

Human Adjustment Processes
Prof. Braj Bhushan
Department of Humanities & Social Sciences
Indian Institute of Technology, Kanpur

Module - 6
Lecture - 3
Emotions & Adjustment

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Goal Incongruent Emotions

- They are negative in nature
- Appraisal of the significance of the goal and level of ego-involvement play very important role in determining goal incongruent emotions
- Anger, anxiety, guilt, shame, sadness, envy, jealousy and disgust

Having discussed the goal congruent emotions that; was happiness, love and pride. Today we are going to talk about the goal incongruent emotions. So, in the beginning know we did talk about the fact that goal congruent emotions primarily consists of positive emotions, where as the goal incongruent emotions, there are negative in there orientation. And once again we will find here that the know goal and the ego involvement these 2 things would again play an important role.

For the first 3 emotions that is happiness love and pride, we did find that know the relevance of the goal the congruence of the goal these 2, were important denominators. And the third important denominator was: involvement of the individual in the whole process. And these 3 things played important role in terms of appraisal of those specific emotions. So, anger anxiety, guilt, shame, sadness, envy, jealousy and disgust.

So, there is a long list of incongruent emotions and 1 by 1, we would discuss know all of them with respect to the appraisal process and we would be primarily concentrating on

the primary and the secondary appraisal criterias.

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Appraisal of Anger*
Primary Appraisal Components
Goal relevance— Possibility of any emotion
Goal incongruence— Possibility of only negative emotions
Ego-involvement → Preservation or enhancement of self- or social-esteem = Possibility of anger, anxiety, and pride
Secondary Appraisal Components
Blame derived out of accountability for controllable harmful actions— Anger
Coping → Attack as viable option = Anger
Positive future expectation about response to attack facilitates anger.

* Source: Lazarus, R. S. (1991). Emotion and adaptation. Oxford University Press, New York. (pp. 226).

So, we will first come to the appraisal of anger as you can once again make out that the primary appraisal criteria, will always talk about the relevance of the goal second congruence of the goal and third would be the ego involvement. So, if there is a goal relevance then emotions are know any possible emotions can be seen that includes anger also. If there is goal incongruence then you find that only negative emotions are possible. So, this is now, the first difference that we are finding with respect to the congruent and the goal incongruent emotions ok

If the type of ego involvement engaged is to preserve or enhance the self or social esteem aspect of 1s ego identity then the emotional possibilities include anger anxiety and pride. Now, you see with respect to the ego involvement once again, we had similar type of definition when we were talking about the appraisal of pride. So, the self esteem and the social esteem both plays important role. And therefore, there is a possibility if you are now looking at respect to the self and the social esteem then there is a possibility of appraising the experience as anger as anxiety or it could even be pride.

So, there is still you know goal congruence incongruence still remains there and therefore, secondary appraisal becomes important in case of anxiety. The secondary appraisal components would be, that if there is blame which derives from the knowledge that someone is accountable for the harmful action and they could have been controlled

then anger occurs. And very interestingly there is now an interesting proposition in psychology it is called frustration aggression hypothesis.

That the very fact that you realize that harm has been caused or there is a threat of harm and then you realize that now you are losing control over it. So, that could now instigate a sense of frustration in you which in turn will lead to anger. So, if the blame is to another the anger is directed externally and if to oneself, then the direction of the anger is internal. So, basically the distinction in terms of anger anxiety and pride comes from the secondary appraisal component, where you find that there is a harmful situation.

This situation there, could have been a possibility of manipulation wherein you could have had control over it your inability to control the situation might trigger anger within you. And anger in the after such type of secondary appraisal could be externally focused wherein you find the object of harm outside, you and you therefore, your action is directed towards that individual or there could be a situation, where you blame yourself for the inaction and then the anger would be directed towards the self ok.

We are not going to that very issue, but, again in psychology you will find a good amount of literature on self harming behavior of the of an individual, which is primarily now designed to harm oneself. And there is again a range of all these actions right. Now, we are not going to touch that issue, but I thought I will just mention that. The next secondary appraisal component if coping potential favors attack as viable then anger is facilitated now look at how the appraisal is taking place now.

