

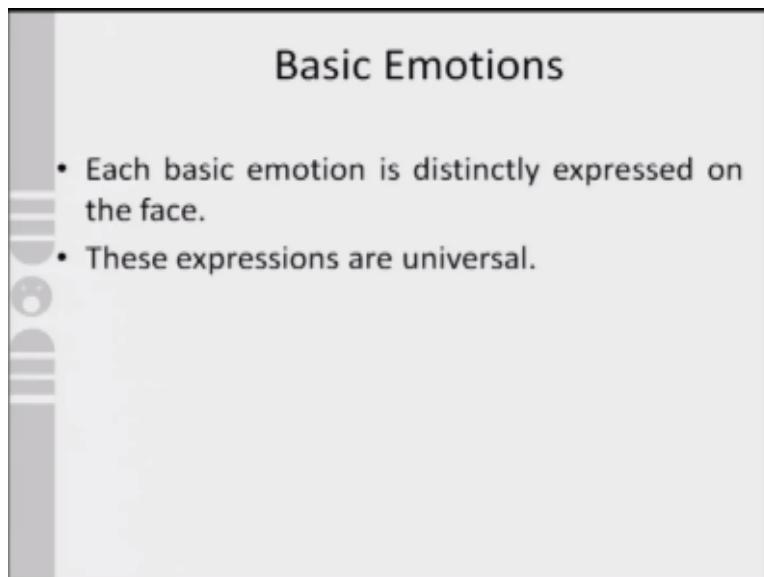
**Indian Institute of Technology Kanpur**  
**National Programme on Technology Enhanced Learning (NPTEL)**  
**Course Title**  
**A Brief Introduction of Psychology**

**Lecture – 21**  
**Emotion**

by  
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**Humanities & Social Sciences**  
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Now that we have discussed basic emotions, let us understand things from two, three perspectives, one we now know that each basic emotion is distinctly expressed on the face.

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And we also know that, because these are basic emotions, so there is a possibility of many of these emotions to be considered as universal expressions. Universal expressions would mean that irrespective of the culture, the facial expression would by a large remain the same okay. So these six basic emotions which we finally arrive that towards the end of our second lecture happiness, sadness, fear, anger, surprise and disgust okay.

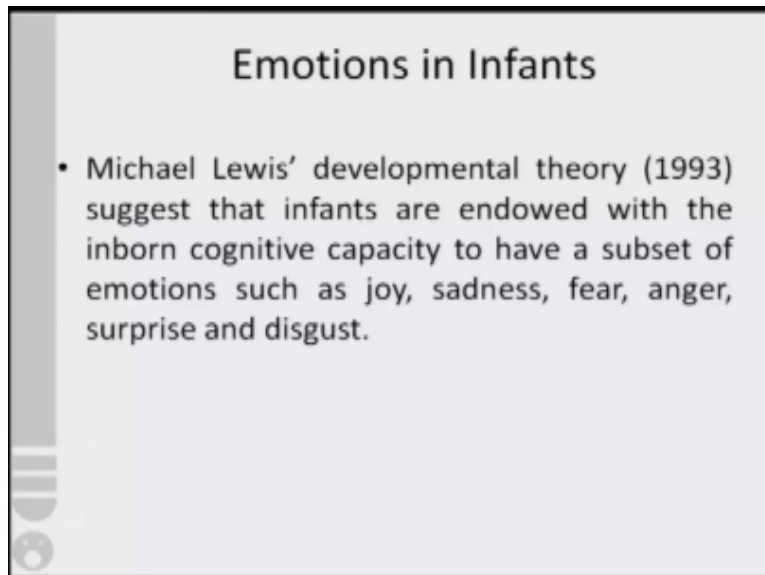
These six basic emotions, the facial expressions that represent these emotions they remain the same across the culture. So if there is universality of expression, how do we learn it okay. Is it that we are biologically programmed to know, express these emotions, how does this happen.

