MOTIVATION AND EMOTION

Motivation: internal process to initiate, sustain, and direct activities

Need – drive – response – goal – need reduction: deficiency, psychological expression, bx, target

Primary Motive: based on biological need (hunger, thirst…)

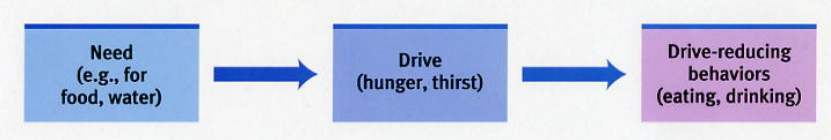
Stimulus Motive: need for intellectual stimulation and information (curiosity, connection…)

Secondary Motive: needs that are learned (power, afflation, approval…)

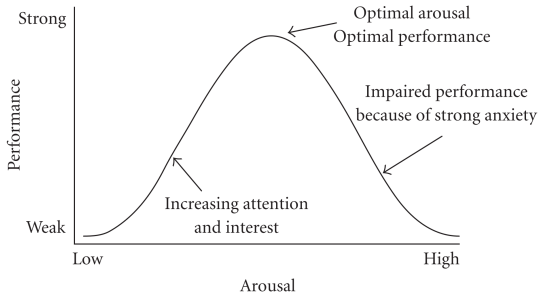
Theories of Motivation

Instinct Theory (James): 20 physical, 17 mental instincts. Inherited, species specific, and stereotyped

Drive Theory (Hull): Drive is the energy related to reduce physiological needs.



Arousal Theory (Yerkes-Dodson): optimum performance at moderate level of arousal, simple/complex tasks



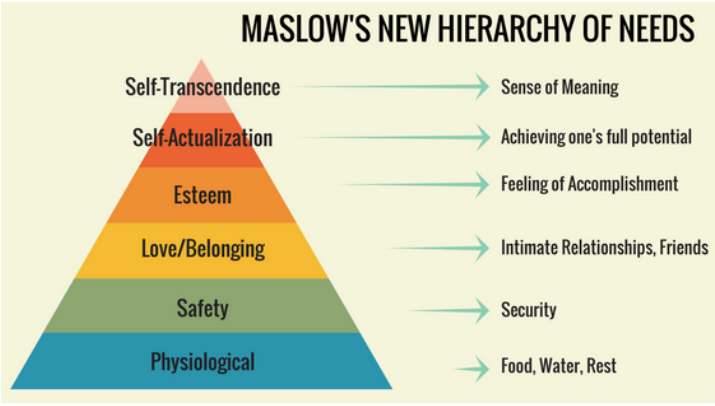
Opponent-Process (Solomon): mammals' brain seeks out emotional neutrality. Habituation/tolerance…

Homeostatic Regulation: body's desire to maintain equilibrium. Monitors with negative feedback loop.

Murray Theory of Needs: 20 needs based in physio, core of px, vary in ppl, adapt to envt (achievement, power….)

McClelland's Need for Achievement: nAch. Can determine choices you make.

Maslow's Hierarchy of Needs: Basic, growth (self-actualization), and meta needs. Motivated to meet these needs, transcendence



Intrinsic vs. Extrinsic Motivators: Internal vs. external motivators

Self-Determination (Deci): need to feel competent, autonomous, and connected to others

Self-Efficacy (Bandura): belief you can achieve something increases your motivation

Hunger Theories

Stomach: Cannon and Washburn study

Brain (Ventromedial and Lateral Hypothalamus) Satiety system and feeding system.

Hormones (Insulin, Ghrelin, Orexin, Leptin, PYY)

Glucostatic Theory: hypothalamus monitors blood sugar triggering hunger, satiation.

Lipostatic Theory: hypothalamus monitors lipids in the body triggering hunger, satiation.

Set-point: weight is genetically predetermined

Sex Drive: hypothalamus, pituitary gland, releases hormones, cause release of sex hormones, which activate target cells

Human Sexual Response (Masters and Johnson)

Excitement: initial signs of arousal

Plateau: further heightening of sexual arousal

Orgasm: climax and release of sexual excitement

Resolution: return to lower levels of sexual tension and arousal

Sexual Disorders

Emotions: whole organism response. Includes facial expression, gestures, bx, and arousal

Adaptive, physiological, feelings, expression

Brain based: amygdala, autonomic NS, Sympathetic NS, parasympathetic NS

Theories of Emotions

Plutchik's Wheel: 8 primary emotions that can be mixed to create others. Vary in intensity.

Common Sense: stimulus – emotion – ANS arousal and bxs. Emotions cause body arousal.

James-Lange: stimulus – ANS and Bx – emotion. Emotional feeling follow body changes.

Cannon-Bard: stimulus – brain – ANS/bx and emotion. Brain causes emotion and body changes at same time.

Two-Factor (Schacter-Singer): Stimulus – ANS/bx – label it – emotion. Emotions occur when we label physiological arousal

Facial Feedback (Tomkins): sensations from our facial expressions cause emotions

High Road and Low Road: Some emotions triggered by brain, some are instant and instinctive

Emotional Intelligence: emotional competence, empathy, self-control, self-awareness…

Stress - perceiving and responding to certain events, called stressors, that we appraise as a threat or challenge.

Richard Lazarus – appraisal

Eustress – positive types of stress

General Adaptation Syndrome (GAS) Hans Selye – Alarm, Resistance, Exhaustion

Psychophysiological illnesses – mind/body. Often stress related illnesses

Psychoneuroimmunology - Study of how psychological, neural, and endocrine processes together affect the immune system and resulting health

Social Readjustment Rating Scale (SRRS) Holmes and Rahe

Acute vs Chronic Stress, Coping Strategies

Type A vs B

Hardy Px