So, if coping potential favors attack you realize that, attack on the source of harm could pacify that unrest within you. So, there is a weighing mechanism now you weigh the option that, if I attack the external source I can still get partial or full control over the situation I might get a possibility of further manipulating it and make it in my favor or may give it the shape of my choice then anger gets facilitated.

If future expectancy is positive about the environment response to attack then again anger is facilitated means; if you realize in the future you expect you visualize you are able to you are hypothesizing that your involvement would also appreciate this action on your part. Then your anger further gets facilitated. You could look at the anger expression of an individual in a 1 2 1 setup. And even know people who have done a great degree of no harm in terms of their aggressive aggression act.

Aggressive act at a larger scale know where a large number of people have become the victim there also you realize that 1 the coping mechanism. So, you realize that you attacking the source of harm helps you pacify your anger ok. And 2 you realize that even your environment appreciates you right now. And later on when they will once again revisit this whole episode they will further know applause that fine you were great that you did so. There are many such know descriptions in the history of mankind, where you would realize that people decide for a revengeful act.

The whole of revenge primarily also has this element that when people of my caste, my religion, my state, my nation, or in smaller sections, would be my group. If know they revisit the whole process they will further admire me very good, you could know had the courage of doing it otherwise know we were humiliated like anything last time. So, if you look at the origin of the second world war know you again you can in correlate it to this type of interpretation am sure know usually in boys when somewhere, around class seventh eighth; when there is a tendency of peer group formation know 4 5 6 students know they will form small groups when we will come to aggression at that time also we will refer to such process.

That in early adolescent stage this is one of the characteristics of adolescence that, you tend to form peer groups. And these groups usually there sizes are not more than 6 the reason being the moment the size goes beyond this the loyalty of the members towards the group decreases. Therefore, you would realize that know in schools the gangs are of very small sizes know 4 5 6. But there is great degree of loyalty towards the group and there are also chances, where you engage in some type of aggressive retaliation with the other group.

Because you want to prove your superiority many such cases, but, that we would know once again touch when, we come to aggression because right now, we are only interested in looking at appraisal of emotions and we are trying to finally, relate emotion to adjustment little later we will relate emotion to health physical and psychological both that is the primary emphasis here, but, once again just after this module. We will come to aggression and there we would once again touch up on all these issues that would also be the time when if you are interested, we will have our first self assessment session where you will assess your own anger how angry you are how do you reflect your anger and how do you express it.

So, this whole thing, so this is all about anger. Anger very interestingly it plays know sudden interesting role in terms of our adjustment some form of anger, because know it does if you look at the secondary appraisal process. It does say that if you are expecting that in future your own environment would appreciate your action then your anger is further fueled internally. If you realize that your aggressive retaliation pacifies that sense of unrest within you, then you feel know showing your anger this means that anger from these 2 points of view it does help you adjust little better ok.

And usually society the part of the society which is at unrest would usually admire aggressive behavior. Compared to society which has attained certain degree of stability and hence peace and tranquility is promoted there that unevenness you would find in many countries there could be cases of say economic disparities say if you are an adolescent who is living in a family where the neighborhood know is also say business class service class ok.

So, they have certain engagements in this world they also have certain income that is generated out of that engagement. And there is you know certain peaceful trajectory on which these families move. And you realize that your people in your environment they also move in the same fashion. And therefore, greater and greater degree of non aggressive behavior is anticipated in that type of situation, where you realize that there is no point you and me struggling against each other we might be know competing against each other, but, that know the competition is a healthy competition.

Say for example, if you and the other friend in your own wing if both of you are competing for a good grade there is no harm in competing against each other, because you are not this competition is not know flavored with the aggressive act, but, if you involve in other type of activities say if you decide to harm your friend in all possible manners. So, that he or she is no deviated from the focus on the studies then this becomes a cause of concern ok.

But, if you look at say: children of your own age group who are growing up in the slum for example, where you need to struggle very hard to earn minimal. So, there is a disproportionate know response that you get out of your entire effort might be more return might be less and then you realize there is far more know aggressive type of behavior that is shown by a large number of people. Because you know the resources are

limited. And there is also a possibility of grabbing a higher chunk to grab higher chunk you become more aggressive and the more aggressive, you are you would realize that people will start surrendering to you and therefore, the secondary derivative becomes little higher ok.