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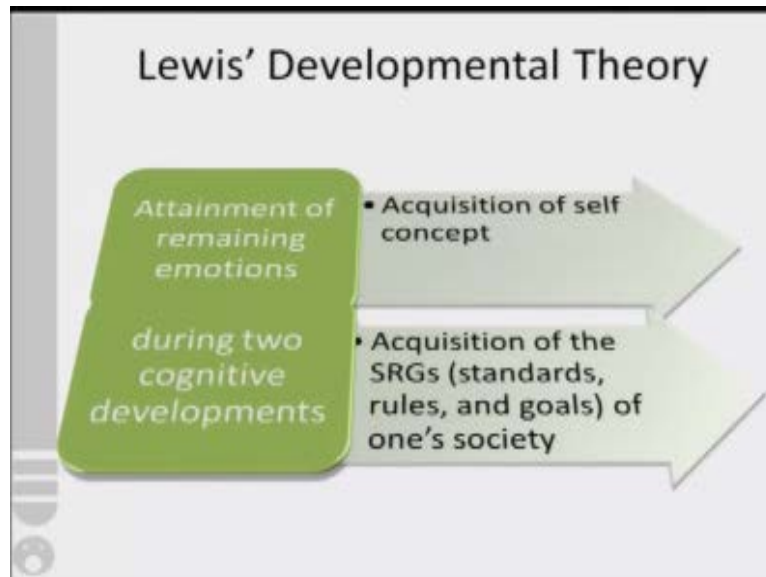
Let us now understand how an infant human infant learns to express through face. Lewis proposed a developmental theory suggesting.

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That infant are basically endowed with the inborn cognitive capacity to have a subset of emotions such as joy, sadness, fear, anger, surprise and disgust okay. So six basic emotions that we were referring to, Lewis developmental theory says, that fine human infants they already have this inborn cognitive capacity okay.

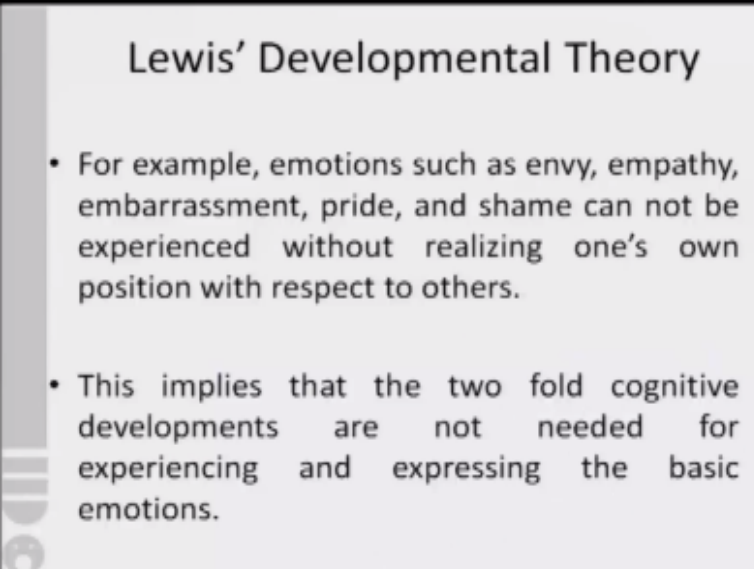
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So what happens, now this theory further says, that to attain the remaining emotions okay, which happens during two cognitive developments. First one acquires the self concept who am I okay, so that is the acquisition of the self concept, and two acquisition of standard rules and goals of the society in which the individual is living, is growing up okay. So these are standards rules and goals are called SRGs okay.

So Lewis developmental theory says, that we acquire one are this concept of the self, who am I, and two after I acquire who am I, I also acquire the standards rules and goals of my society. So that would mean that after acquiring the concept of the self, I also understand what my society expects out of me. For example, if you think of emotions like envy okay, you are jealous of someone, empathy, embarrassment, pride, shame.

