

# TEORI-TEORI EMOSI

Sunardi, PLB FIP UPI

## Teori James-Lange

*"Kita merasa sedih karena kita menangis, marah karena kita menyerang, takut karena kita gemetar".*

1. EMOSI TIMBUL STLN TERJADI REAKSI PSISIOLOGIK. LONCAT<sup>2</sup> → KRN SENANG, LARI → KARENA TAKUT.
2. EMOSI : HASIL PERSEPSI SESEORANG THD PERUBAHAN<sup>2</sup> YG TERJADI PD TUBUH SBG RESPON THD BERBAGAI RANGSANG YG DATANG DARI LUAR.
3. LIHAT HARIMAU → PEREDARAN DARAH MK CEPAT, DENYUT JANTUNG MK CEPAT DSB. RESPON TUBUH INI KEMUDIAN DIPERSEPSI DAN TIMBULAH RASA TAKUT. KENAPA TAKUT ITU TIMBUL → SBG PROSES PENGALAMAN & BELAJAR.
4. EMOSI TERJADI KAREN PERUBAHAN PADA VASOMOTOR (OTOT<sup>2</sup>).
5. PERUBAHAN FISILOGIS → PERUBAHAN PSIKOLOGIS
6. ORANG TERTAWA BUKAN KARENA SENANG, TETAPI IA SENANG (PSIK) KARENA TERAWA (FISIK). SEDIH KRN MENANGIS, MARAH KRN MEMUKUL, DSB.
7. EMPAT LANGKAH TERJADINYA EMOSI :
  - (1) KEJADIAN ITU DIPAHAMI
  - (2) IMPULS BERGERAK DARI SARAF PUSAT KE OTOT, KULIT, DAN ORGAN DALAM.
  - (3) SENSASI TUBUH TSB DIKIRIMKAN KEMBALI KE OTAK
  - (4) IMPULS BALIK TSB KEMUDIAN DIPAHAMI OLEH OTAK, DAN STLN DIKOMBINASIKAN PERSEPSI STIMULUS PERTAMA → OBYEK BARU DIRASAKAN SCR EMOSIONAL.

## ***Teori “emergency” Cannon-Bard***

- EMOSI DISIAPKAN UNTUK MENGHADAPI SITUASI GENTING. BENTUK RESPON AGAR SURVIVE.
- EMOSI TIMBUL BERSAMA-SAMA DGN REAKSI FISILOGIK.
- EMOSI ADALAH REAKSI YANG DIBERIKAN OLEH ORGANISME DALAM SITUASI EMERGENCY
- ASUMSI : ADA ANTAGONISME/PERTENTANGAN ANTARA SARAF-SARAF SIMPATIS DENGAN CABANG2 ORANIAL & SACRAL DLM SUSUNAN SARAF OTONOM. ARTINYA : KALAU SARAF SIMPATIS AKTIF, SARAF OTONOM NONAKTIF, DAN SEBALIKNYA.

## ***Teori dua faktor Schachter-Singer***

- ❖ **KLASIK**
- **BERORIENTASI RANGSANGAN**
- ❖ **BERANGKAT DARI TEORI WILLIAM JAMES : EMOSI MRPK FUNGSI DARI REAKSI-REAKSI TUBUH TERTENTU.**
- **REAKSI FISILOGIK BISA SAMA (HATI BERDEBAR, DARAH NAIK, NAFAS CEPAT, DSB) TETAPI JIKA RANGSANGANANYA MENYENANGKAN – EMOSI YG TIMBUL DISEBUT SENANG. JIKA MENAKUTKAN, DSB TAKUT LEBIH SESUAI DENGAN TEORI KOGNISI (BERKOWITZ → DIPENGARUHI OLEH PIKIRAN TK TINGGI)**
- ❖ **KETIKA ORANG MENGHADAPI KEJADIAN YG MEMBANGKITKAN EMOSI, PERTAMA-TAMA AKAN MENGALAMI GANGGUAN FISILOGIS NETRAL DAN TIDAK JELAS. → JIKA TIDAK MENYADARI → Mencari jawaban thd perasaan-perasaannya : KENAPA SAYA ?, DSB.**
- **JIKA SUDAH TAHU SEJAK AWAL → TDK HARUS Mencari informasi/jawaban.**
- ❖ **ORANG YANG JENGKEL → MEMBENTUK KEYAKINAN TTG APA YG DIRASAKANNYA & KOGNISI AKAN MEMBENTUK KEJENGKELAN UMUM YG TDK JELAS MENJADI SUASANA EMOSIONAL**

