

Psychology Ch. 5 “Motivation and Emotion”

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Name: _____ Date ___/___/___

Period: _____

Motivation and Emotion

CONTENT STANDARD 1

Influences of motivation.

Students are able to

- 1.1. Explain biological, cognitive, and social factors that influence motivation
- 1.2. Explain the role of culture in human motivation

CONTENT STANDARD 2

Domains of motivated behavior in humans.

Students are able to

- 2.1. Identify factors in motivation that influence eating and sexual behaviors
- 2.2. Identify motivational factors that influence achievement and affiliation

CONTENT STANDARD 3

Perspectives on emotion.

Students are able to

- 3.1. Explain the biological and cognitive components of emotion
- 3.2. Describe the psychological research on basic human emotions
- 3.3. Differentiate among theories of emotion

CONTENT STANDARD 4

Emotional interpretation and expression (interpersonal and intrapersonal).

Students are able to

- 4.1. Explain how biological factors influence emotional interpretation and expression
- 4.2. Explain how culture and gender influence emotional interpretation and expression
- 4.3. Explain how other environmental factors influence emotional interpretation and expression

CONTENT STANDARD 5

Domains of emotional behavior

Students are able to

- 5.1. Identify biological and environmental influences on the expression and experience of negative emotions
- 5.2. Identify biological and environmental influences on the expression and experience of positive emotions

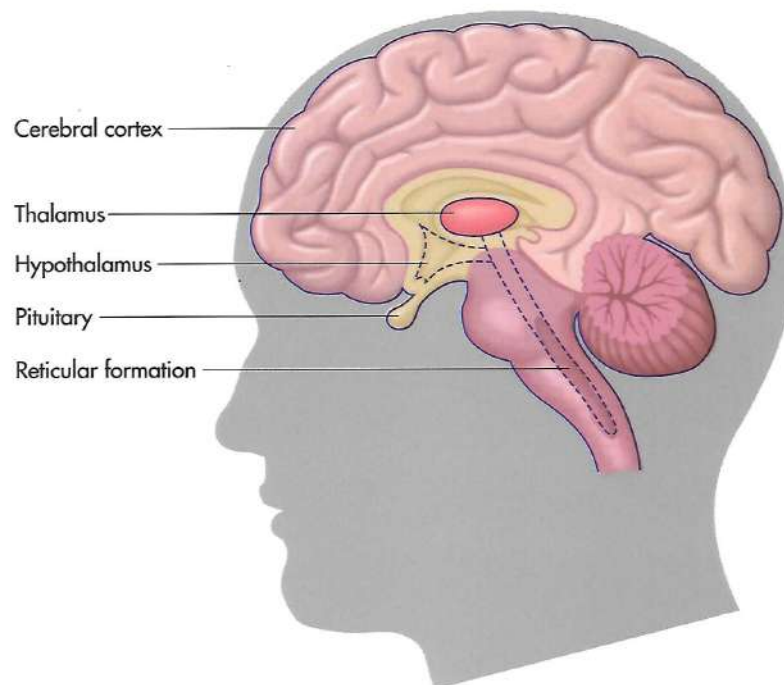
How do symbols affect motivation and emotion? _____

Motivation and Emotion: Physical Factors

Motivation - is what drives us to seek a specific goal.

Emotion – is a state of the body that causes feelings, which vary according to how we view a situation – with fear, hope, love and so forth.

Major Brain Areas



MID VIEW (As if head is cut down the center from front to back)

Figure 5.1 Major Brain Areas
048 TRANSPARENCY

Area	Where it is located	What it does
Hypothalamus	_____	_____
Amygdala	_____	_____
Reticular Formation	_____	_____
Pituitary Gland	_____	_____
Adrenal Gland	_____	_____
Gonads (Testes/Ovaries)	_____	_____

