# EMOTIONS

BY
LYDIAH MAINGI

# What are emotions?

- Other words that mean the same as emotion are
  - Feelings
  - Sensations- of the five common senses
  - Passion
- Derived from latin word emovere which means to move out
- Emotions are complex states of mind and body, consisting of physiological, behavioral, and cognitive/mental reactions to situations

# Examples of emotions

1. **Positive** - joy, happiness, content, calm, excitement, love

2. **Negative** - sadness, fear, anger, contempt, hate, frustration, distress, guilt, shame, embarrassment, grief

# Basic components of emotions:

**i. Physiological / physical component**

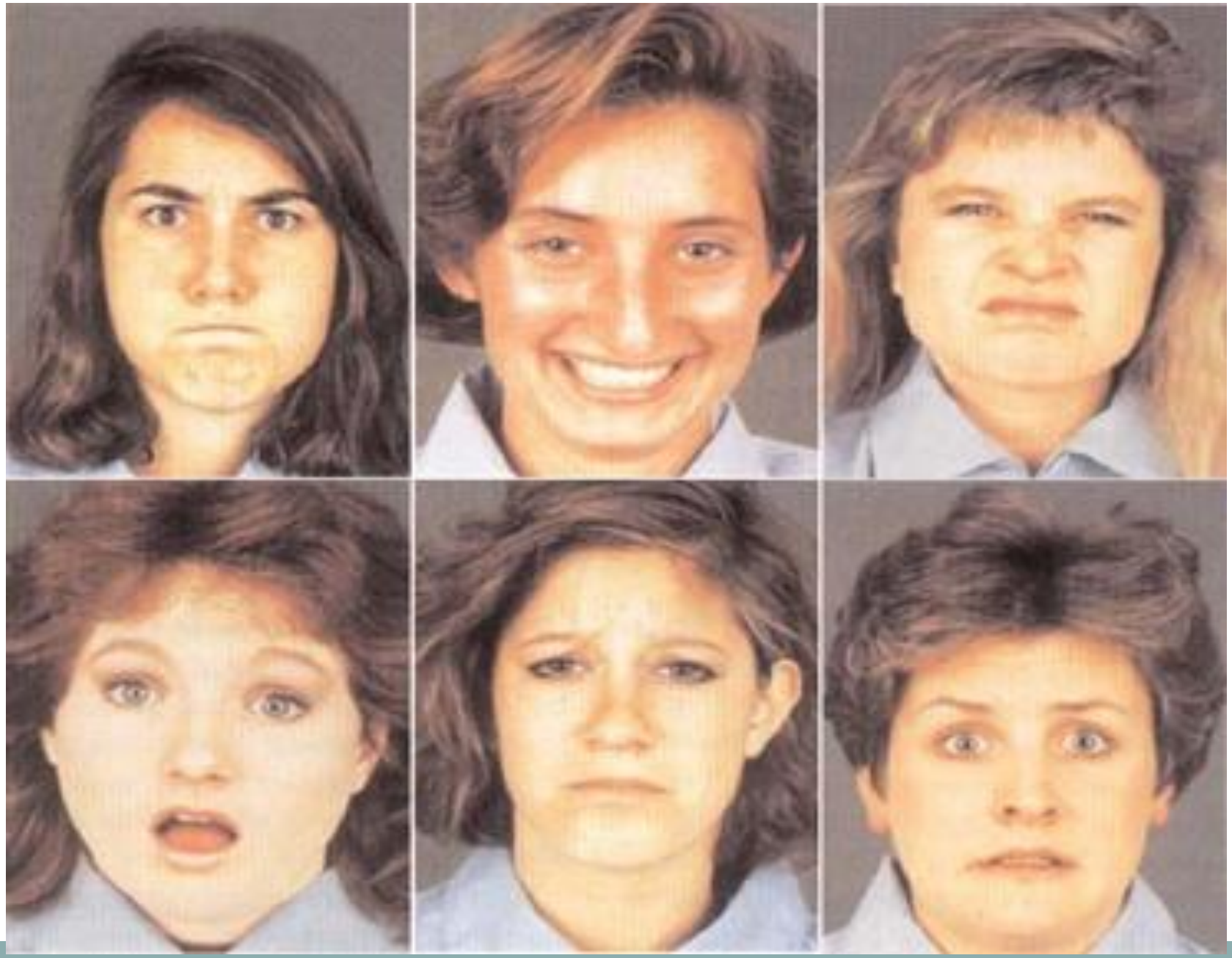
- This is how our bodies react to the emotion
  e.g. increase heart rate and blood pressure;
  shaking; goose pimples; sweating e.t.c
- It involves active changes in the body physically
- Is controlled by hormones (endocrinal system)

**ii. cognitive component**;-

emphasizes the importance of thoughts, beliefs, and expectations in determining the type and intensity of emotional response

**iii. Behavioral/ Expressive Component;-**

- how we behave in response to the emotion
- It involves observable behaviors.
- It involves the various forms of expressions that emotions may take , e.g., facial expressions, bodily postures, gestures, and tone of voice which changes with anger, joy, fear, sorrow, crying, screaming etc.



