A Theoretical Approach to Defne and Analyze Emotions

Ktkujcpw Kwoct Dcu

HLG Hqurkven, Dgretvogpv qh Mgfkekpg, Sgp Rengki j Rqef, Aucpuqn, Wguv Bgpien, Ipfke

ABSTRACT: Background: is study endeavours to de ne and analyze one of the most important faculty of human mind 'emotion'. e 'emotion' is a speci c sensation or feeling in the mind that provides directional drive to the other faculties of the mind - memory, intelligence, and physical activities - for their actions to be performed to pursue a speci c goal. It should be astutely di erentiated from 'mood', as 'mood' is the 'energy level' of the mind at a given particular moment. As a power house of the mind, the centers for 'mood' not only stimulate the activities of the faculty of emotion, but activities of other mental faculties - 'memory', 'intelligence', and 'physical activities' also. Emotion can be logically represented on 'Pleasure and Pain' or 'Positive and Negative' scale. at means every emotion has both these two ends. at is true for the emotion like, 'anger', 'fear' also. e concept of primary and secondary emotions does not exist. Every emotion has been developed as a tradition the process of biological swap has prepared for us all emotions are physiologically distinct, dis erest, variet epide beological paredite, ecpi gto, all have survival roles. cpf +tcigø. Ovjgt ugeqpfct{ goqvkqpu ctg fgxgnqrgf htqo vjgug quantitatively determined.

INTRODUCTION

Tigtg ku pa eapugpuwu ap vig fgŁpkvkap ah ÷go avkapø. Cqpukfgtkpi uq ocp{ fgLpkvkqpu qh ÷goqvkqpø, Kngkpikppcu cvvgorvgf vq cttkxg cv c eqortgjgpukxg fglpkvkqp qh ÷goqvkqpø. Tjg{ uvcvgf, ÷goqvkqpø ujqwnf (1) uc{ uqogvjkpi cdqwv vjg yc{ yg hggn yjgp yg ctg goqvkqpcn; (2) ogpvkqp vjg rj{ukqnqikecn, qt dqfkn{, dcuku qh goqvkqpcn hggnkpiu; (3) kpenwfg vjg ghhgevu qh goqvkqp qp rgtegrvkqp, vjkpmkpi, cpf dgjcxkqwt; (4) rqkpv qwv vjg ftkxkpi, qt oqvkxcvkqpcn rtqrgtvkgu qh egtvckp goqvkqpu uwej cu hgct cpf cpigt; cpf (5) tghgt vq vjg yc{u kp yjkej goqvkqpu ctg gzrtguugf kp ncpiwcig, hcekcn gzrtguukqpu, cpf i guvwtgu (Kngkpikppc & Kngkpikppc, 1981).

Cictngu Ci_ Mkp vyq fkhhgtgpv gpfu. Lkmg, c fqi ujqyu lq{ d{ gngxcvkpi cpf yciikpi jku vckn. Apf kpxgtug qeewtu yjgp jku vckn ftqqru kp fglgevkqp. Dctykp ecnngf vjgo cpvkvjguku. Apf vjgtg ku c vjktf rtkpekrng kp jku yqtm, yjgtg gzrtguukqp qh egtvckp uvcvgu qh okpf ku vjg fktgev tguwnv qh vjg eqpuvkvwvkqp qh vjg pgtxqwu u{uvgo, kpfgrgpfgpv qh vjg ykm qh vjg qticpku o.

 $Tjg\ eqpegrv\ qh\ rtk\ o\ ct\{\ cpf\ ugeqpfct\{\ g\ o\ qvkqpu\ y\ cu\ rquvwncvgf$

chvgt kp nkhg d{ eqpfkvkqpkpi rtqeguugu, nkmg rtkoct{ cpf ugeqpfct{ $\textbf{KEYWORDS:} \ \textit{Emotions, Mood, A} \ \textit{ect, Cognition, Perception, Percepti$ uwrrqtv vjg kfgc vjcv vjgtg ctg uqog dcuke goqvkqpu htqo yjkej eqorngz goqvkqpu fgxgnqr (Emocp, 1992, 1999; I|ctf, 1992; Pcpmugrr, 1992; Pnwyejkm, 1980). Hqygxgt vjg eqpegrv qh rtkoct{ cpf ugeqpfct{ goqvkqpu ctg pqv uwrrqtvgf d{ cm (Otvqp{ & Twtpgt, 1992: Dcu).

> ÷E o qvkqpø j cu qhvgp dggp kpvgtv y kpgf y kvj ÷ o qqfø kp nkvgtcvwtg, cu ÷ o qqfø j cu dggp fgŁpgf cu c õuwuvckpgf g o qvkqp qt hggnkpi vqpg vjcv eqnqtu c rgtuqpøu rgtegrvkqp qh dgkpi kp vjg yqtnfö (Scffqem & Rwk|, 2015). Anvgtpevkxgn{ kv jeu dggp fgŁpgf cu õhggnkpiu vjev vgpf vq dg nguu kpvgpug vjcp goqvkqpu cpf vjcv qhvgp (vjqwij pqv cnyc{u) ncem c eqpygzywcn uyk o wnwuö (Wgkuu & Ctqrcp|cpq, 1996); qt õnqpigt vgto chhgevkxg uvcvgu vjcv fq pqv jcxg wpkswg hcekcn uk i pcvwtg qt gnkekvkp i eqpfkvkqpuö (Emocp, 1994).