So, these are interesting interpretations in case of appraisal of anger, but, it does help know in terms of striking certain degree of balance both within the individual and it also know facilitates, the balance in the environment where people would either maintain a distance from you or they would you know not encounter you on certain issues they would you know try to check you those who are very closer to you on certain accounts. So, it gets know involved in the whole process of adjustment.

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Appraisal of Fright*
<i>Primary Appraisal Components</i>
Goal relevance— Possibility of any emotion
Goal incongruence— Threat of concrete harm— Possibility of only negative emotions
<i>Secondary Appraisal Components</i>
No secondary appraisal components

* Source: Lazarus, R. S. (1991). Emotion and adaptation. Oxford University Press, New York, (pp. 236).

Then we come to another important goal incongruent emotion that is: fright once again if there is a goal relevance then fright can come forward, if there is goal incongruence which is a threat to bodily integrity by a sudden concrete harm then only negative emotions are possible, which also includes fright. And ego involvement is typically not relevant for the generation of fright. So, basically its sudden threat that you consider, that exists in your environment that could be harmful for your own existence.

You could know have some mutilation to your body part and therefore, you realize that there is a possibility of absconding from such type of situations. Secondary appraisal no secondary appraisal components are essential blame is irrelevant coping potential is

uncertain. And therefore, even future expectancy is know not visualized. So, all you decide is that this could be dangerous situation and therefore, runaway from this situation escape this situation.

Because the threat that you perceive is much higher again, if you perceive that the threat is higher and then you decide to run away it facilitates your adjustment. Now, we come to anxiety if there is goal relevance of course, know there are multiple possibilities including anxiety. If there is goal incongruence then know only negative emotions are possible which includes anxiety and if the type of ego involvement is put is know protection of personal meaning or ego identity against existential threat then emotion possibilities, they gradually narrow down to anxiety.

Now goal relevance goal incongruence common know across these negative emotions. But when it comes to ego involvement, you feel protecting know yourself against personal meaning that you attached to something or your ego identity against certain existential threat means; you as mister x or miss x realizes that, the way people view me the way people perceive me that is under threat and then this can lead to greater source of anxiety ok. Bad example, to quote but, let me do that say; everybody knows that you are in your third or fourth year of your b tech program at IIT Kanpur.

There is certain degree of ego involvement in this you return back home know, family takes pride in declaring oh right now, he is in the third year fourth year just few semesters and done. Your neighbors look at you with certain sense of dignity, you take pride in this till now, it was all good. Now, I am adding a bad flavor to it suddenly you realize know that, you have been put under the warning category deficiency in the grades put under the warning condition and subsequent semester, you are given a termination letter.

There is a great threat to your existence, in the sense that your ego involvements tell you that fine my ego identity is under great danger how will I face my parents, how will I face my neighbors, till now I was taking pride in what I was suddenly, you tell me you are flushed out of the system ok. Such type of situations therefore, it will generate huge amount of anxiety, within you because you realize that your status in your environment suddenly is at a stake.

So, when we say that your it creates an existential threat to your identity this is what it

means again no secondary appraisal components are essential blame or coping future expectancy all these are you know uncertain all you primarily focus upon is your ego involvement the fact that your ego identity is under threat, and you have to safeguard it you do not know it is uncertain whether you would finally be able to successfully accomplish it or not and that is the source of anxiety.

Now, we come to the appraisal of guilt again goal relevance know can induce multiple emotions which includes guilt also and goal incongruence can lead to negative emotion including guilt. Again we come to the ego involvement, if the type of ego involvement is to manage a moral transgression then emotion possibility possibilities narrowed to anger anxiety guilt or disgust. So, you have 4 options you remember the first option we discussed where we had 2 negative and 1 positive emotion there know pride was there here ego involvement gives you 4 possibilities, but all 4 are negative, because you realize that your involvement of your ego in the process ok.

Demands that, you know there is a possibility of moral transgression moral transgression would be that there is a line that you have drawn that this is the final line nobody should cross it and if you happen to cross this line, then this behavior is not justified and you realize that this very act is about to cross this line know. So, that is the transgression of the moral line that you have drawn. If you realize that your behavior is finally, leading towards transgression of the line violating that ethical line that you yourself have drawn there could be a possibility of anger why am I doing that anxiety, I do not know what would happen guilt worthless all complete disgust why did I do this.