## *SEBAB GANGGUAN*

### *Teori lingkungan*

- Kenapa tertawa → lucu
- Proses belajar
- Tdk bs menjelaskan, kenapa rangsang yg sama tdk selalu menimbulkan respon yg sama
- Mencegah : rutinitas yg menyenangkan, penuhi kebutuhan rasa aman tanpa harus membatasi, bermain sbg kebutuhan vital pada anak.

# *teori afektif + kognitif*

- Afektif

Masalah → akibat pengalaman bawah sadar yg tdk menyenangkan.

Mengatasi : ungkap dlm kesadaran

- Kognitif

Masalah → Pikiran yang irrasional : RET (Albert Ellis)

Mengatasi : identifikasi ide-ide → dgn logika ketat diperlihatkan & ditakinkan betapa tdk rasionalnya ide-ide tsb → dorong untuk berperilaku dari sudut pandang barunya.

Hauck : 3 langkah

1. memperlihatkan adanya anggapan2 yg salah
2. ditata penalarannya, bukan perilakunya yg menjadi sebab tetapi cara mereaksinya.
3. dinasehati agar lebih manis dan dpt bekerja sama

# 8 The Cognitive Approach

- Sequence
  - Situation → Basic Appraisal (good, bad) + Arousal
  - Cognition → Refined Emotion + Action Tendency
- Emotions are introspectable, people can understand the causes of emotions
- Richard Lazarus, Bernard Weiner (attribution dimensions)

# GETARAN /GERAKAN & EMOSI

(Arousal and Emotion)

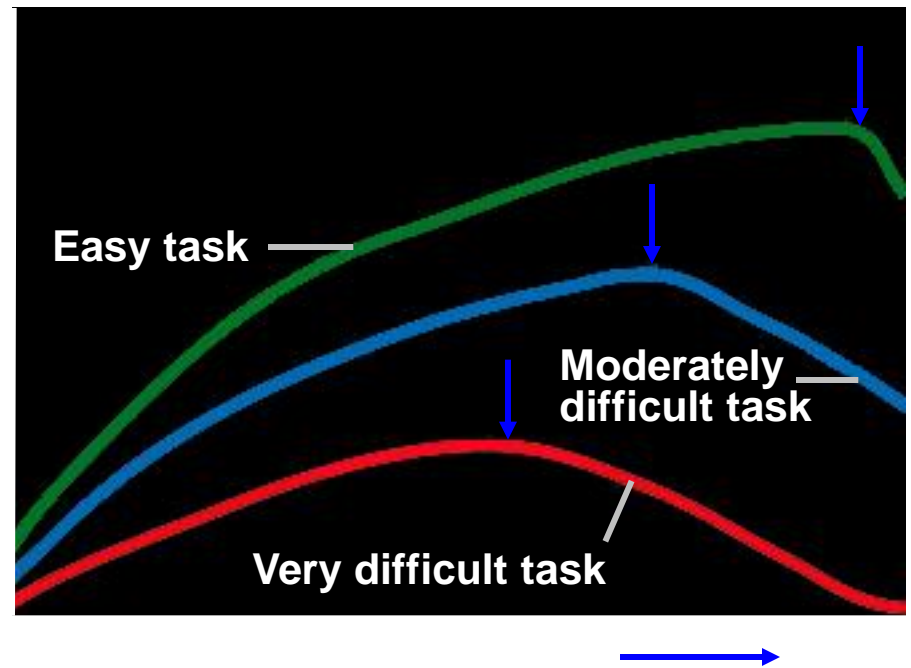


# High Arousal

- Arousal response - pattern of physiological change that helps prepare the body for “fight or flight”
  - muscles tense, heart rate and breathing increase, release of endorphins, focused attention
  - can be helpful or harmful
  - in general, high arousal is beneficial for instinctive, well-practiced or physical tasks and harmful for novel, creative, or careful judgment tasks

