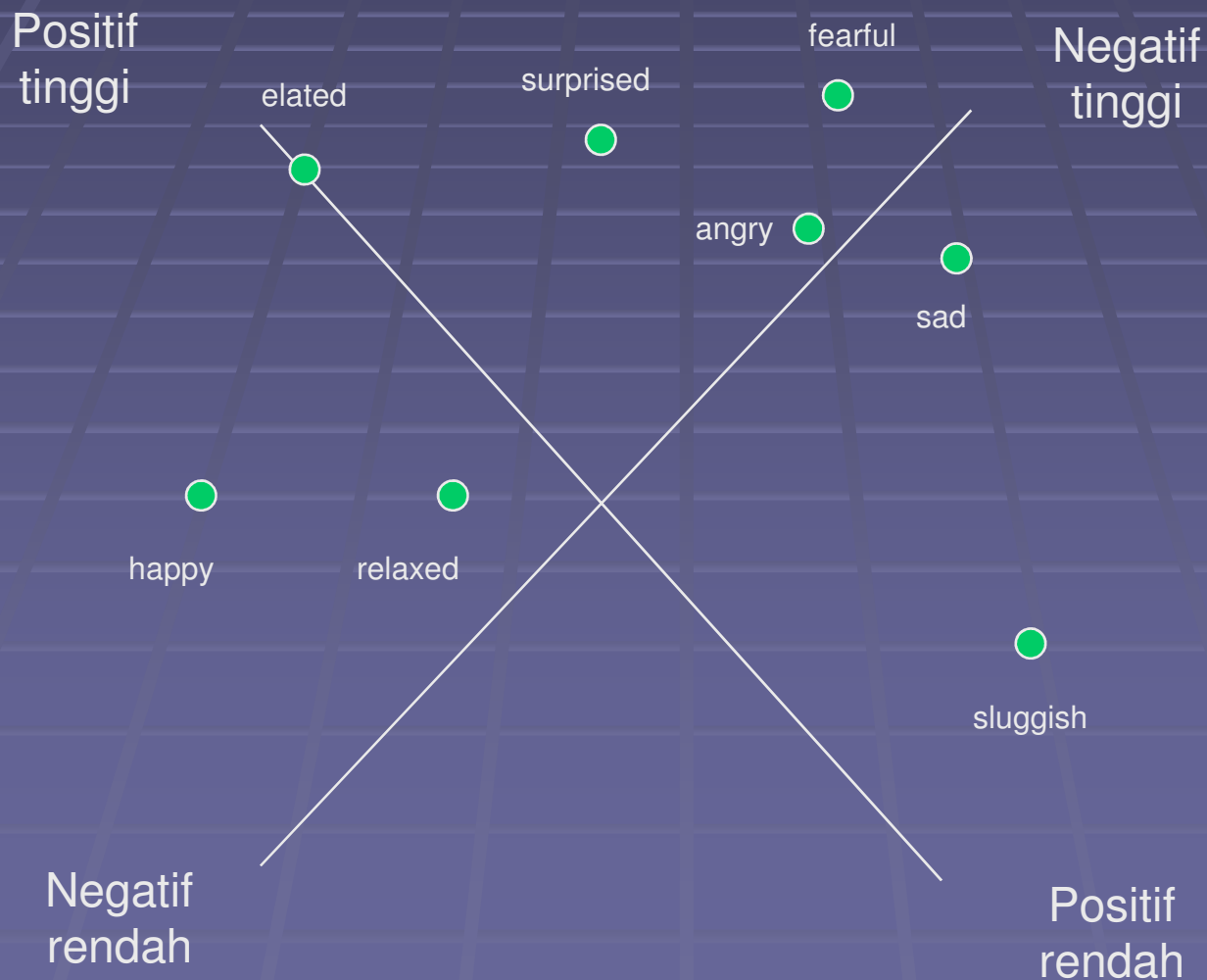
Mahluk yang tidak melakukan ini akan punah

- Reaksi emosi yang ada pada manusia, ditemukan juga pada hewan.