Therefore secondary appraisal would become important here, because there is still with primary appraisal there are 4 negative possibilities. So, if blame is to oneself then guilt has to come means you hold yourself responsible. Then guilt has to come if coping potential is favorable, then guilt maybe exipated by apology and or making amendments, this means; that you realize that know I can still cope with this situation. If I beg sorry if I go and apologize then you realize that know this guilt is manageable guilt. If future expectations are also positive favorable, then guilt maybe mitigated or reduced.

If you realize that in future my apology, my amended behavior, modified behavior will know make the my environment happy are about my behavior at that point in time. And therefore, this shameful act will be you know not repeatedly brought forward then you

realize that this guilt is there is a possibility of mitigating it ok. But the worst could be when you realize that there is no point apologizing, apology means; nothing or my apology is not going to fetch me the real pardon.

Or when you realize that; however, however best I try people are not going to forget what I did and this could lead to a great sense of guilt and usually you would therefore, realize that there are several types of practices that you will find in almost all culture. Like in certain religious practices, where you have the confession box you are supposed to go there and confess something that you cannot confess to the rest of the world Facebook is now, know 1 place where people are confessing several things. I do not know if you have read those things somebody told me and 1 night I invested reading all those confessions.

Sometime back I think 2 semesters back for the students of this course, we had 1 in camera confession session where, something that really perturbs you within you can share it not in front of others, but, its only in front looking at the camera and saying that this is what I did and, but, all those are confidential outputs know. So, not to be shared but you realize that, there is a great degree of relief that you feel after you confess it reminds me of true example minus the names.

I will quote it somebody who was into business a young entrepreneur, who had a wife small daughter perhaps daughter or son 1 small child and his old mother all of them used to live in 1 of the metros here in our country and they also used to have a maid adolescent maid, who was primarily to take care of know the cleaning of the houses and utensils also taking care of the baby the full time maid, 1 night what happened that the wife and the child of this man they had gone to their parents house.

So, mother son and the maid only these 3 people were there in the house. And he did have know some socially unexpected unjustified immoral act, that he thought he visualized and then somewhere, late in the night he just got out of his room and entered the room of the maid, but before he could get engaged in any action, he could realize that there is somebody on the door, the door was open and he could sense that only 3 of us are here in the house this means my mother is there at the door.

This man did not do anything walked out of the room, had great degree of know apologetic feeling within him, but, since then his mother never ever talked to him on this

issue. And after I think a passage of couple of months maybe close to an year, this man know developed great degree of guilt, which was influencing him affecting him psychologically that was the reason he was know made to visit a consultant psychologist. And this whole issue was that see I was motivated for an action which is immoral.

But, I did not do anything, I just entered the room and when I could sense that my mother was at the door I want my mother to question me and I want to apologize for this feeling, but, I also want to tell her that I did not do anything, but my mother is not even talking to me on this issue ok. Now, this is where know you realize that the whole blame has been shifted to you the first secondary appraisal criteria know that the blame is to oneself and you just you realize that I want to know apologize, the second part of it which will help make cope with it.

But, my mother is not allowing me the opportunity to confess to apologize. And therefore, this guilt know the feeling of guilt becomes. So, un surmountable that you realize that you are getting psychologically affected out of the feeling. There are you know other good stories also related to such type of feeling. I must have shared this with you that somebody he used to travel from 1 location to other in Bombay after several years when he joined a job and had a consistent earning, he wrote to the indian railways that I have travelled for these many days between from this and this station.

So, know tell me raise a bill saying, what would be the total cost and also add interest to it because I want to have a feeling that, I have paid everything to railways know. So, no burden on me, if you talk to elderly people in the community they will tell you that usually, people who are on their death beds when you know that death is inevitable it could be this moment or the next moment at that point you would realize that many people share certain things that they have never ever shared with others. And usually there is a tendency at least in our context, where these elderly people would apologize for certain acts.

The primary region you want to die guilt free and that would be a peaceful type of a death that what I did was what I could not do or what I did and should not have done, I apologize for it you want to get rid of the guilt I remember 1 thing that if you look at the psychological disorders it has a strong connection to anxiety and guilt both. So, extreme of anxiety if you have to live with it and extreme of guilt if you have to live with it, both

are unbearable type of emotions, because you have to pay a heavy price for it because your psychological balance will be at stake.