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### Lewis' Developmental Theory

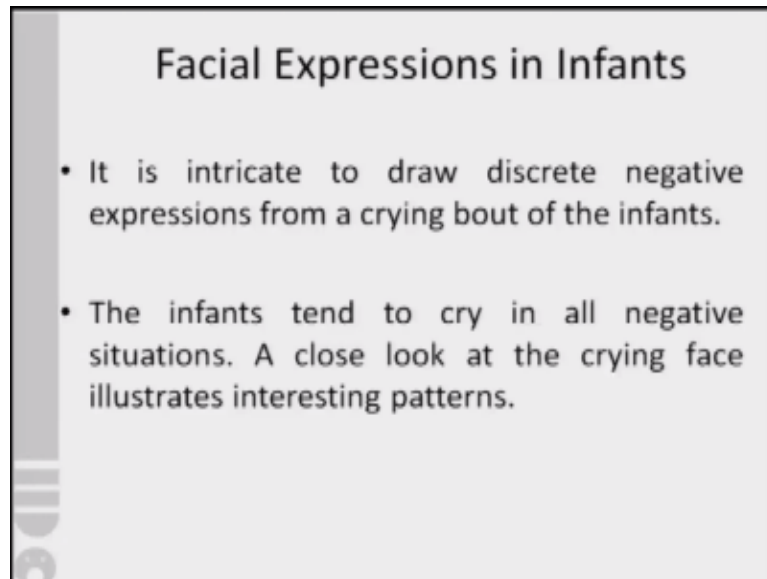
- For example, emotions such as envy, empathy, embarrassment, pride, and shame can not be experienced without realizing one's own position with respect to others.
- This implies that the two fold cognitive developments are not needed for experiencing and expressing the basic emotions.

Now these emotions cannot be experienced if you do not realize your position with respect to others okay. So unless I experience who am I okay, I acquire this very ability, I understand who I am, I cannot be jealous of somebody else okay. Because self and the non-self, the other self okay, these two things I will have to first establish within me. And once I establish this within me then only I can have the sense of envy, I can develop jealousy.

If I have a sense of pride okay, then also I need to understand my position in my society and then I understand that fine, whatever I have acquired is something that the society you would know really appreciate and this would fill me with a sense of pride. Now this implies that the two fold cognitive developments are not needed for experiencing and expressing the basic emotions. Now basic emotions the surface before achievement of the self consciousness, and sudden to other type of emotions such as embarrassment, envy and empathy then may emerge before the integration of the moral system okay.

So this is an interesting explanation of how infants, they develop how to express themselves okay.


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Now it is intricate to draw the discrete negative expression from a certain know, expressions of the child. Especially say, if you are looking at the crying bout of an infant, and if you want to demark it which expression this is, it is very difficult. Now infants usually have been found to know, cry in all negative situations okay. But when you look at know, there are facial expression while they cry okay, you will come across a very interesting pattern.

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## Facial Expressions in Infants


	Lowering of the eyebrows, corner of the lips pulled to a side, opening of mouth and raising of cheek	The crying face has a mixed feature of anger and distress both
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Now look at this very expression.

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### Facial Expressions in Infants

	Lowering of the eyebrows, corner of the lips pulled to a side, opening of mouth and raising of cheek	The crying face has a mixed feature of anger and distress both
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What you see is a lowering of the eyebrows, corner of the lips which get pulled to a side and opening of the mouth and off course this leads to raising of the cheek now crying face has a mixed feature of anger and distress okay anger in adults we will consider this to be a basic emotion okay similarly disgusted will have a different express here distress and anger both of them they mix up okay although the child is trying to now express now the feeling the negative feeling.




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Now depending on certain situations the child might come forward with different sets of expressions okay you started from the bottom the expression represents weak cry then the moderate cry another form of moderate cry and then finally the strong cry okay so similarly.

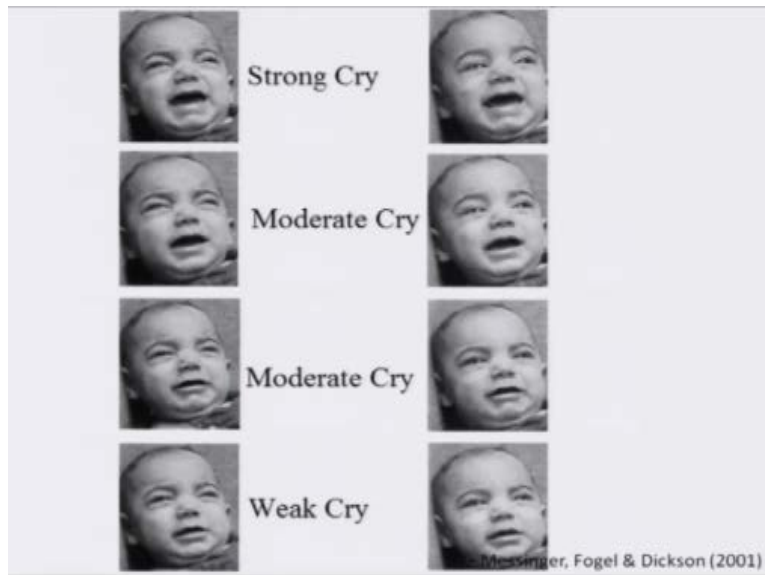
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## Facial Expressions in Infants