- Emosi:

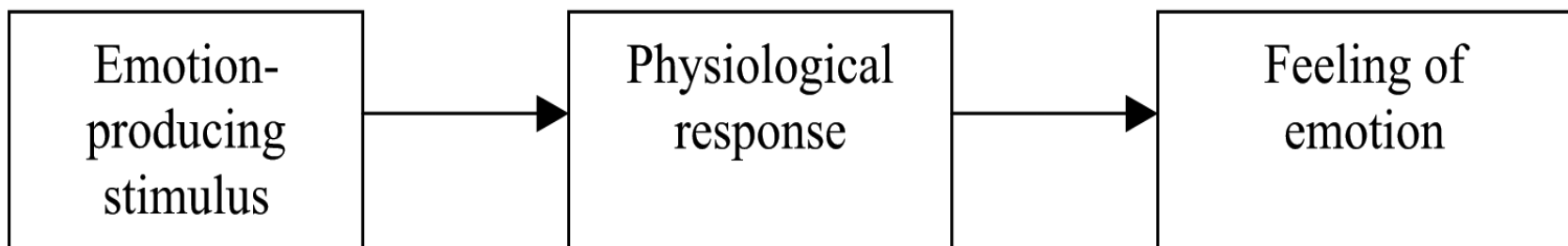
- Menyenangkan/pleasant
    - Tidak menyenangkan/unpleasant

- David Watson dkk: beberapa pengalaman emosional merupakan kombinasi dari emosi positif dan negatif yang sederhana



# James-Lange Theory of Emotion

- We have experiences, and as a result, our autonomic nervous system creates physiological events such as muscular tension, heart rate increases, perspiration, dryness of the mouth, etc.
- This theory proposes that emotions happen *as a result* of these, rather than being the cause of them.
- The bodily sensation prepares us for action, as in the [Fight-or-Flight reaction](#). Emotions grab our attention and at least attenuate slower cognitive processing.

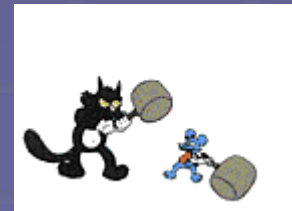


- **Example**

- I see a bear. My muscles tense, my heart races. I feel afraid.

- **Using it**

- Watch people's physiological signals (facial color, etc.) and deduce what emotions will result.



# Cannon-Bard theory of emotion

- Kritik thd teori James-Lange
- We feel emotions first, and then feel physiological changes, such as muscular tension, sweating, etc.
- In neurobiological terms, the thalamus receives a signal and relays this both to the amygdala, which is connected with emotion. The body then gets signals via the autonomic nervous system to tense muscles, etc.

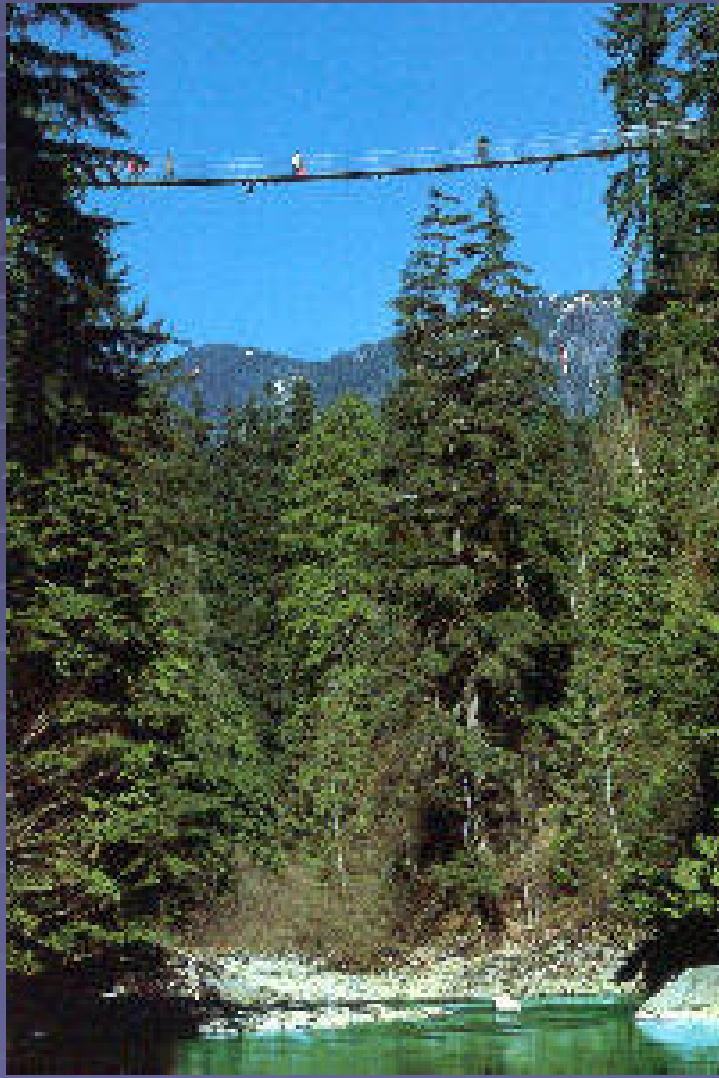
- **Example**
- I see a bear. I feel afraid. I tense in readiness to run away.
- **So what?**
- **Using it**
- Watch for emotions as displayed in physiological signals.