THEORIES OF EMOTIONS

Opg qh vig gctnkguv vigqtkgu qh goqvkqp ycu uvcvgf d{ ru{ejqnqikuv Wknnkco Jcogu. Hg ekvgf õWg hggn uqtt{ dgecwug yg et{, cpit{ dgecwug yg uvtkmg, chtckf dgecwug yg vtgodngö. Tjku vjgqt{, hqtyctfgf d{ Wknnkco Jcogu cpf Cctn Lcpig kp ncvg pkpgvggpvj egpvwt{, rqrwnctn{ mpqyp cu Jcogu-Lcpig vjgqt{, rtqrqugu vjg ugswgpeg qh gxgpvu kp goqvkqpcn uvcvgu - (1) yg rgtegkxg vjg ukvwcvkqp vjcv ykm rtqfweg goqvkqp; (2) yg tgcev vq vjku ukvwcvkqp; (3) yg pqvkeg qwt tgcevkqp.

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Fqt vjku vjgqt{ vq yqtm, vjgtg owuv dg c ugv qh gzvgtpcn rj{ukecn ejcpigu vjcv yg ctg cdng vq rgtegk	kpvgtpcn cpf xg cpf tgcev	

Nq qticpku o wrqp vjku yqtnf uwtxkxg hqt dgkpi vjg Łvvguv, vjgkt qpn{ i qcn ku vq ugtxg vjgkt goqvkqpu. ÷Swtxkxcn qh vjg Łvvguvø ku cp qwveqog qh kv. Au, goqvkqpu ctg ugv vq rwtuwg vjg urgekŁe iqcn õugnh-rtgugtxcvkqp cpf rtqrcicvkqp qh vjg urgekguö. Iv eqwnf pqv dg qvjgtykug, dgecwug kp vjqug ecugu, vjg urgekgu yqwnf jcxg dggp gzvkpev. Sq kv ku ugnh-gzrncpcvqt{.

Wg gcv vq ucvkuh{ qwt ÷jwpigtø goqvkqp, pqv vq rtgugtxg vjg $dqf\{.\,Tjg\,rtgugtxcvkqp\,qh\,vjg\,dqf\{\,\,ku\,vjg\,tguwnv.\,Ap\,qticpku\,o\,\,eqwnf$ dg jcrr{ cpf ucvku \pm gf ykvjqwv rtqetgcvkpi, dwv qpn{ ugtxkpi kvu g o qvkqpu cfgswcvgn{; cu kv ku gxkfgpv kp ecug qh o cp{ fq o guvkecvgf} } rgvu. Mcp ku pqvjkpi dwv cp cpk o cn, cpf pq gzegrvkqp vq vjcv twng, kh qpn{ pqv mpq yng fig fqgu dqvjgt jko.

Bwv cickp, qwt eqipkvkqp ngcfu qwt okpf vq vjg Łpcn eqpugswgpeg, cpf d{ vjcv ku tgurqpukdng hqt ctqwucn qh goqvkqpu kp fktgev cpf kpfktgev ocppgt, yjkej jcxg dggp uvcvgf ncvgt. Fqt c uk orng gzcorng, ÷kh yg fq pqv gcv, yg yknn dg ukem qt gxgp oc{ fkgø, vjkpmkpi qh vjcv eqpugswgpeg ctqwugu \div hgctø goqvkqp yjkej eq o rgnu wu vq gcv. Ip ecug qh cpk o cnu kv o c{ dg kttgngxcpv. Adugpeg cxgtug vq fq uqog yqtmu, yjkej, pgkvjgt fktgevn{ pqt kpfktgevn{, ctg tgncvgf vq qwt tgswktgogpvu. Hgtg yg ugpug, eqpuekqwun{ qt uwdeqpuekqwun{, vjcv vjqug yqtmu yqwnf pqv dtkpi cp{ dgpgŁv vq wu, qt rtqxkfg hqt qwt pggfu. Sqogvkogu, c rgtuqp oc{ pqv hggn vq fq uqog ogejcpkecn lqd, gxgp kh kv dtkpiu oqpg{ qt qvjgt dgpgŁvu vq jko. Ip vjcv ecug, kv ujqwnf dg tgcnk|gf vjcv, kv fqgu pqv jcrrgp kp cm vjg ecugu. Iv jcrrgpu rctvkewnctn{ kp vjqug ecugu, y

uwdeqpg

Adaptive Point and Range

Ip cp{ rctvkewnct oqogpv, qwt okpf gzrgtkgpegu cm qh qwt $g \circ q v k q p u$. [g v v j q u g f q p q v t g c e j v q q w t e q p u e k q w u c y c t g p g u u, $dgecwug \ vjgkt \ uv\{nwugu \ qh \ uvk \ o \ wnk \ nkg \ qp \ vjg \ cfcrvkxg \ rqkpv \ qt \ o \ qxg$ ykvjkp vjg cfcrvkxg tcpig (Fkiwtg 2).