	Muscle contraction near eye and upward lifting of cheeks	Ekman (1994) has made a distinction between joyful and non-joyful smiling
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You can have now expression of happiness were muscle contraction takes place near the eyes and there is an upward liftmen of the cheek very interestingly Ekman has made a very interesting distinction between the joyful and the non joyful so it is not that if you smile you are happy there could be non happiness induced simile okay so that is a distinction that Ekman has made now again the way we were looking at crying look at.

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Smile right from very strong smile to minimal smile again strong smile another format of a strong smile and you realize that the expressions are very, very different so drawings have common line of distinction is extremely difficult okay if you look at the expressions of the infants.

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Now look at distress both these images they represent distress were has okay you can understand that the facial expression is not exactly the same.

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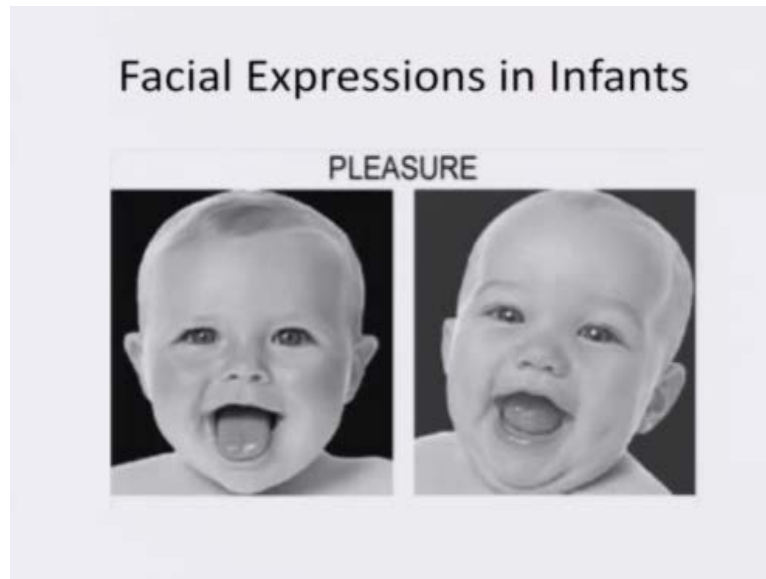
Discomfort for instance.

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Comfort for instance and now see.

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Pleasure okay there is no hole lot of a difference if you look at the expressions of human infants now because a growing child an infant will have a very, very close interaction with the mother so how does Child understand the expression of the mother okay if you right now what we were doing is that we were looking at the expressions of the infant now we are trying to say that although this human baby is in the state of infancy how does he or she understand the expression of his or her mother.

It has been realized okay that eyes and mouth these are the two primary locations where the children.

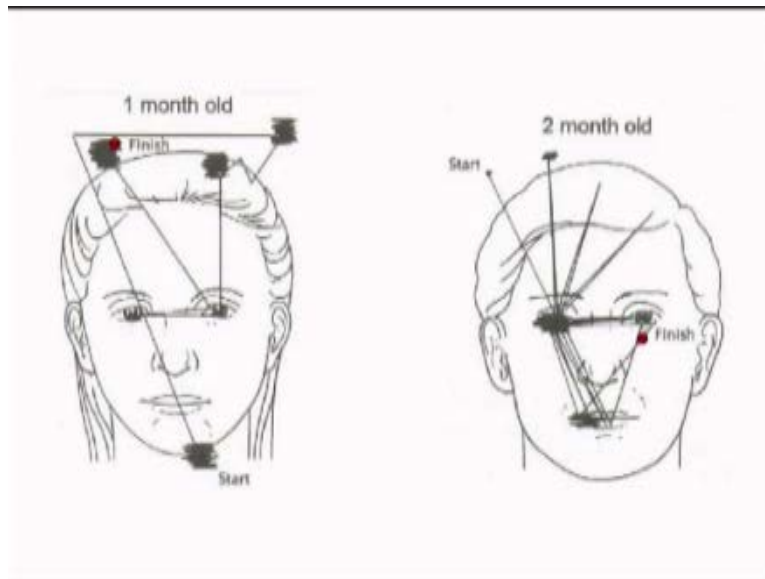
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One to two, two month old infants they focus when they look at these mothers okay, and of course when they look at their father's also they look at only these two areas in the face, the eyes and the mouth. Look at this video.