# Yerkes-Dodson Law

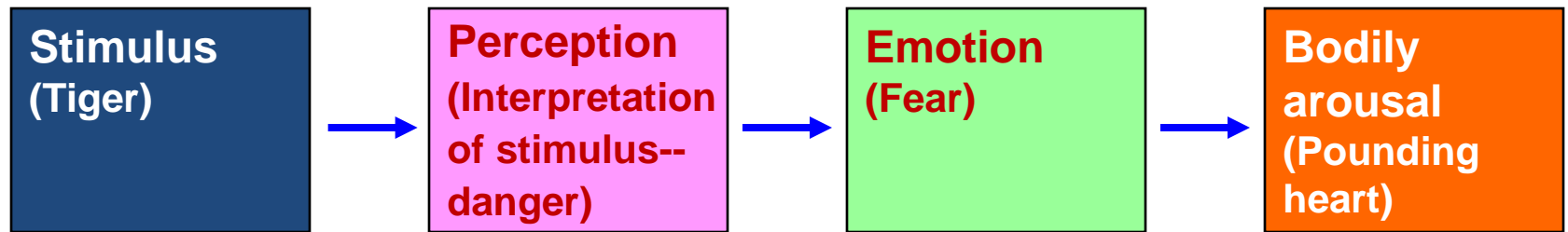
- Some arousal is necessary
- High arousal is helpful on easy tasks
- As level of arousal increases, quality of performance decreases with task difficulty
- Too much arousal is harmful



# Concept of Emotion

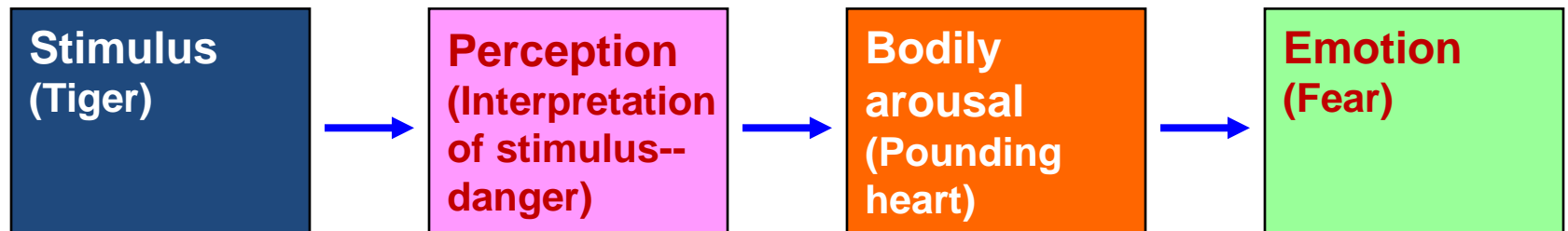
- A class of subjective feeling elicited by stimuli that have high significance to an individual
  - stimuli that produce high arousal generally produce strong feelings
  - are rapid and automatic
  - emerged through natural selection to benefit survival and reproduction

# Theories of Emotion



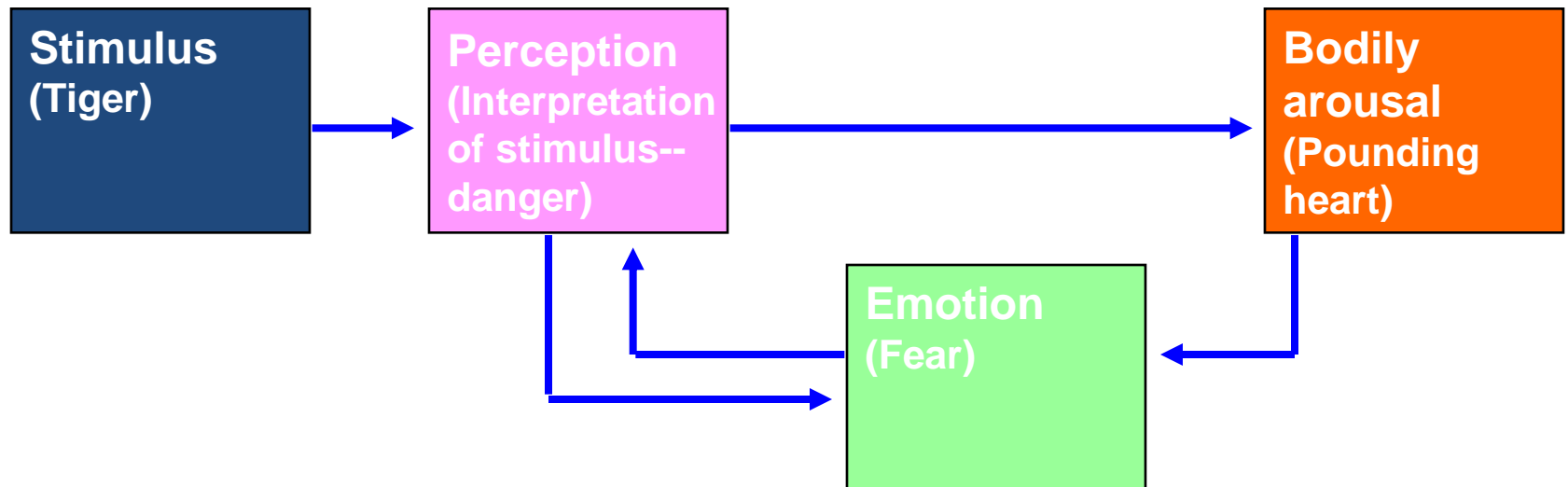
- Common sense might suggest that the perception of a stimulus elicits emotion which then causes bodily arousal