# Lazarus's cognitive theory of emotion

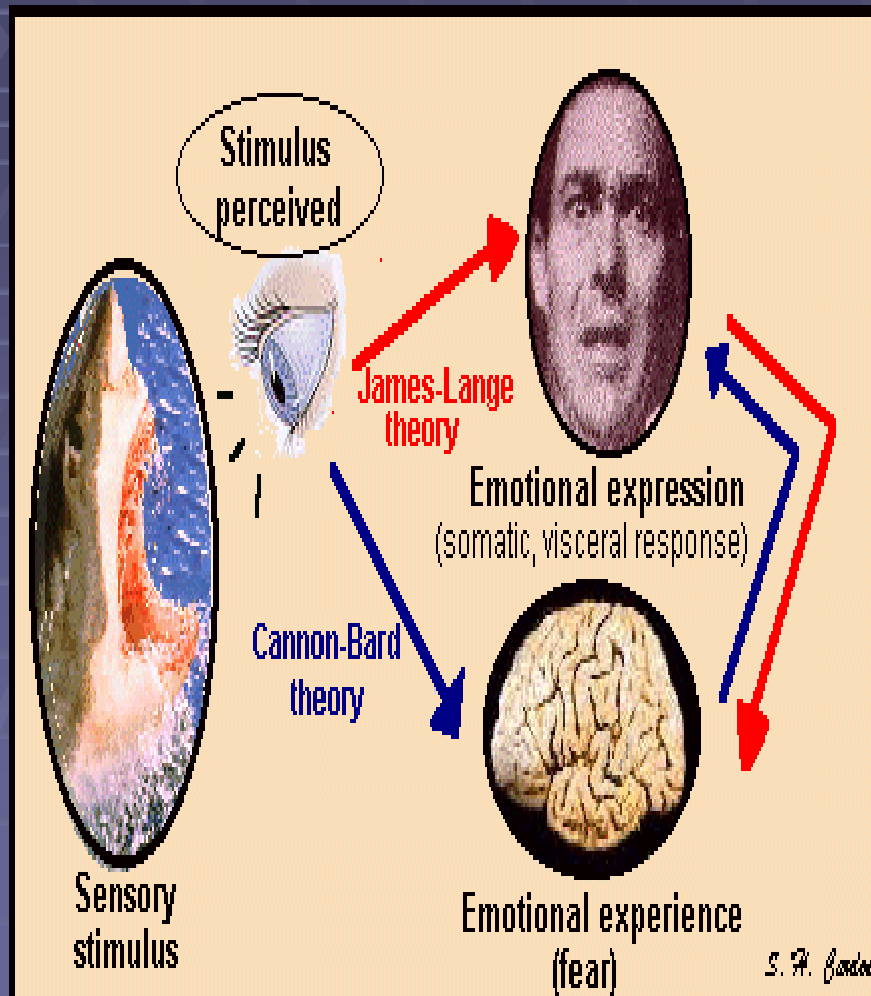
- Emotion merupakan hasil penilaian (appraisal) kognitif manusia terhadap makna pribadi dari suatu peristiwa atau pengalaman:
  - Penilaian primer: interpretasi manusia terhadap stimulus/peristiwa untuk menentukan apakah stimulus/peristiwa tsb positif-negatif atau netral.
  - Penilaian sekunder: menilai pikiran dan emosi, dan menentukan apakah bisa mengatasinya dengan baik.