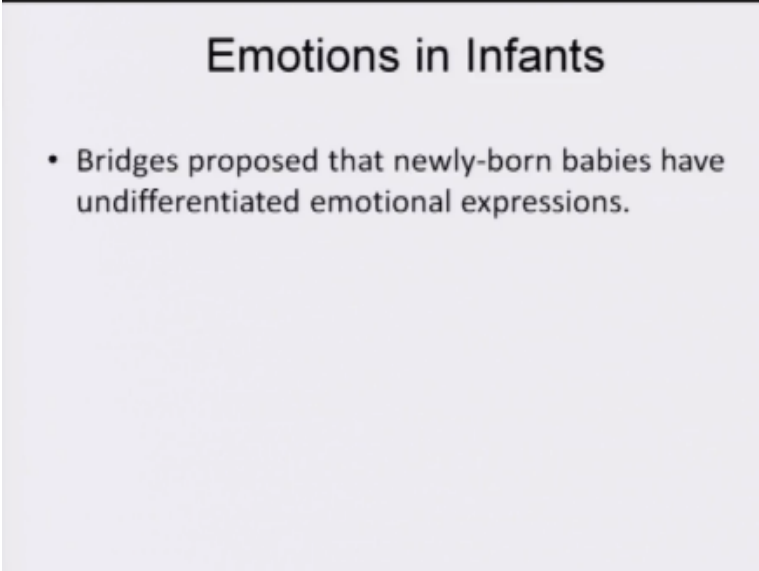


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Now look here, the one month old child is looking at the mother's face and then you see right from the start point how the eye fixation changes and finally goes and sticks at some point in the other image you see a two month old child, looking at the father and then you see right from the start point how the fixation point changes and finally it stops somewhere. Now this is how the infants they look at their parents.

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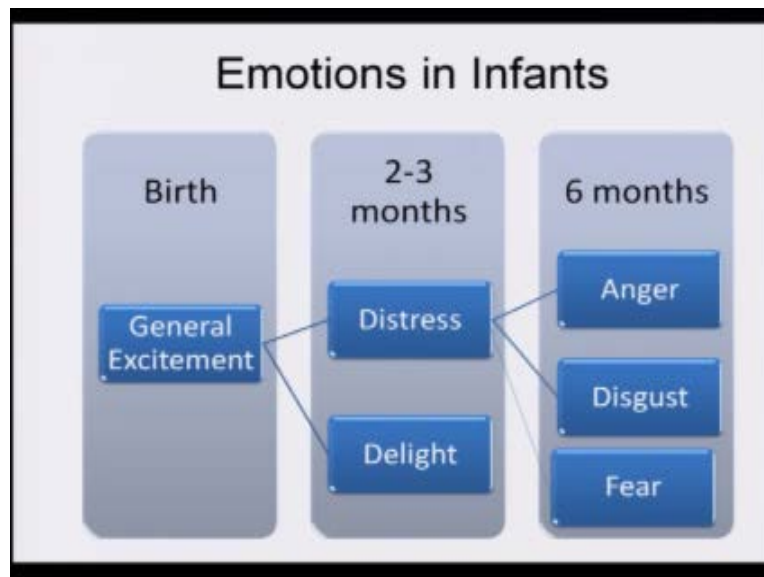


## Emotions in Infants

- Bridges proposed that newly-born babies have undifferentiated emotional expressions.

Bridges proposed that the newly born human babies they have undifferentiated emotional expressions, which with the what you call passage of time gets for the differentiated, so according to bridges models at the time of birth child has nothing but only general level of excitement.