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Appraisal of Anxiety*
<i>Primary Appraisal Components</i>
Goal relevance— Possibility of any emotion
Goal incongruence— Possibility of only negative emotions
Ego-involvement— Protection of ego-identity against existential threats = Anxiety
<i>Secondary Appraisal Components</i>
No secondary appraisal components

* Source: Lazarus, R. S. (1991). Emotion and adaptation. Oxford University Press, New York: (pp. 237).

We now, come to shame once again goal relevance multiple emotions are possible shame is also 1 of the possibilities and it has to be goal incongruent type of a situation coming to ego involvement. If the type of ego involvement is to manage a failure you are managing a failure to live up to an ego ideal. Then the possible emotion narrows to anger anxiety shame and disgust, now guilt is out of the picture. All you want to do is, you want to manage certain failure why because there is an ego ideal ego ideal means; something that you think that this is what should certainly be achieved ok.

Little later we will come to something called understanding the self and there we would be talking about know 3 types of selves know the real self, the ideal self and the ought self. Real self you know, what I am ideal self is the highest of know the self that you think of and the ought self falls in between this is where I am, this is the ideal standard, but, minimum of this level should certainly be attained and you would be trying to attain that ought self level. So, you are trying to manage the failure just.

So, that you can live to the ego ideal level and then there is a possibility of 4 different negative emotions and therefore, secondary appraisal becomes important. First secondary appraisal component, if blame is to 1 self then the possible emotion narrows down to shame means for failure you are responsible. So, great degree of shame; if coping

potential is favorable then shame can be mitigated by promising to redouble efforts to live up to the standard. So, I missed my first quiz why because most of the days, I used to be absent and 1 of the 1 of the days know suddenly the quiz was held. So, I missed it I asked if it can be compensated and I was told no.

So, all I do is that I accept that I was responsible, I blame myself for missing the first quiz and therefore, I make sure that next exam onwards, I will certainly be there and i will be the highest achiever in the class. So, that I compensate for whatever ten percent I had missed for the first quiz. So, you redouble your effort in trying your attempt to compensate it. And if future expectations are favorable then shame can be mitigated or reduced along with know a threat or abandonment know.

So, if you are able to visualize that future is manageable, if you realize know that you can manage the failure by doing something extra and that in turn can pacify this a sense of shame then these are manageable shame, but, if you realize that know the blame is directed exclusively to yourself, that then the intensity of that emotion will increase. And therefore, usually in the case of shame it lifts for some time and people would try to know compensate it, people would try to know put their hard effort for something that they have not been able to achieve.

They realize that in future I can certainly overcome it and therefore, life of shame as an emotion does not last too long unlike guilt which might have a longer life. Then we come to sadness, once again goal relevance any emotion is possible including sadness goal incongruence has to be there. If there is a loss to any type of ego involvement any type of ego involvement, which includes esteem moral values ego ideal meaning ideas persons well being life goals if there is a loss of any of this you tend to be sad.

So, there is a long list of items that you can lose and which can induce sadness in you, if there is no blame then sadness has to come, if blame is external or internal then other emotions will come up sadness would not come other emotions could be anxiety could be guilt if coping potential is favorable the loss can be restored or compensated for then sadness may not occur at all ok. Because temporary state of sadness is there, but, then you realize that I can restore to the earlier stage I can compensate for it.

So, am sad that I missed ten percent of the first quiz, but, the moment the instructor say that yes we will I can have compensatory quiz there is a broad smile sadness is gone

because you know that there is a compensatory mechanism if future expectations are favorable then sadness is associated with hope and not hopelessness or depression, but, if future expectancies are not favorable then sadness its intensity gets know more and more stronger.

So, heightened intensity of sadness would be the state of hopelessness; when you lose hope usually, we do not. Sadness is a temporary state. And therefore, the feeling of hopelessness that we experience in sadness does not last too long, but the secondary appraisal criteria says that, if you realize that the future expectation is unfavorable this means that this state will continue for long then sadness no more remains sadness it starts converting into a state of hopelessness. And if hopelessness further intensifies it might make you depressed.