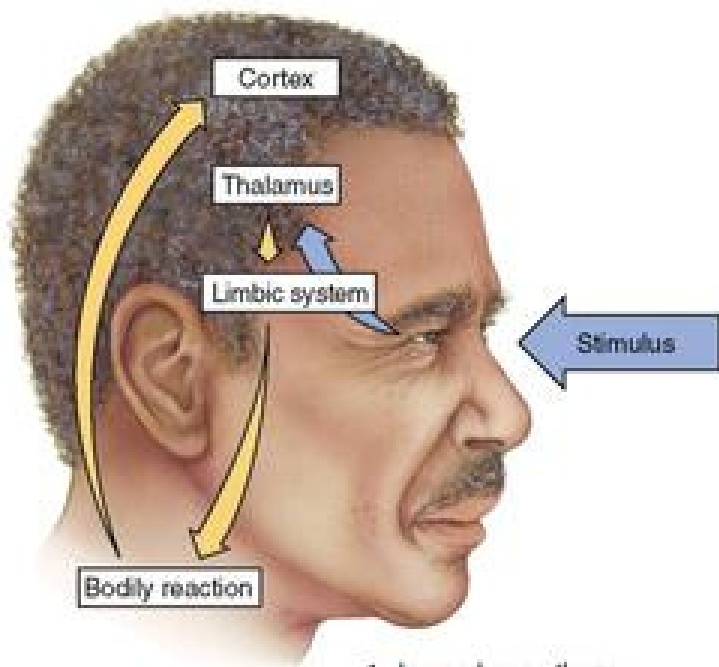




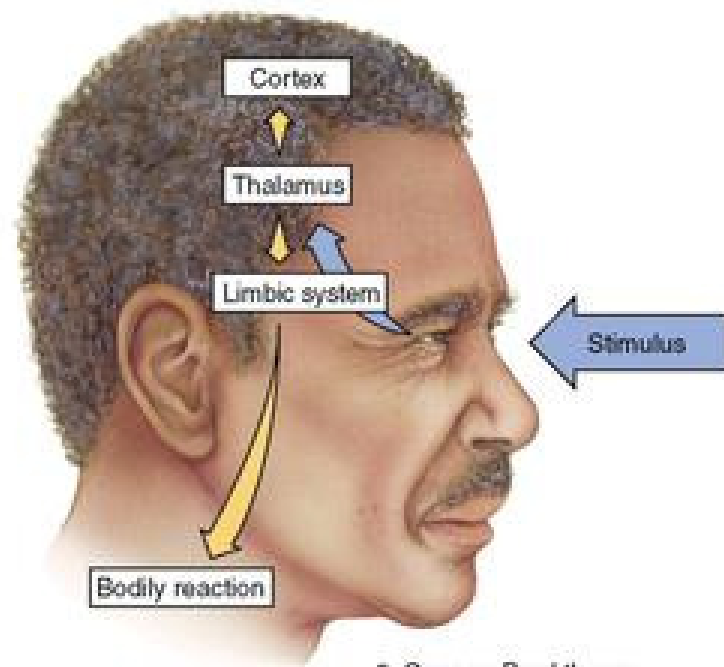
# Comparison of the James-Lange and Cannon-Bard theories of emotion.



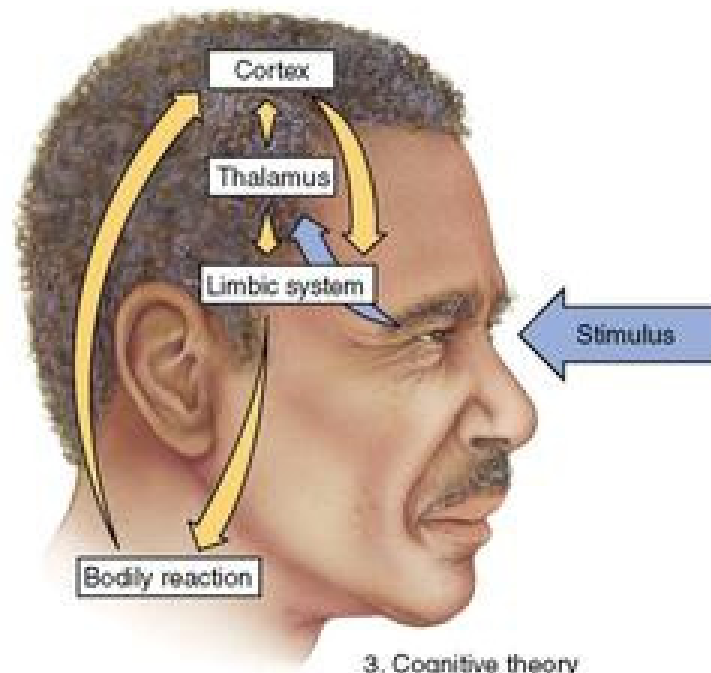
Comparison of the James-Lange and Cannon-Bard theories on emotions. According to the James-Lange theory (red arrows), the man perceives the frightening animal and reacts with physical (neurovegetative) manifestations. As a consequence of such unpleasant physical reaction, he develops fear. In the Cannon-Bard theory (blue arrows), the frightening stimulus leads, first, to the feeling of fear which, then, brings about the physical response.