 $\label{eq:wigness} W\, j\, gp\, \, v\, j\, g\, \, uv \{\, nwu\,\, qh\,\, v\, j\, g\,\, uv k\, o\, wnwu\,\, nkgu\,\, y\, kv\, j\, kp\,\, v\, j\, g\,\, c\, f\, c\, rv kxg\,\, tcp\, i\, g$ qh vjg uecng, kv fqgu pqv dtkpi cp{ eqpuekqwu ugpucvkqp vq qwt $o\,kpf$. $Wg\ hggn\ c\ rctvkewnct\ g\ o\ qvkqp\ qpn\{\ y\ jgp\ v\ jg\ uv\{nwu\ qh\ uvk\ o\ wnwu\ hqt$ $vjcv\ goqvkqp\ oqxgu\ dg\{qpf\ vjg\ cfcrvkxg\ tcpig,\ qt\ egtvckp\ gxgpv$ www.vkqp&pekvgu goqvkqpcn tgurqpug dg{qpf vjg cfcrvkxg tcpig, glujgt vqyctfu vjg rqukwcxg gptqt vqyctfu vjg pgicvkxg gpf (Fkiwtg 3).gpf

{ o wnwu f.

qh goqvkqpu, uqog eqo oqp eqpenwukqpu ecp dg ftcyp.

- 1. Ipcjcrr{ okpf, cfcrvkxg tcpigu hqt vjg oquv qh vjg goqvkqpu nkg vqyctfu vjg rqukvkxg qt rngcuwtg gpf qp vjg uecng.
- 2. Ip cp wpjcrr{ okpf, cfcrvkxg tcpigu hqt oquv qh vjg goqvkqpu nkg vqyctfu vjg pgicvkxg qt rckp gpf qp vjg uecng. Bwv vjqwi j kp wpjcrr{ okpf, ARu qh oquv qh vjg goqvkqpu nkg vqyctfu vjg pgicvkxg gpf qp vjg uecng, {gv vjg{ etgcvg c rtguuwtg cnyc{u qp vjg ru{ejg qh vjg rgtuqp hqt vjg rnceg ogpv qh vjg o vqyctfu vjg rqukvkxg ukfg.
 - Tjgug rtguuwtgu dgkpi ciitgicvgf, rtqfweg citgcv fktgevkqpcn ftkxg vjcv kpvgpugn{ kpxqnxgu qwt ogcpu, vjcv ku qwt qvjgt jqwugu (ogoqt{, kpvgnnkigpeg, gve.). Ftqo vjku rtguuwtg qt ftkxg, itgcv etgcvkqpu oc{ eqog.
- (3) Gtquun{ vjkpmkpi, qwt nkhg ku cevwcm{ c uvtwiing ykvj vjg gpxktqpogpv kp cp ghhqtv vq rwuj qwt ARu vqyctfu vjg rqukvkxg gpf qp vjgkt uecngu, cu õNq qticpku o wrqp vjku gctvj nkxg vq dgeqog vjg Łvvguv, vjgkt qpn{ iqcn ku vq ugtxg vjgkt goqvkqpu, uwtxkxcn qh Łvvguv ku cp qwveqog qh kv.ö

Bwv kp uqog ecugu, vjg fkurncegogpvu qh cfcrvkxg tcpigu qh qpg qt oqtg goqvkqpu vcmg rnceg vq uwej c pgicvkxg gzvgpv, vjcv vjg uwdlgevu vjgougnxgu ctg wpcdng vq vcemng, oc{ tguwnv kp vjgkt uwhhgtkpiu htqo xctkqwu ru{ejqpgwtqvke fkuqtfgtu. Mquv qh vjg pgwtqvke fkuqtfgtu ctg ecwugf d{ vjg htgswgpv vjtgcv qh ugtkqwu pgicvkxg fkurncegogpv qh ARu qp fkhhgtgpv goqvkqp uecngu. Wjgp vjgtg qeewt octmgf pgicvkxg fkurncegogpv qh ARu qp c pwodgt qh goqvkqpu, goqvkqpcn dnwpvpguu oc{ hqnnqy. Ptqhguukqpcnøu jgnr vq itqy vjg uwdlgevuø qyp kpukijv kpvq vjgkt rtqdngou cpf uwiiguv vjg rtqdcdng yc{u vq eqog qwv qh vjqug ukvwcvkqpu oc{ dgeqog pgeguuct{ hqt vjgo.

Nqy ngv wu iq vq fggrgt kpvq vjg ocvvgt.

Fqt c rctvkewnct goqvkqp, vjg cfcrvkxg tcpig nkgu kp c rctvkewnct rqukvkqp qp vjg uecng. Dkhhgtgpv uvk o wnk gxqmg tgurqpugu cv fkhhgtgpv rqkpvu qp vjg uecng. Fqt gzcorng, I yqwnf vcmg ÷hgctø cu c uvcpfctf goqvkqpcn gzcorng. Tjg ÷hgctø ku vjg pgicvkxg ukfg qh vjg goqvkqp.

jgctkpi uqog ucf owuke, hggn tqocpvke jgctkpi uqog tqocpvke owuke; qt c rctvkewnct qfqwt oc{ ecwug ctqwucn qh ugzwcn fguktg. Hgtg, vjg vjkpiu jcxg dggp eqpfkvkqpgf ykvj vjqug goqvkqpu. Ot kp qvjgt yqtfu, vjgug ucf qt tqocpvke owuke, qt rctvkewnct qfqwt ctg rctv qh cuuqekcvgf ogoqtkgu qh uqog ukvwcvkqpu yjkej ygtg tgurqpukdng hqt ctqwucn qh vjqug goqvkqpu kp vjg rcuv.