# James's Peripheral Feedback Theory



- perception of a stimulus causes bodily arousal which leads to emotion

# Schachter's Cognition-Plus-Feedback Theory



- Perception and thought about a stimulus influence the type of emotion felt
- Degree of bodily arousal influences the intensity of emotion felt

# Ekman's Facial Feedback Theory

- Each basic emotion is associated with a unique facial expression
  - Sensory feedback from the expression contributes to the emotional feeling

# Theories and Concepts of Emotion--

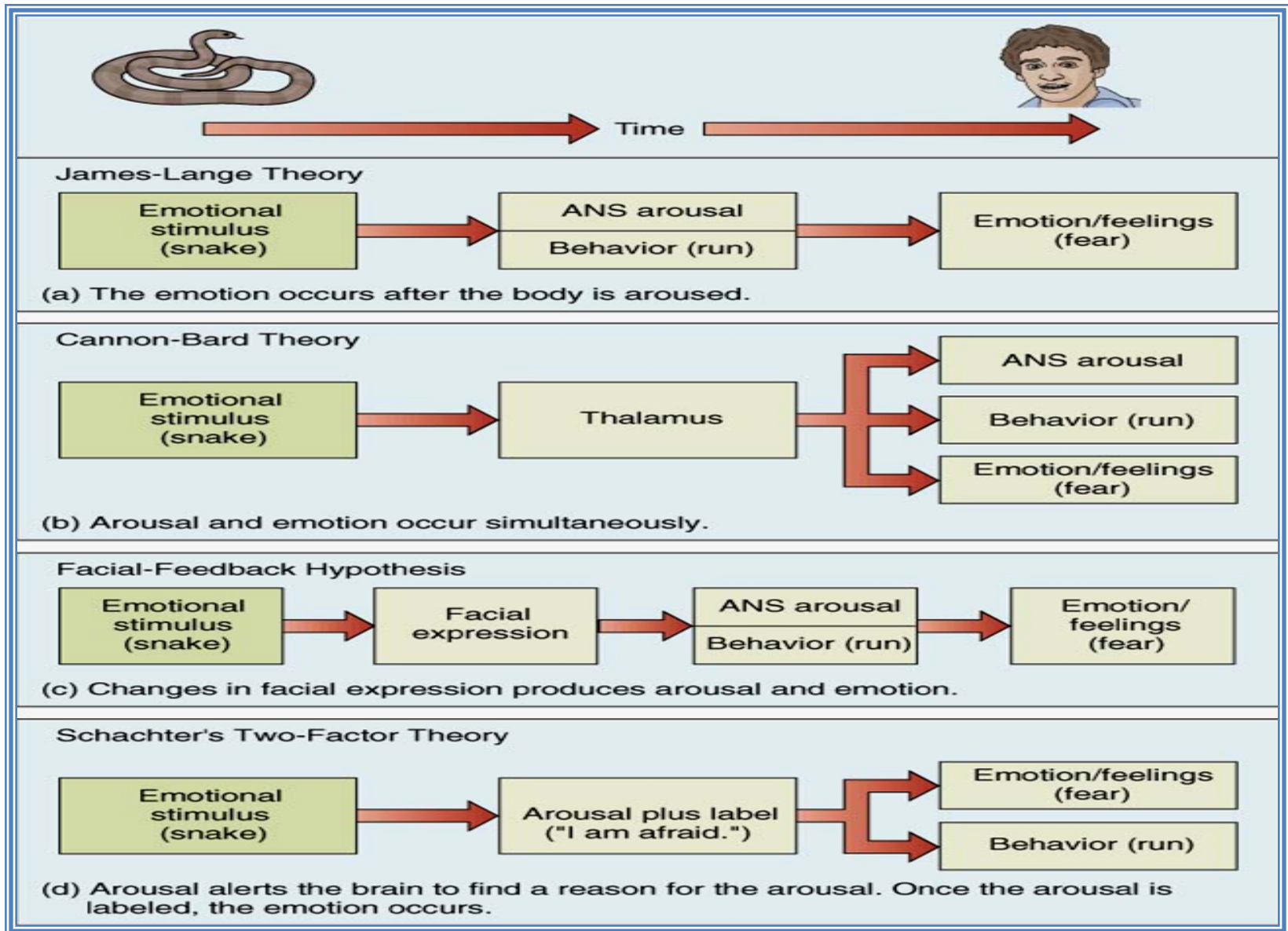
## Four Theories of Emotion

- **James-Lange:** emotions occur after arousal