1. James-Lange theory

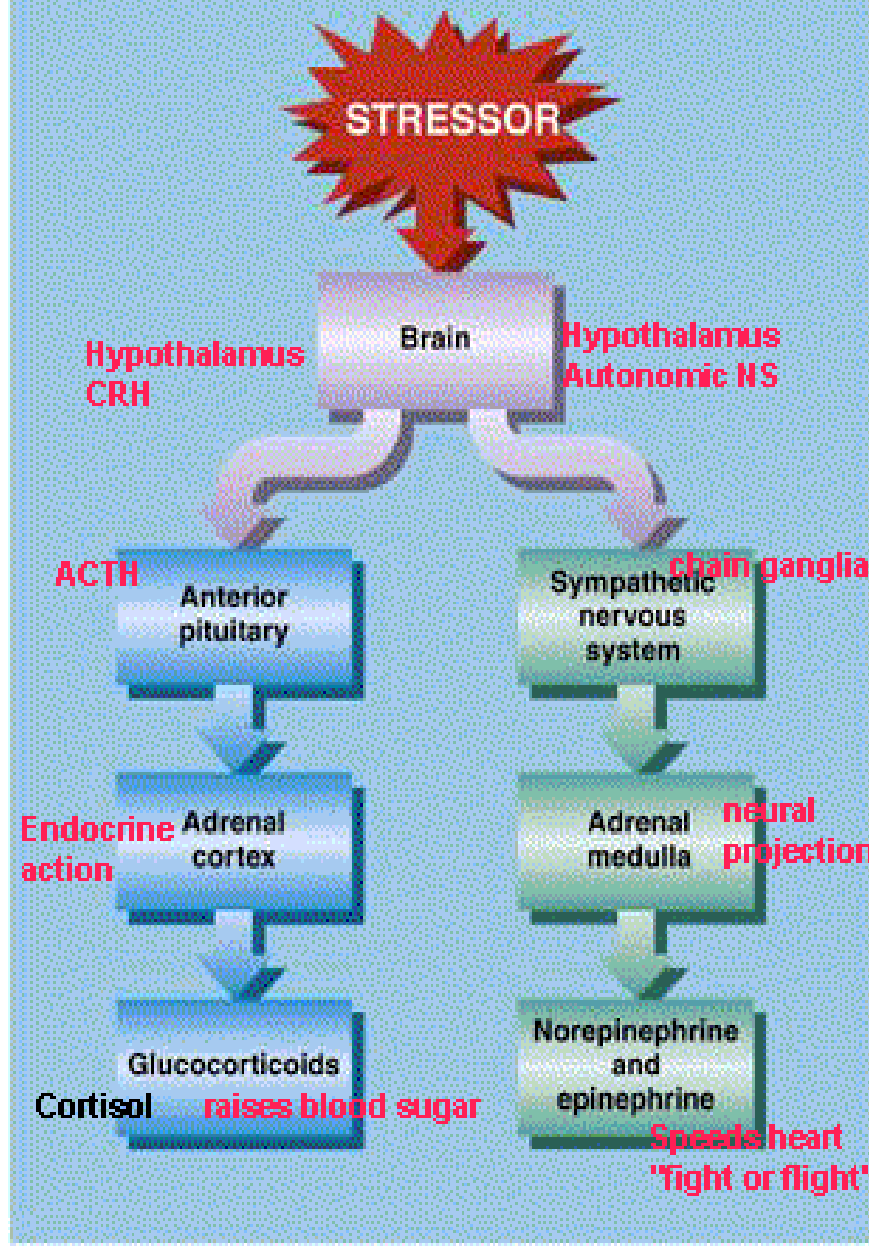


2. Cannon-Bard theory



3. Cognitive theory

## Two-System View of Stress Response



menakutkan

sympathetic  
nervous  
system

nor-epinephrine  
(adrenaline)