Bgukfgu ogoqt{, qwt jqwug qh kpvgnnkigpeg ecp cnuq gxqmg goqvkqpcn ctqwucn. -Tjkpmkpiø qt -Cqipkvkxg crrtckucnø ecp gfweg goqvkqpu dqvj kp fktgev cpf kpfktgev yc{. Ip fktgev yc{, $\div eqip \text{kvugnh gfwegu vjg goqvkqp fktgevn} \{. \ L\text{kmg uqogqpg}$ y cu fgegkxgf cpf $\div vjkpmkpi$ qh $vjcv\emptyset$ y km rtqfweg cpigt tgcevkqp y kvj kp j k o . Hgtg, \div vj kpmkp i \emptyset ku pqv tgncvg f vq cp{ rcuv rngcuwtcdng qt wprngcuwcdng gzrgtkgpeg. Bwv ÷vjkpmkpiø ocmgu vjg fgekukqp vjcv vjg gxgpv pggfu vjg ctqwucn qh c rctvkewnct goqvkqp yjkej ku guugpvkcn vq rtqoqvg qt ejgem vjg hcxqwtcdng cpf wphcxqwtcdng cp_ o qxg vq cp{ ctgc y jgtg v jku r tguuwtg ku nguu qt jk i j.

Iv ku nkmg rgtegrvkqpu ctg lwuv hqt cfcrvcvkqpu, kv jcu pq o qvkxcvkqpcn eq o rqpgpv; y jgtgcu g o qvkqpu ctg hqt cfcrvcvkqpu cu y gnn cu hqt rtqitguu cpf gxqnwvkqp, vjtqwij fktgevkpi vjg urgekgu qp ugtxkpi urgek£e i qcnu.

CONSCIENCE

Ip 1923, Skiowpf Ftgwf, kp jku dqqm ÷Tjg giq cpf vjg Ifø, fkxkfgf vjg ogpvcn crrctcvwu kpvq vjtgg f{pcoke rctvu: Tjg If, vjg Eiq, cpf vjg Swrgtgiq.

Tjg If ku vjg qtkikpen kpuvkpev qh qwt okpf.

Swrgtgiq ku qwt eqpuekgpeg, yjkej ku eqpegtpgf ykvj qwt o qtcn uvcpfctfu, cpf fgxgnqru qp vjg dcuku qh tgyctfu cpf rwpkuj o gpv, vjtqwij rctgpvcn cpf uqekcn kpłwgpegu.

Apf Eiq ockpvckpu c dcncpeg dgvyggp vjg If cpf vjg Swrgtgiq.

Aeeqtfkpi vq Ftgwf, vjg uwrgtgiq ku hqtogf dgvyggp 5-12 {gctu qh cig. Aeeqtfkpi vq uqog qh vjg ncvgt ru{ejqcpcn{uvu nkmg Mgncpkg Kngkp, vjku uwrgtgiq fgxgnqru fwtkpi vjg Łtuv cpf ugeqpf {gctu qh c rgtuqpøu nkhg. Aevwcmn{ vjg uwrgtgiq qt eqpuekgpeg uvctvu vq fgxgnqr htqo dktvj qt dghqtg dktvj. Apf kvu hqtocvkqp ku pqv Łzgf qt eqorngvgf cv cp{ uvcig qh nkhg. Iv ecp dg oqfkŁgf qt ejcpigf cv cp{ uvcig qh nkhg cu nqpi cu vjg rgtuqp nkxgu.

Nqv qpn{ vjcv, fkurncegogpv qh vjg rgtuqp htqo c egtvckp gpxktqpogpv vq cpqvjgt gpxktqpogpv ykvj fkhhgtgpv gvjkecn xcnwgu, ewnvwtcn dgnkghu ecp itcfwcmn{ ejcpig jku eqpuekgpeg qt uwrgtgiq vq fkhhgtgpv gzvgpv. Bwv vjg rtgxkqwu kortkpv, jku mpqyngfig cpfocvwtkv{ eqwpv cpf cev kp hcxqwt qt fkuhcxqwt qh vjg ejcpig.

Bwv Łtuv qh cm yg ujqwnf fgŁpg yjcv cevwcm{ ÷vjg eqpuekgpegø ku.

Cqpuekgpeg ku pqvjkpi dwv vjg ciitgicvgf cfcrvkxg tcpigu qh vjg goqvkqpu, cevkpi vqigvjgt uwdeqpuekqwun{ qt eqpuekqwun{ vq oqfkh{ qpgøu vjqwijvu cpf dgjcxkqwt. Tjg goqvkqp ÷Fgctø rnc{u c ukipkŁecpv tqng kp vjku ecug.

Ip vjku tgictf, I ecppqv ejgem o {ugnh htqo swqvkpi Ftkgftkej Nkgv|uejg-õCqpuekgpeg ku kpvgtpcnk|cvkqp qh o cpøu kpuvkpevu y jkej fq pqv Łpf vjgkt gzvgtpcn gzrtguukqpö. Nkgv|uejg ku tkijv.

Fqt gzcorng, vq c ocp ÷uvgcnkpiø ku c ukp qt dkvg vq jku eqpuekgpeg. Bwv yjcv yqwnf jcrrgp vq jko kh jg uvgcnu? Tjgtg ku ejcpeg qh dgkpi fgvgevgf, ngicn rwpkujogpv, dcf rqnkeg tgeqtfu, tglgevkqp htqo hwvwtg lqdu, uqekcn tglgevkqp, fkurncegogpv htqo vjg pqtocn ekxknkcp nkhg.