# Basic things about emotions

- Emotions come and go.
- Emotions can be mild, intense, or anywhere in between. E.g. anger and rage
- There are no good or bad emotions, but there are good and bad ways of expressing (or acting on) emotions.
- Emotions can be short-lived or long-lasting

  e.g a flash of annoyance at a sibling and an enduring sadness over the loss of a relationship.

# Purpose of Emotions

**Emotions help us survive, thrive, and avoid danger.**

- Emotions allow both humans and animals to survive and reproduce. e.g. When we experience fear, we are more likely to flee the situation or threat.
- When we feel love, we might seek out a mate and reproduce.
- Emotions motivate us to act quickly and take actions that will maximize our chances for success.

# Purpose of emotions-contd

**Emotions can help us make decisions.**

- Even in situations where we believe our decisions are guided purely by logic and rationality, emotions play a key role

- **Emotions allow other people to understand us.**

  we communicate through our emotions

- **Emotions allow us to understand others.**

  Being able to interpret and react to the emotions of others allows us to

✓ respond appropriately

✓ build deeper, more meaningful relationships with our friends, family, and loved ones.

✓ It also allows us to communicate effectively in a variety of social situations

# EMOTIONAL DEVELOPMENT

- The critical period for emotional control occurs between birth and three years of age.

- Emotional development includes the abilities to;
  - identify feelings
  - manage strong emotions
  - develop empathy

  Children need caregivers who can read their cues, respond promptly, and meet their needs in a nurturing manner.

# Emotional development -contd

- By using caring words, caregivers reassure children learn that they are valued.
- Caregivers can also support emotional understanding by labeling children's feelings.
- Storybooks are effective in helping to promote this type of development.

# Factors that affect emotional development

- **1. Hereditary factors**

  It has been seen that some similarities are found between the emotional development of parents as well as children.

- **2. Maturation** (the sequence of biological changes in children)
- As the child develops mentally, he also gets emotionally matured. Development of emotions of the child depends upon the level of maturation the child.

- **3. Training**
- Young children's emotions are influenced by conditioning.
- If there is expression of physical love in the family, he also kisses hugs and expresses love by touching.

# Factors contd

- **4. Health**
- Children with sound health are able to control their emotions in a better way. Children who are weak remain irritable, easily excitable and emotionally unstable.
- **5. Intelligence**
- Children who are intelli-gent are emotionally stable. Children with low intelligence quotient are emotionally unstable.

# Factors -contd

- **6. Family relations**
- Relation of family members with each other and how they express their emotions affects the emotional behaviour of the child.
  - If the parents shout in anger, show violent behaviour, the baby also adopts the same behaviour and shows temper tantrums.
  - Over pampering makes the child obstinate and indiscipline.
  - Parents who are not able to give time to their children or somehow don't show any affection, their children become submissive or introvert.( emotional distant)