- **Cannon-Bard:** arousal and emotion occur simultaneously
- **Facial-Feedback:** facial movements elicit arousal and specific emotions
- **Schachter's Two-Factor:** arousal leads to search for label and then emotion occurs



# Theories and Concepts of Emotion:

- Overview of Four Theories of Emotion



# Emotion

The Physiological Component

The Expressive Component

The Cognitive Component

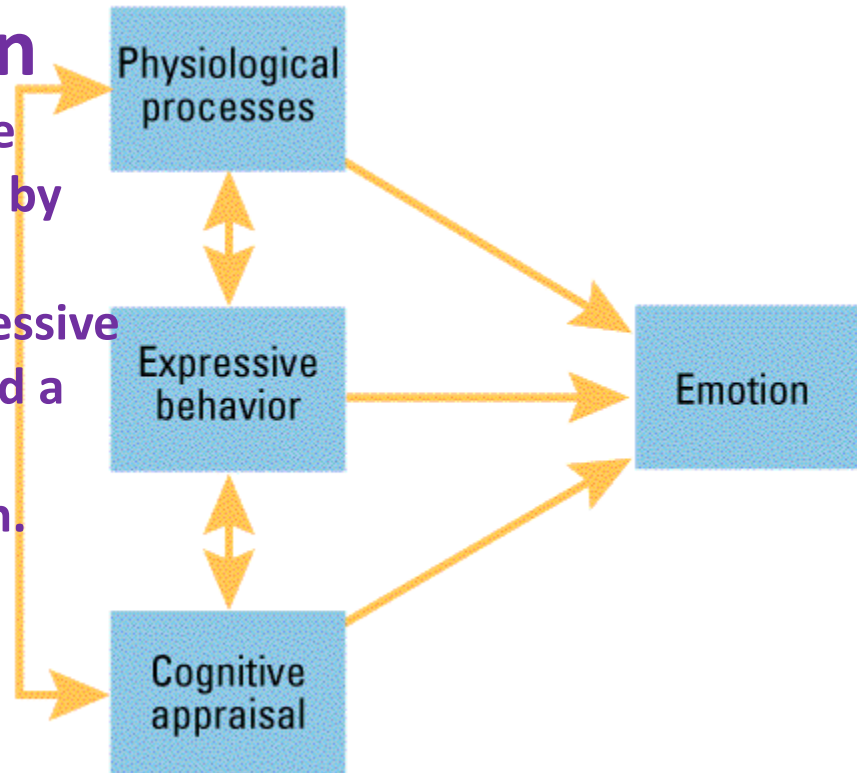
Human Emotion: Putting the Pieces Together

# Emotion

## Three Components of Emotion

### ■ Emotion

A feeling state characterized by physiological arousal, expressive behaviors, and a cognitive interpretation.