Upnguu jg cntgcf{ jcu wpfgtiqpg vjku dghqtg, vjg vjkpmkpi qh cnn vjgug rtqurgevu yknn ocmg c ukipkŁecpv goqvkqpcn tgurqpug qp vjg uecng qh vjg goqvkqp ÷hgctø vqyctfu vjg pgicvkxg qt rckp gpf, cpf yknn rtqfweg hgct ykvjkp jku okpf. Tjku hgct ejgemu jko htqo vjg cevkqp qh uvgcnkpi. Sq vjg cfcrvkxg tcpig qh hgct yjkej tgockpu wpeqpuekqwu qt dgvvgt uwdeqpuekqwu cpf fkuhcxqwtu pgicvkxg fkurncegogpv cpf rtqoqvgu rqukvkxg fkurncegogpv qh kv, cevwcnn{ makes the conscience.

Hef vjg uvkownwu tgockpgf ykvjkp vjg efervkxg tepig qp vjg ueeng, jg yqwnf pqv jexg vq uwhhgt htqo vjg dkvg qh eqpuekgpeg. Ih he is c eqpxkevgf vjkgh, jg jeu entgef{ uwhhgtgf vjgug dghqtg epf vjgtg jcu dggp fkurnceg o gpv qh vjg AR cntgcf{. Ip vjku ecug jku equuekgpeg y qwnf pqv rtgxgpv jko htq o uvgcnkpi kh jg pggfu vq vcmg vjcv cevkqp cickp. Hgtg vjg wprngcucpv gzrgtkgpeg qh vjg rtgxkqwu rwpkuj o gpv y knn qpn{ cev qp jku o kpf vq rtqfweg hgct tgcevkqp, kh kv ku tgcnn{ hgctuq o g, dwv qvjgtu o gpvkqpgf cdqxg y qwnf pqv. Bwv cu qxgt c nqpi rgtkqf qh vkog, o cp{ qh wppgwvtcnk|gf goqvkqpcn gzrgtkgpegu vgpf vq hcfg qhh ykvj vjg ejcpig qh gpxktqp o gpv qt kh vjgtg ku pq tgrgcvgf tgewttgpegu qh vjg ukvwcvkqpu vjcv ctqwug jku o goqtkgu gkvjgt wrqp hcekpi, qt qp kocikpkpi qh vjg o; cpf vjku ecp dg fqpg d{ cevkxg ghhqtv cnuq, - vjg eqttgevkqp qh vjg eqpuekgpeg qh c vjkgh o c{ dg rquukdng vq uq o g gzvgpv (dwv pqv vq hwnn gzvgpv) ykvj eq o rngvg ejcpig qh gpxktqp o gpv.

 $Sq \\ \div Rgyctfu cpf Pwpkuj o gpv\emptyset vjgqt\{ ku rctvkcmn \\ vtwg, dgecwug vjg rgtuqp yjq ku cntgcf\{ cfcrvgf vq vjg rwpkuj o gpv, vq jk o hgct qh rwpkuj o gpv y qwnf rnc \\ nguu tqng qp eqpuekgpeg. Ip ecug qh tgyctfu, vjg eqpuekgpeg hcxqwtu vjg fkurnceg o gpv qh AR vqyctfu vjg rqukvkxg end. When the AR is already settled on the scale in near proximity qh vjg rqukvkxg gpf, vjgtg ku nkvvng rnceg hqt hwtvjgt ku$

\$

shape also needs to be restructured by necessary alterations. This kpenwfgu ejcpikpi qh vjgug kfgcu, dgnkghu, hckvju, dgjcxkqwtcn cpf thinking patterns also.

Wg ecnn kv -fghgpeg ogejcpku oø. Dghgpeg ogejcpku ou wuwcnn{ take logical route to make this necessary changes and be adapted ykvj pgygt ukwwcvkqpu. Bww uqogvkogu kv oc{ pqv dg cdng vq fq vjcv. Ip vjqug gzvtgog ukvwcvkqpu, vq eqrg ykvj vjg ujkhvgf ARu, qwt uvtwevwtcn oqfgn qh hckvju, dgnkghu gve. gxgp dgeq og qdnkigf vq vcmg kfgcu, dgnkghu vjcv oc{ pqv hqnnq y vjg nqikecn tqwvgu.

Tjkukuqpgqhvjgogejcpkuoudgjkpfvjghqtocvkqpqhfgnwukqpu. Bwv pqv vjg qpn{ ogejcpku o. Dgnwukqp oc{ cnuq hqto yjgp vjg okpføu nqikecn vjkpmkpi cdknkv{ ku korcktgf (cu kp uejk|qrjtgpkc). Aickp, vjg etkvgtkc hqt fgnwukqp ctg cnuq swguvkqpcdng. Hqy ocp{ qh qwt hckvju, dgnkghu ctg nqikecnn{ qt gzrgtkogpvcnn{ lwuvkŁgf? Sq y g ecnn qwt dgnkghu kh pqt o cn qt fgnwukqpcn ceeqtfkpi vq vjg hcev vjcv yjgvjgt vjg{ ctg iqkpi ykvj vjg ewnvwtcn pqto qt pqv, kttgurgevkxg qh vig heev viev y jgvigt vig{ ctg tevkqpen qt kttevkqpen. Se o g dgnkgh qh qpg ewnvwtg oc{ dg tgictfgf cu fgnwukqp kp cpqvjgt ewnvwtg.

EMOTION AND PERSONALITY

Bghqtg uvctvkpi vjku fkuewuukqp, yg yknn vcnm cdqwv c nkvvng cdqwv emotional memories.