- physiological changes
  - sweating
  - Increased heart rate
  - Focused attention
  - Greater skin conductance
  - Particular response may depend on what particular emotions one is experiencing

## Polygraphy

Mendeteksi perasaan anxiety yang menyertai  
“deception”

# lie detector



*www.alyshah.com*

# Learning, culture & emotions

- Basic emotion: dibawa sejak lahir
- Emosi dipengaruhi budaya
  - mengekspresikan emosi
    - mendukung *free emotional expression*
    - tidak mengumbar emosi di publik
  - menginterpretasi situasi yang membangkitkan reaksi emosi



Theorist	Basic Emotions
Plutchik	Acceptance, anger, anticipation, disgust, joy, fear, sadness, surprise
Arnold	Anger, aversion, courage, dejection, desire, despair, fear, hate, hope, love, sadness
Ekman, Friesen, and Ellsworth	Anger, disgust, fear, joy, sadness, surprise
Frijda	Desire, happiness, interest, surprise, wonder, sorrow
Gray	Rage and terror, anxiety, joy
Izard	Anger, contempt, disgust, distress, fear, guilt, interest, joy, shame, surprise
James	Fear, grief, love, rage
McDougall	Anger, disgust, elation, fear, subjection, tender-emotion, wonder
Mowrer	Pain, pleasure
Oatley and Johnson-Laird	Anger, disgust, anxiety, happiness, sadness
Panksepp	Expectancy, fear, rage, panic
Tomkins	Anger, interest, contempt, disgust, distress, fear, joy, shame, surprise
Watson	Fear, love, rage
Weiner and Graham	Happiness, sadness



# Happiness

- Budaya beda, happiness beda
  - Pada budaya kolektivisme (Jepang dsb): kebahagiaan individu tidak diutamakan
  - Faktor penyebab kebahagiaan berbeda:
    - Asian American : bahagia bila melakukan sesuatu yang berkaitan dengan tujuan untuk masa depan
    - European American : kurang bahagia mengerjakan tugas-tugas sekolah ataupun tugas serius lainnya

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- *Box 1: The seven emotions universally expressed on the face*

Sadness

Anger

Surprise

Fear

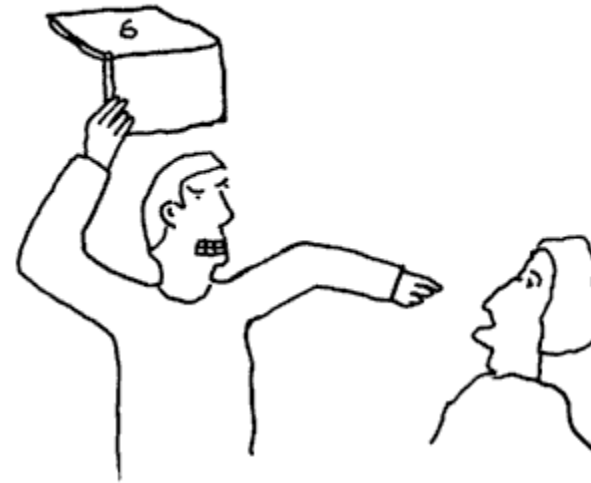
Enjoyment

Disgust

Contempt

# Agresi

CartoonChurch.com



THE AGGRESSION

# Teori-teori Agresi

- *Instinct theory of aggression* (Freud, Psikoanalisa:
  - Agresi : insting yang dibawa sejak lahir



- *Frustration-aggression theory* (Berkowitz)

- Apabila manusia mempersepsi bahwa dirinya dihambat untuk mencapai tujuan, frustrasinya akan berubah menjadi agresi



- *Social learning theory*

- **Agresi merupakan perilaku sosial yang dipelajari melalui:**

- asosiasi dengan isyarat-isyarat perilaku agresif
- reinforcement: perilaku agresif yang diberi reward
- modeling, observation, vicarious reinforcement
- pengaruh media: televisi yang memupuk perilaku agresif