How are androgen and estrogen similar and different? _____

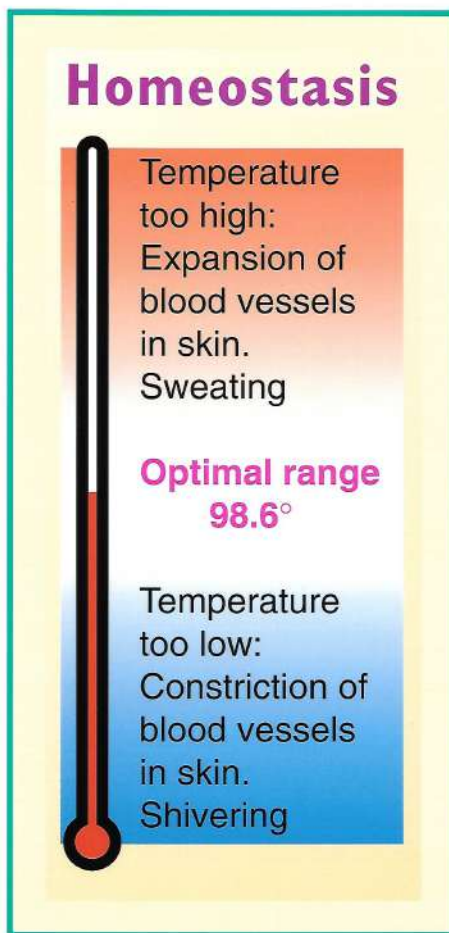


Figure 5.3 Homeostasis
050 TRANSPARENCY

Motivational Forces

Drive vs. Goal: _____

Hunger 4 reasons why are feeling hungry

Thirst what controls our thirst? _____

Non-Survival Needs

Curiosity motive How has this helped us survive? _____

Manipulation motive How has this helped us survive? _____

Intrinsic Motivation Illustrate using your life: _____

Extrinsic Motivation Illustrate using your life: _____

Stimulation What happens when we don't have it as children? _____

The Theory of Needs

Hierarchy of Needs _____

Physiological Needs _____

Safety Needs _____

Belongingness Needs _____

Self-Esteem Needs _____

Self-Actualizing Needs _____

Hierarchy of Needs

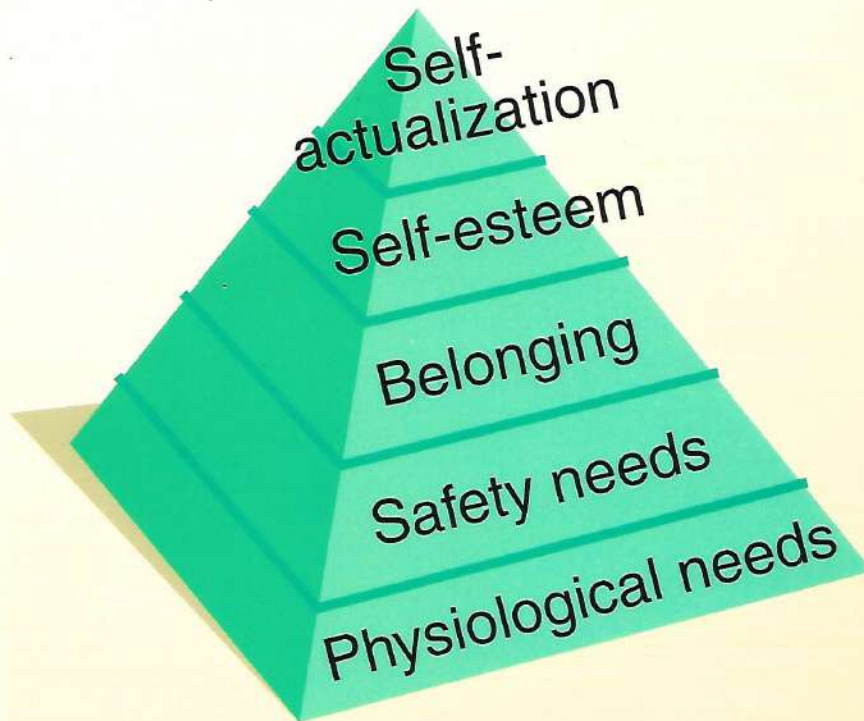


Figure 5.6 Maslow's Hierarchy
051 TRANSPARENCY

Psychological Motivation

Need for Affiliation _____

Need for Approval _____

Need for Achievement _____

Emotions

Opponent-Process Theory _____

Cognition _____

Goleman's Emotional Intelligence _____

Cannon-Bard Theory _____

Schachter's Cognitive Theory _____

In Focus

Three Theories of Emotion

James-Lange Theory

Something happens



Body reacts



Emotion produced

Cannon-Bard Theory

Something happens



Body reacts *and* emotion produced (at the same time)

Schachter's Cognitive Theory

Something happens



We *think* about what happened and *label* it



Emotion produced

In your opinion, which theory best explains why some people are superstitious?

Review Questions

For each of the following, answer *R* for reticular function, *P* for pituitary gland, or *A* for adrenal gland.

- _____ 1. Helps us react in emergencies
- _____ 2. Regulates level of activity in the body
- _____ 3. Signals other glands to release chemicals
- _____ 4. Located just below the hypothalamus
- _____ 5. Releases chemicals that affect heart rate
- _____ 6. Controls sleep

Fill In the Blank

On a sheet of paper write the word or words that best complete each statement.

- 7. The female hormone is called _____.
- 8. Sex glands are called _____.
- 9. _____ regulates the female reproductive cycle.
- 10. Male hormones are called _____.
- 11. The part of the brain that controls aggression and fear is called _____.

True/False

On a sheet of paper answer each statement *true* or *false*. If *false*, rewrite to make it true.

- _____ 12. Stomach contractions cause hunger.

- _____ 13. Low blood-sugar levels causes hunger.

- _____ 14. High blood-sugar levels causes hunger.

- _____ 15. Humans can store excess water for up to 48 hours.

- _____ 16. We are born with certain body-weight set points, and they do not change with age.

- _____ 17. A person's set point is partly determined by fat cells.

- _____ 18. Inherited factors may lead to weight problems.

- _____ 19. The hypothalamus regulates both hunger and thirst.

- _____ 20. The James-Lange theory assumes that the body reacts first and then emotion is produced.