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Anqpi ykvj qwt rgtegrvkqpcn ogoqtkgu (ogoqtkgu - fcvc
qh y jkej ctg tgegkxgf vjtqwij qwt ugpug qticpu), qwt goqvkqpcn
gzrgtkgpegu, kpvgnngevwcn rtqeguugu, cpf o qvqt umknnu ctg cnuq uvqtgf
kp qwt ogoqt{ cu ogoqtkitcrjke fcvc
                                           cZg oqvkqpc fdg ygf,kgi qt $ kggf{
                                                                                                       qqikecnnR
y j b gepcgcfkx i cf
                           ogvqt omknnu y cen vtg
                                 qinm
```

qh vjg ÷hgctø uecng, vjcv ogcpu kv yknn kpekvg ÷hgctø tgcevkqp ykvjkp wu. Swrrqug uqogqpg ycu dgcvgp d{ uqog rgtuqp. Sq yjgpgxgt jg ykm ugg vjcv rgtuqp, vjg cuuqekcvgf ogoqtkgu cdqwv jko ykm kpuvki cvg uvk o wncvkqp qp vjg pgi cvkxg ukfg qh vjg ÷hgctø uecng. Bwv kh $vjg\;cuuqekcvgf\;o\,g\,o\,qtkgu\;ctg\;ejcpigf\;\text{-}\;hqt\;gzc\,o\,rng,\;jg\;tgvcnkcvgf\;kv$ rtqrgtn{ d{ ikxkpi fwg rwpkuj o gpv vq jk o, gkvjgt d{ dgcvkpi jk o kp tgvwtp qt rwvvkpi jko kp egnn uq vjcv kv y qwnf dg jctf hqt jko vq dgcv jko cickp - vjgp vjg cuuqekcvgf ogoqtkgu yknn hckn vq gfweg ÷hgctø tgurqpug qt uvk o wncvg qp vjg pgicvkxg ukfg qh vjg uecng. Tjku ejcpig qh cuuqekcvgf ogoqtkgu cdqwv vjcv qdlgev ogcpu ykppkpi qxgt vjg÷hgctø tgcevkqp gxqmgf d{ vjcv rctvkewnct qdlgev. Pjqdkc ku kttcvkqpcn hgct. Hgtg vjg qdlgev oc{ jcxg pqv jctogf fktgevn{ vjg uwhhgtkpi rgtuqp kp vjg rcuv. Bwv uq og qh vjg og oqtkgu yjkej ctg cuuqekcvgf ykvj kv dgct vjtgcvgpkpi qt wprngcuwtcdng gzrgtkgpegu uwhhgtgf kp vjg rcuv. Sq vjg yjqng cuuqekcvkqp qh ogoqtkgu tgictfkpi vjcv qdlgev gxqmg pgicvkxg tgurqpug qp vjg goqvkqp ÷hgctø qt goqvkqp ÷fku i wuvø uecng. Sq yg oc{ dg fku i wuvgf vq ugg c urkfgt qt eqemtqcej cu dgecwug vjgtg ctg uq ocp{ fkuiwuvgf ogoqtkgu cuuqekcvgf ykvj vjgo - uwej cu uggp kp fktv{ rncegu, uggp htgswgpvn{ urqknkpi hqqfu; gxgp jcxkpi uggp qvjgtu vq dg vgttkŁgf d{ vjgo, gve. q

tu vq ng \$ # qt fku M

kpeqorngvg cfcrvcvkqp, cpf eqorngvg uwdlwicvkqp qt wrlwicvkqp qeewtu kp ecug qh eqorngvg cfcrvcvkqp. Wjgp vjg uwdlgev ku hqtegf vq nkxg ykvj vjg goqvkqp rtqxqmkpi uwduvcpeg qt ukvwcvkqp, eqorngvg cfcrvcvkqp vcmgu rnceg, kp kocikpct{ ecugu kpeqorngvg cfcrvcvkqp qeewtu dcugf wrqp vjg ejcpegu qh tgewttgpegu qh vjg o. Ip ecug qh eqorngvg cfcrvcvkqp, vjqwij vjg rgtuqp ecppqv hggn vjg goqvkqpcn tgcevkqp tgictfkpi vjg qdlgev qt ukvwcvkqp, dgjcxkqwt cu ygm cu rgtuqpcnkv{ dgeqogu ejcpigf cnuq kp vjcv ecug, qpn{ ocmkpi qwt okpf wpyctg qh ukngpv goqvkqpcn tgcevkqpu. Sq qwt rgtuqpcnkv{ cu y gnn cu dgjcxkqwt ctg o qfwngf wrqp dqvj kpeq o rngvg cpf eq o rngvg cfcrvcvkqp vq qwt wppgwvtcnk | gf goqvkqpcn ogoqtkgu.

Iv ujqwnf dg hwtvjgtoqtg pqvgf vjcv, vjtqwij vjg ejcpig kp qwt vjkpmkpi rcvvgtp yg ecp eqodcv fgrtguukqp, dwv yg ecppqv ejcpig qwt qxgtcnn rgtuqpenkv{ kh yg fq pqv pgwvtenk|g vjqug wppgwvtenk|gf goqvkqpcn ogoqtkgu. Bwv ejcpigu kp rcvvgtp qh vjkpmkpi kpfktgevn{ oc{ kpfweg c rgtuqp vq pgwvtcnk|g uqog wppgwvtcnk|gf goqvkqpcn ogoqtkgu yjkej ctg tgurqpukdng hqt jku qt jgt fkuvtguukpi personality and maladaptive behaviour. But it cannot do it directly.