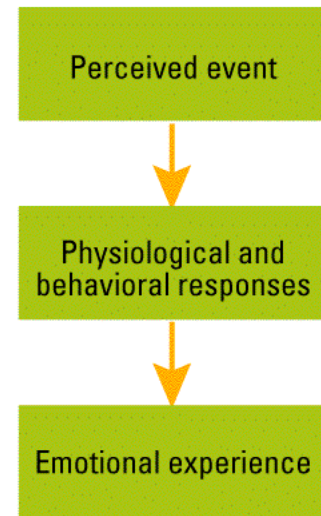


# The Physiological Component

## A Historical Perspective

### James-Lange Theory of Emotion

- Emotion arises from physiological arousal
  - Happiness comes from smiling
  - Sadness comes from crying

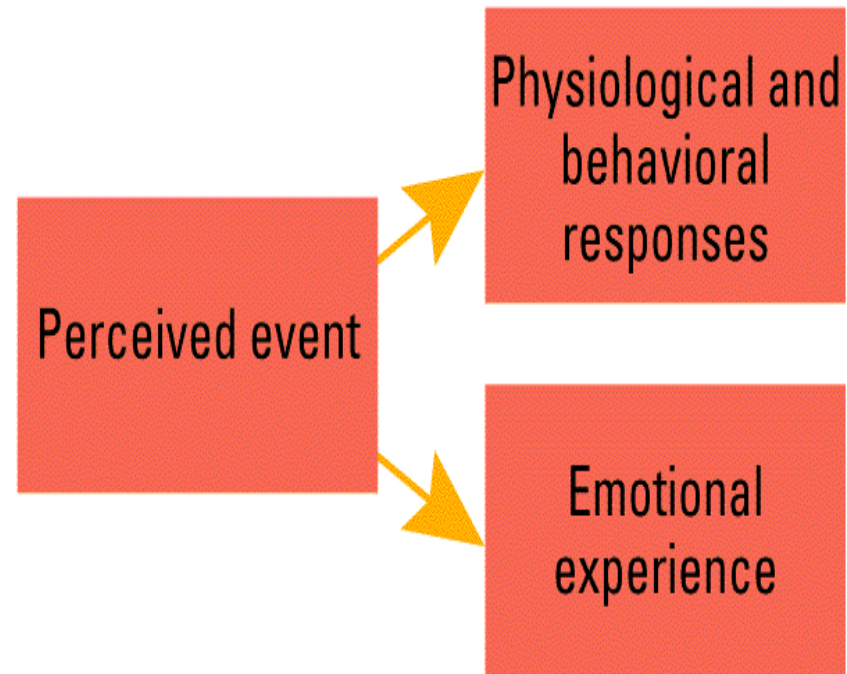


# The Physiological Component

A Historical Perspective

## Cannon-Bard Theory of Emotion

- Emotion originates in the thalamus
- “Body” (physiological systems) and “Mind” (emotional experience) are independently activated at the same time





# Step 1 The beginning: James-Lange (1880's)

- A sequential theory
  - First group to explore emotions scientifically
  - Stimulus--> physiological change---> awareness of change...
    - that awareness is the emotion