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Which by the end of second or third month converts into distress and delight, okay. And this further by the end of the six month the child learns how to express anger, disgust and fear which basically is further no expansion from the expression of distress. Now let us understand how emotion and memory they work in the case of children, before starting our discussion on emotion we did talk about memory.

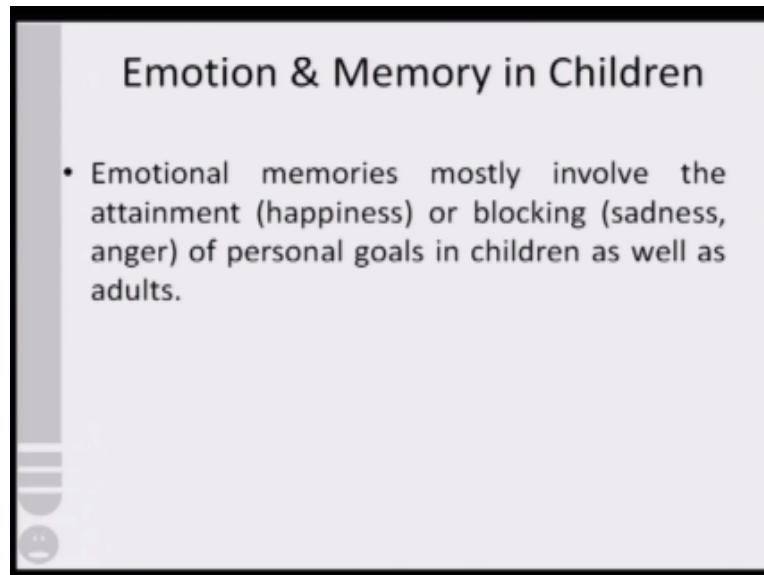
And there also we said that personal significance plays a very important role, now that emotions which is likely to have no more of a personal significance. So how emotion and memory both will work together in the case of human children. Now between the age of 18 to 36 months.

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Between 18-36 months	Use of emotional words in their conversation
3 Years	Identification of emotions and situations provoking them
4 Years	Accurate matching of basic emotions (happy, mad, sad, and surprised) with the correct corresponding facial expressions
6 Years	Children adept to interpreting emotions at 3 years continue to be better

Children they use emotional words in their conversations. By the time they are three years old they can identify emotions and situations that provoke emotions. In the fourth year they can accurately match the basic emotions with the correct corresponding facial expression, okay. And by the time they are six years old, okay. They adapt to interpreting these emotional expressions.

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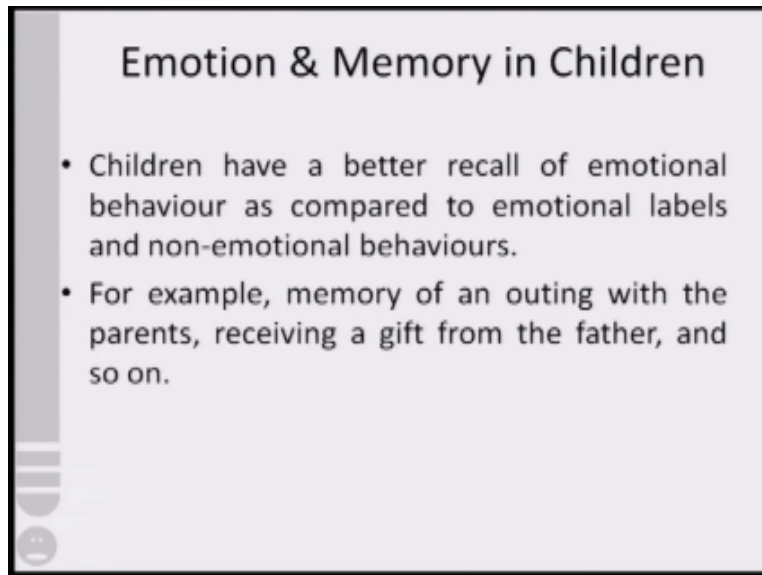


Now emotional memories they mostly involve the attainment and blocking of personal goals in children as well as in adults, okay. You remember Zeigarnik no effect that we talked about in memory and the explanation that, that Kanungo had given, that it is basically the pleasant and the unpleasant experience, okay. Which will help you recollect your events the memory of the event rather than whether you were able to complete it or it was not completed.