A rgtuqpøu itquu rgtuqpcnkv{ ejcpikpi ku fkhŁewnv, dwv pqv k o rquukdng. Bgecwug qpgøu rgtuqpenkv { ku rtkpekrenn { fgvgt o kpgf d { vjg vjqwucpfu qh wppgwvtcnk|gf goqvkqpcn gzrgtkgpegu qt ogoqtkgu vjev jeu dggp uvqtgf kp jku ogoqt{. Anvgtevkqp qt pgwvtenk | evkqp qh cnn qh vjgug ku fkhŁewnv, {gv rquukdng kp vjcv ugpug, vjcv wppgwvtcnk | gf goqvkqpcn gzrgtkgpegu qt goqvkqpcn ogoqtkgu vgpf vq dg hcfgf qhh qxgt nqpi rgtkqf qh vkog, kh tgrgcvgf tgewttgpeg qh vjg gxgpv fqgu pqv jerrgp. Tjg tgeuqp hqt vjku ÷hefkpi qhhø ku vjev vjgug emotional memories are gradually expressed out over time by kocikpcvkxgn{ tgrgcvgf tgeqnngevkqp qh vjgo gkvjgt kp vjg eqpuekqwu okpf, qt ykvjqwv vjg cyctgpguu qh vjg uwdlgev kp vjg uwdeqpuekqwu okpf. Wjgpgxgt c rgtuqp hggnu tgnczgf uq o g qh jku wppgwytcnk | gf emotions get expressed out through his eyes and bodily expressions $y\,kv\,j\,qwv\,\,v\,j\,g\,\,c\,y\,ctgpguu\,\,qh\,\,j\,k\,o\,.\,\,T\,j\,ku\,\,r\,tqeguu\,\,o\,cmgu\,\,wnvk\,o\,cvgn\{\,\,o\,cp\{\,$ events emotionally neutral memory. But this takes considerable rgtkqf qh vk og. Apf kv oc{ eqwpv hqt vjg hcev vjcv kh uq og rgtuqp ku eqorngygn{ ujkhygf htqo qpg gpxktqpogpv qt uwttqwpfkpiu vq cpqvjgt gpxktqpogpv qt uwttqwpfkpiu, dgkpi eqorngvgn{ fgvcejgf htqo vjg Łtuv qpg, hqt c uki pkŁecpv ngpi vj qh vjg vkog, jku dgjcxkqwt cpf rgtuqpcnkv{ ku dqwpf vq ejcpig cpf dg tgoqfkLgf ceeqtfkpi vq the later one.

Bwv xgt { hg y qh kpfkxk f wcnu j cxg v j cv ueqrg cpf cnuq y knnkpipguu. Sq kp rtcevkecn nkhg, vq eqodcv ocncfcrvkxg rgtuqpcnkv{, kv ku cfxkucdng vq gzrtguu qwv qt cevkpi qwv uqog qh urgekŁe goqvkqpcn gzrgtkgpegu yjkej ctg ockpn{ tgurqpukdng hqt vjg rgtuqpøu fkuvtguukpi dgjcxkqwt qt ocncfcrvcvkqp, cpf tguvtkev vjg tgewttgpeg qh uk o knet g o qvkqpen gzrgtkgpegu. Bwv kp v j ku eeug e hg y tgurqpukdng g o qvkqpcn gzrgtkgpegu j cxg vq dg vjgtg. Ih vjg gzrgtkgpegu ctg nctig kp pwodgt cpf fkhhwugf qxgt c eqpukfgtcdng rgtkqf qh qpgøu nkhg, nkmg rtqnqpigf km vtgcvogpv qt cdwug vjtqwijqwv vjg ejknfjqqf, vjg rgtuqpcnkv{ ku nguu cogpcdng vq eqttgevkqp, dwv pqv korquukdng cnvqigvjgt kh vjg eqorngvg ejcpig qh gpxktqpogpv ku kpfwegf hqt c rtqnqpigf rgtkqf qh vkog.

EXPRESSION AND RECOGNITION OF EMOTION

Hqy fq yg gzrtguu qwt goqvkqpu? Tq uc{ kv uvtckijvhqtyctf, vjg gzrtguukqp qh goqvkqpu ecp kpxqnxg cp{ qh vjg gpvktg dqfkn{ rtqeguugu, cpf kv cnuq kpenwfgu dgjcxkqwtcn gzrtguukqp cu ygm cu cwkwwfg qh vjg dqf{ qt dqf{ ncpiwcig. Ip ecug qh cpkocnu, vjg gzrtguukqp oc{ dg eqorqtvgf d{ cp{ qh vjg rctvu qh vjg dqf{. Fqt gzcorng, yciikpi qh vckn fgpqvgu ÷lq{økp fqi, yjgtgcu ftqqrkpi qh kv kpfkecvgu ÷ucfpguuø. Aevkxcvkqp cpf eqpuvtkevkqp qh lcy owuengu ujqykpi ecpkpg vggvj ukipkŁgu ÷cpigtø, cpf d{ vjku ectpkxqtqwu animals display their anger on their opponents.