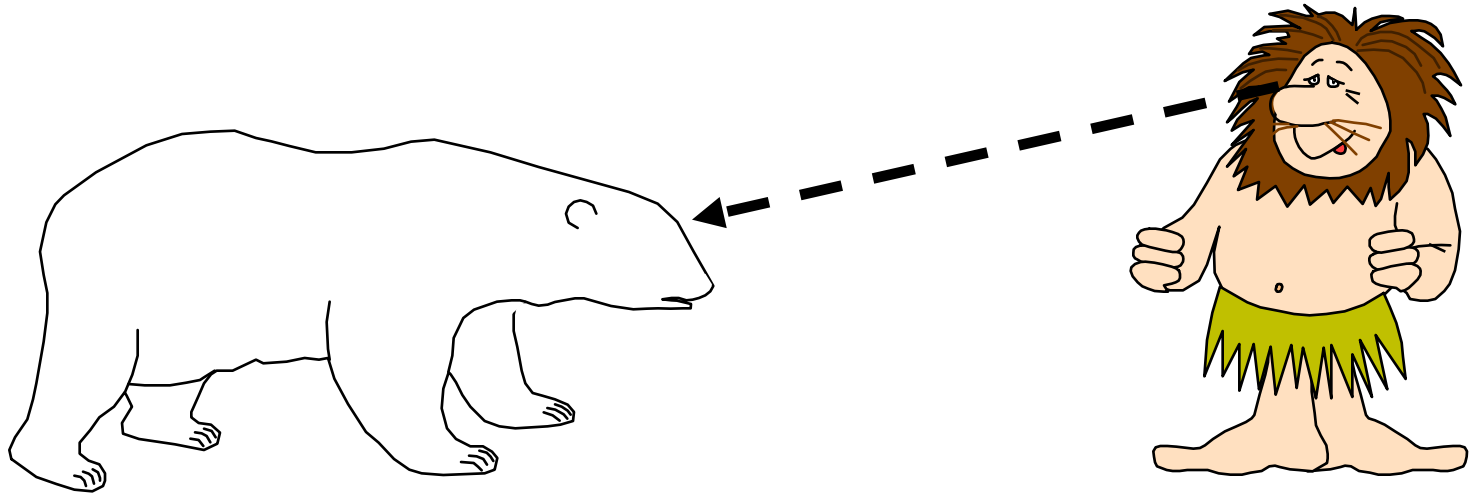
# James-Lange Theory





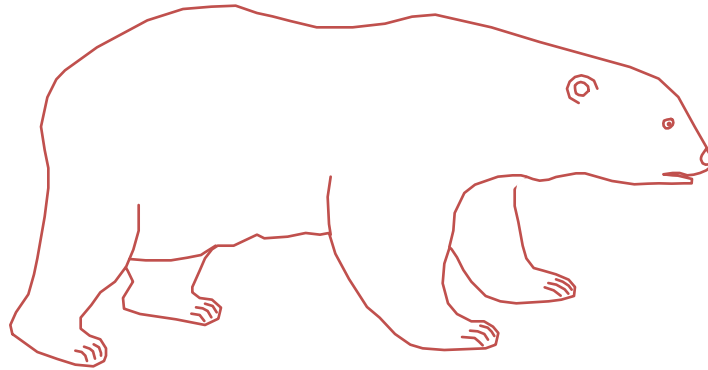
# James-Lange Theory

- Perception of event      See a bear



# James-Lange Theory

- Perception of Event      See a Bear
- Bodily Expression      Run



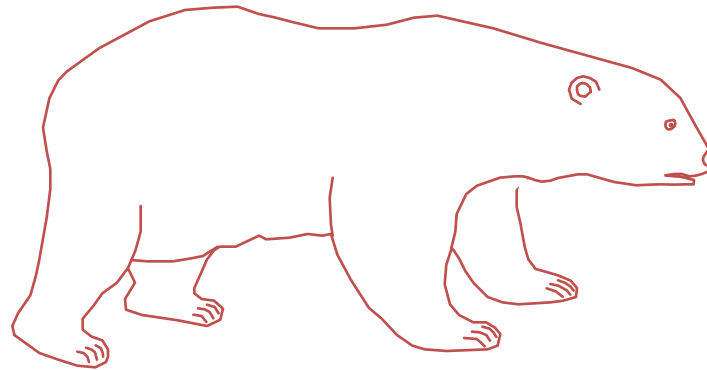
---

---

---

# James-Lange Theory

- Perception of Event      See a Bear
- Bodily Expression      Run
- Subjective Experience      Become Afraid