It is similar to this type of an explanation which says that you have a fixed certain goals for yourself whether you are child or you are an adult, what is the degree of happiness; how delighted you are when you attain the goal? Okay. Or how sad or angry you become when the goal that you are trying to achieve is blocked. So it is the attainment or the blockage, okay. So your movement towards the personal goal that becomes extremely important, okay.

And therefore when you start recollecting things from your experience, okay. The emotion driven memory would largely not have either the issues related to attainment or episodes related to blockage of the personal goals. Children of course they have a better recall of emotional behavior.

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As compared to emotional levels and non emotional behaviors, for example no the memory for receiving a gift from one of the parents will be better, okay. If you have gone for an outing somewhere we will have a better recall of that very event. So emotional behavior will always have a better recall in case of children, compared to when you simply use the word the labels of the emotion.

Or if you compare between recollection of a non emotional behavior verses emotional behavior children by default will always have a better recall of emotional behavior. Now what we have discussed till now is that as an infant you grow, as an infant you are endowed with certain capacity to acquire certain emotional expressions. You also look at your parents you learn how to express yourself.

But is it, that entire facial expression is only what you call, parent centric or is it that there is an influence even of the society, okay. Of course we have talked about no acquisition of SRG's, okay. But besides SRG's say for instance if you learn how to express anger, okay. Expression of anger is one aspect, how much to be angry; how to express it? Okay. Is it that we differ or is it that we have a source from where we learn.

Or is it that we are biologically endowed with that capability, look at this very add, okay. It is of course an ad of a product but we are looking at how human children they imitate, look at this ad.

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[Other language: 14:43 to 15:05]

What did you see in this very video? First the father shouted at the child okay, and the child revoked it back exactly the way the father had expressed his anger okay. The reason I picked up this very ad was the expression that the child has learn to know show is this, is exactly the same that he learnt from his father. So there is a strong possibility that the way human children the express themselves might be you know a guided by the source okay, the model whom he or she is trying to imitate from the environment.

The other example, would be when you look at know the beauty contest, there you see that all the winners okay, unequivocally they would express the same way. Look at this very video.

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This is the expression of feelings, when Sushmita Sen won Miss Universe in 1994. You must have asked many female winners expressing their emotions the same way, and this actually represents that how the other culture actually influences your expression of emotion.

You saw a Sushmita Sen know, finally what she did was, she just know tried to hide her part of the face okay, using her hands, and this was basically know joy of an ultimate order. Now is it that know few models express themselves like that, because Sushmita Sen episode took less long back. I was now searching for the beauty contest winners, how they express themselves okay, look at one of the recent expressions okay, where.



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Miss World 2014, who is from South Africa, when she won the medal how did she express herself, it matches know the way Sushmita Sen was expressing herself.

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Now let us go little back know, 2012 Miss World winner, who was from China, now you have models from India, China, South Africa all of them expressing themselves the same way okay. So this is a strong indicator the way we saw in the case of ad, where the son was know imitating expressing the way the father expressed. Here you find that irrespective of the event and irrespective of the cultural back ground, people in one event profession they express themselves in the same way, so this is indeed very interesting.

Now this shows two things, one the fact that we acquires certain know rules, certain guidelines from our environment, that is what is know, let me development theory. Second irrespective of our culture it is the people around us, from whom we learn through the process of imitation, imitation now we had discussed when we were talking about learning know, that we select role models and then we imitate the our models okay. The child in the ad actually imitated the father okay, but in the process of imitation you also learn how to express his anger and disgust.

Second case, irrespective of the cultural back ground from where you are okay, might be that you have seen that largely the winners okay, in one situation, in one profession they express themselves the same way, so every time when you win Miss World competition okay,

irrespective of the cultural back ground, irrespective of the difference in the SRG that name was talking about, we express ourselves the same way okay. So this shows know that how human beings right from the state of infancy till when they grow up and they then they move ahead in the profession, how they learn to express themselves okay.

So we will end your third lecture here, in the next lecture we will be talking about specifically the influence of culture on emotional expression.

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