Bwv kp ecug qh jwocp, vjg owuengu qh vjg hceg jcxg dggp fgxgnqrgf vq rgthqto ykvj oczkowo rtgekukqp vq gzrtguu Łpgt goqvkqpu, rctvkewnctn{ vjqug yjkej ctg pqv htgswgpvn{ rquuguugf d{ vjg cpkocnu, nkmg ujcog qt godcttcuuogpv, uwtrtkug, jwoqwt, gve. Bgukfgu hcekcn owuengu, vjg owuengu qh vjg wxgcn vtcev cpf g{gnkfu ctg cpqvjgt ko rqtvcpv eqpxg{qtu qh gzrtguukpi go qvkqpu kp ocp. Tjg fknevevkqp qh rwrkn ku tgeqtfgf kp c pwodgt qh goqvkqpu kp fkhhgtgpv ocipkvwfg; k.g., hgct, uwtrtkug, cpigt. Wkfgpkpi qh vjg renrgdten ergtvwtg (qrgpkpi dgvyggp g{gnkfu) ku qdugtxgf kp ÷hgetø, ÷cpigtø, ÷uwtrtkugø; y jgtgcu vjg crgtvwtg igvu pcttqygf kp goqvkqpu nkmg ÷ujc o g qt g o dcttcuu o gpvø.

÷Vqkegø vemgu c oclqt retv kp gzrtguukpi goqvkqpu. Gtqynkpi cpf dctmkpi uqwpfu ctg urgekŁe hqt -cpigtø kp ecug qh cpk o cnu. Ip jwocp dgkpi, kp yjkej xqkeg jcu dggp gzegnngf vq Łpgt ngxgn qh instrumgpvcvkqp, cn o quv cnn g o qvkqpu ecp dg tgeqipk|gf d{ vjg vqpg cpf kpvgpukv{ (k.g., htgswgpe{ cpf cornkvwfg) qh vjg xqkeg qh vjg emotional expresser.

Ovjgt oqfcnkvkgu yjkej ctg kpxqnxgf kp gzrtguukqp qh goqvkqpu ctg tgurqpugu ogfkcvgf d{ vjg cwvqpqoke pgtxqwu u{uvgo, gkvjgt u{ orcvjgvke qt rctcu{ orcvjgvke. Cjcpigu kp vjg eqnqwt qh vjg umkp vjtqwij rgtkrjgtcn xcuqfkncvcvkqp qt xcuqeqpuvtkevkqp; gtgevkqp qh dqf{ jcktu; kpetgcugf uygcvkpi; ejcpigu kp dqf{ vgorgtcvwtg, jgctv tcvg, dtgcvjkpi tcvg cpf fgrvj; xctkqwu icuvtq-kpvguvkpcn ukipu cpf u{orvqou; ejcpigu kp vqpg qh cwvqpqoke owuewncvwtg (k.g., kpxqnwpvct{ okevwtkvkqpkp÷hgctø); ctg cuuqekcvgfykvjrj{ukqnqikecn gzrtguukqp qh vjg fkhhgtgpv goqvkqpu.

Sq vjg gzrtguukqp qh goqvkqpu ku c ownvkoqfcn u{uvgo yjkej kpxqnxgu xctkcdn{ fkhhgtgpv u{uvgou qh vjg dqf{. Hqygxgt, vjg tgeqipkvkqp qh goqvkqpu d{ qvjgtu, xctkgu kp fgitggu kp dqvj $cpk\,o\,cnu\,\,cpf\,\,o\,cp.\,\,Hgtg\,\,I\,\,o\,wuv\,\,c\,f\,o\,kv,\,\,tgeq\,i\,pkvkqp\,\,qh\,\,g\,o\,qvkqpu$ ku etquu-urgekgu. Tjcv ogcpu c ocp ecp wpfgtuvcpf qt rgtegkxg cp cpkocnóu go qvkqp, cpf cp cpkocn ecp tgeqipk|g c o cpóu goqvkqp. Bwv kv ku xgt{ kpvgtguvkpi, vjcv vjku etquu-urgekgu pcvwtg qh goqvkqpcn tgeqipkvkqp ku qpn{ dqwpfgf vq eqooqp goqvkqpu. Tjev ku, ep epkoen eep tgeqipk|g vjqug goqvkqpu qh e oep, yjkej vjg{ vjgougnxgu rquuguu; nkmg ÷cpigtø, ÷hgctø qt ÷nqxgø. Bwv vjg{ ctg eqorngvgn{ dnkpf vq vjqug goqvkqpu yjkej vjg{ vjgougnxgu fq pqv possess. An animal is unable to perceive a human emotion like ÷jwoqwtø qt ÷ncwijø. Sq kv ku xgt{ pgeguuct{ hqt vjg tgeqipkvkqp

gvgx

rctgpvu. Au vjg fgxgnqrogpv rtqeggfu, vjg ocvwtkv{ kp goqvkqpcn tgeqipkvkqp cnuq gpuwgu. Tjg tgeqipk|kpi cdknkv{ ku ugtkqwun{

everything by the psychologist or psychiatrist on a single sitting. $Cwttgpvn\{\ ftwi\ vtgcv\,o\,gpv\ cpf\ ECT\ ctg\ kp\ xqiwg\ ykvj\ hckt\ uweeguu.$ $Bwv\ vj\ cv\ ku\ hqt\ c\ fg\ Epkvg\ rgtkqf\ qh\ vk\ og\ qt\ cu\ nqpi\ cu\ vjg\ rgtuqp\ ku\ qp\\ vjg\ vtgcv\ og\ pv.\ ECT\ j\ cu\ kvu\ ukfg\ ghhgevu\ qh\ c\ opgukc\ cnuq.\ Cqipkvkxg$ $vjgtcr\{ ku cnuq ygnn uweeguuhwn.$

Emocp, P. (1992). Ap ctiwogpv hqt dcuke goqvkqpu. Cognition & Emotion, 6(3-4), 169-200.	