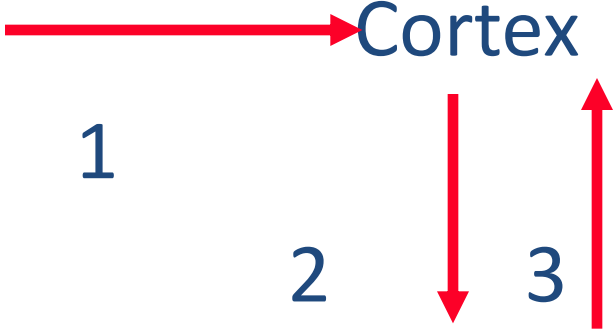
**Oh-oooooh!**

---

---

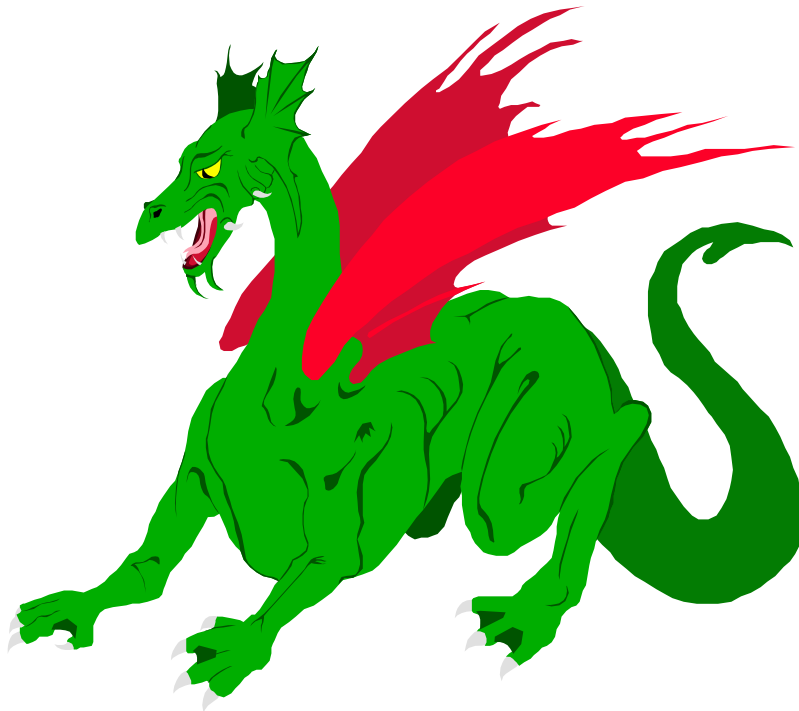
---

# James-Lange Theory

- Sensory Input 

The diagram illustrates the James-Lange Theory process flow. It starts with 'Sensory Input' on the left, which has a red arrow pointing to 'Cortex' on the right. Below 'Sensory Input' is the number '1'. Below 'Cortex' is the number '2'. A red arrow points down from 'Cortex' to '2'. Below '2' is the text 'Bodily Expression Muscles & Viscera'. To the right of '2' is the number '3'. A red arrow points up from '3' to 'Cortex', representing feedback.
- Bodily Expression      Muscles & Viscera
- Subjective Experience - Feedback to Cortex - emphasis on unique patterns of physiological feedback
- Emotions - Perceptions of Bodily Changes

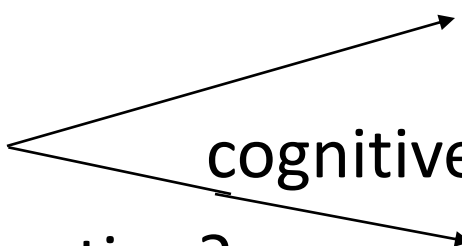
- Criticism: Emotions are experienced too quickly for sequence to work



- See Dragon...
- Experience arousal
- RUN (too late)

# Step 2 A Modification: Cannon-Bard (1920's)

- **A simultaneous theory**

- physiological reaction
  - Stimulus
  - cognitive awareness
  - Physiological reaction?
    - activation of sympathetic nervous system
    - symptoms (what are they?)
- 
- ```
graph LR; A(( )) --> B[physiological reaction]; A --> C[cognitive awareness];
```

# Cannon-Bard Thalamic Theory

- Perception of Event

See a Bear



- Become afraid
- Run
- Subjective Experience    Bodily Expression
- Physiological changes in the body are correlates of the emotional state



# Step 3 Cognitive Involvement: Schachter & Singer (1960s)

- A 2-factor theory
  - physiological arousal + the label (cognition) = emotion
  - label = result of experience and environmental cues
  - their experiment: Arousing stimulus [“placebo”] + false information + social cue (from actor)---> “incorrect” label of emotion

# Ekman's Facial Feedback Theory

# Brain-Based Theory of Emotions

- Amygdala
  - evaluate the significance of stimuli and generate emotional responses
  - generate hormonal secretions and autonomic reactions that accompany strong emotions
  - damage causes “psychic blindness” and the inability to recognize fear in facial expressions and voice

# Brain-Based Theory of Emotions

- Frontal lobes
  - influence people’s conscious emotional feelings and ability to act in planned ways based on feelings (e.g., effects of prefrontal lobotomy)