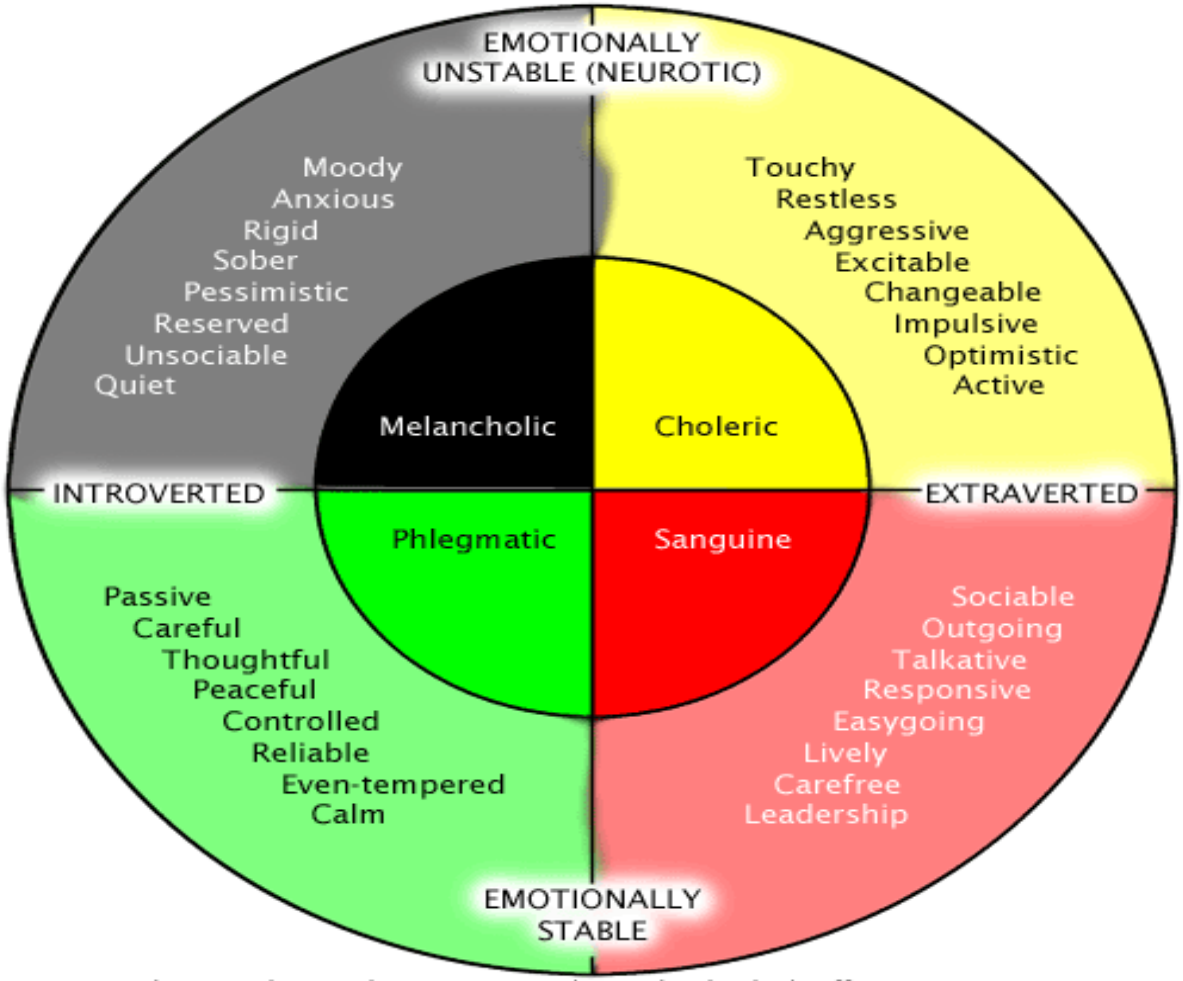
# Factors- contd

- **7. Social environment**
- Just like family, neighbourhood, school, society members exert influence on the emotional development of the child.
- If the environment of the society is tense and emotionally charged the child will also become emotionally unstable.
- If people around are emotionally stable, they express their emotions in a socially approved way.
- If people have control over their emotions the child also imitates and follows the same pattern.
- Noisy and crowded environments-parents speak less to children

# Factors-contd

- 8. Severe stress or early abuse
  - Results to psychological /psychiatric problems e,g depression, low self- esteem and poor self concept.
  - Impairs emotional development.
- 9. Family income
- Influences availability of good food- health, education, parenting time, stress, resources and exposure

# EMOTIONS AND TEMPERAMENTS




Eysenck, H.J and Eysenck, M.W. *Personality and Individual Differences.* Plenum Publishing, 1958.

# EMOTIONAL INTELLIGENCE (EQ)

- It is the ability to sense, understand, and effectively apply the power of emotions and to appropriately channel it as a source of energy, creativity and influence.
- It includes a person's ability to understand their own emotions and those of others, and to act appropriately using these emotions.
- It involves balancing and integrating the head and heart.

# EQ- contd

EQ include three skills:

- Emotional awareness, including the ability to identify your own emotions and those of others;
- The ability to control emotions and apply them to tasks like thinking and problems solving;
- The ability to manage emotions, including the ability to regulate your own emotions, and the ability to cheer up or calm down another person.

# EQ contd

- Emotional Intelligence includes such things as:

- Identifying one's feelings and needs, through body-awareness.

- The ability to read others' feelings, and to listen to others with empathy.

- Knowing how to express one's feelings with words and/or body-language.

- Choosing when to contain (not repress) emotion, and when to communicate emotion appropriately.

# EQ contd

- The ability to process and let go of emotion when necessary.
- The willingness to give ourselves time to feel, and to enjoy the depths of our ‘selves’ through feeling.
- The ability to lead wisely or follow with grace.
- The ability to honor our own limits, as well as to celebrate our talents.
- The ability to give and receive love.

# EQ contd

- Emotional Intelligence can be learned or developed
- Emotional Intelligence plays an important role in decision-making.
- Emotional intelligence plays an integral role in defining character and our destinies.
- Emotional Intelligence is the greatest Indicator of human Success.

- God expects us to control our emotions- to be emotionally Intelligent Gal 5:19-25.

- The height of lack of emotional control is sexual immorality which is the most condemned in the Bible


THANK YOU