Then we come to envy of course, goal relevance has to be there goal incongruence has to be there in terms of ego involvement. If what is possessed by another involves a major lack in any of the 6 types of ego involvement the possible emotion narrows down to envy basically different types of ego involvements. And if you realize that what other has you are not worried about what he has or she has what other has if that makes you realize that oh you do not have it then only envy will come.

If I do not process it if your possessing something does not make me realize that I am deficient on that then envy is not at all going to crop it again no secondary appraisal components are essential. So, primarily it is the different type of ego involvement which only makes you realize that somebody has it and see poor chap you do not have it this realization will only trigger this type of an emotion. Then we come to jealousy once again goal relevance has to be there goal incongruence has to be there in terms of ego involvement.

If the desire for no another person's affection or favor which is threatened to be or has been taken by another constitutes a major threat to any of the types of 6 basic ego involvements then jealousy crops in this means; I enjoy the favor of somebody I enjoy the affection of somebody. And if I realize that you have know now got this type of no involvement by the other person means the I realize that the other person who was affectionate to me is now, affectionate to you.

If, I realize the other person who was favorable to me is now, favorable to you and then I

realize that his affection or her affection towards you or favor towards you is a cause of concern puts a threat to my ego involvement then jealousy will crop in ok. So, there has to be a threat perception which is with respect to know somebody's else's involvement in other person which you consider to be no threat for your own self. Now, if there is an external blame then the possible emotion narrows down to jealousy means; other person is responsible I am not responsible.

If I am responsible then it would not be jealousy know then it goes towards the blame direction I did this and therefore, he did not invest he is now no more favorable to me rather he's now favorable to him or her. So, the blame has to be external favorable coping potential helps modestly to keep jealousy alive, but, not to a very crucial level a negative, but, not hopeless future expectation is there and basically, it would be like say short lived type of a phenomena, where you feel the threat for sudden period of time until you realize that you are able to manage that you are jealous.

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Appraisal of Guilt*
Primary Appraisal Components
Goal relevance— Possibility of any emotion
Goal incongruence— Possibility of only negative emotions
Ego-involvement— Management of moral transgression = Possibilities of anger, anxiety, guilt, and disgust
Secondary Appraisal Components
Self-blame— Guilt
Favourable coping potential— Apology or making amends
Favourable future expectations— Mitigated or reduction of guilt

* Source: Lazarus, R. S. (1991). Emotion and adaptation. Oxford University Press, New York; (pp. 242).

Then we come to disgust perhaps the last 1, again goal relevance has to be there goal incongruence has to be there. In terms of ego involvement, if any of the 6 types of ego involvement is at risk of being contaminated by poisonous ideas then disgust might occur and no secondary appraisal component is involved in disgust. So, what we have done today is primarily, we have looked at the whole set of negative emotions. And primarily what we were trying to look at the fact was that, ego involvement is primarily the source

of all types of goal incongruent emotions according to al alazaris.

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Goal Incongruent Emotions

- They are negative in nature
- Appraisal of the significance of the goal and level of ego-involvement play very important role in determining goal incongruent emotions
- Anger, anxiety, guilt, shame, sadness, envy, jealousy and disgust

Because in all the case you realize that, goal relevance by default remains, goal incongruence by default remains, its only certain types of a variations that you feel in terms of involvement of the ego, where different types of goal incongruent emotions or negative emotions crop in. Some negative emotions which are short lived like say: anger for example, anxiety for example, but, if this anger sustains for a longer period.

If this anxiety sustains for a longer period, if a sense of guilt sustains for a longer period then they make you pay a heavy price for it, your adjustment no more know retains that level of equilibrium. There is a great disharmony and this disharmony, would realize is reflected in both ways when you interact with your environment then also you feel that you are not able to come forward with the desired type of responses with which earlier made you very well adjusted in the given situation.

So, now, you are not able to do that and 2 you pay a price for you know having retained these type of goal incongruent emotions for longer period of time, when we meet next we would primarily be talking about the effect of emotions both goal incongruent and goal congruent emotions on health of an individual. So, how are health and well being is associated with emotional states; right now, what we did was how emotion affects adjustment.

Now, we are going to talk about emotion and how it influences our health both physical and mental health. So, we will take just 1 or 2 examples. We would also look at 2 models, which primarily describes illness and that would be the end of this module, which was focusing exclusively on emotion and adjustment.