

Emotions and Moods

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Abstract: Analysis needs three terms that are closely intertwined; affect, emotions, and moods. Affect is a generic term that covers a broad range of feeling people experience in the form of emotions and moods. Emotions are intense feelings directed at someone or something. Moods are less intense feelings than emotions and often lack of contextual stimulus. Emotions are reaction to a person and are shown when we are happy, angry and afraid of something. Emotions have short duration and specific reason whereas moods have long duration and unclear reason. Moods may be positive and negative and may be affected for hours or days. Moods always change on the basis of time and weather. A few factors are which affect moods: stress, social activities, sleep, exercise, age, gender etc. Both are natural phenomenon and also a part of human life.

Keywords: feeling people experience, emotions, happy, angry, human life.

1. INTRODUCTION

Time cools, time clarifies; no mood can be maintained quite unaltered through the course of hours ---- Mark Twain .

Analysis needs three terms that are closely intertwined; affect, emotions and moods . A short comment on these terms is required here.

Affect is a generic term that covers a broad range of feelings people experience , including both emotions and moods . Emotions are intense feelings directed at someone or something. Moods are less intense feelings than emotions and often (not always) lack a contextual stimulus . Most experts believe emotions are more feelings than moods for example, if someone is rude to you , you will feel angry . That intense feelings probably comes and goes fairly quickly , may be even in a matter of seconds. When you are in a bad mood , though you can feel bad for several hours.

Emotions are reaction to a person (seeing a friend at work may make you feel glad) or an even (dealing with rude client may make you feel angry) . Emotions are shown when we are happy about something, angry at someone, afraid of something . Moods, in contrast , aren't usually directed at a person or an event. But emotions can turn into moods when we lose focus on the event or object that started the feelings. And by the same token good or bad moods can make us more emotional in response to an event. That's why, when a colleague criticise how we spoke to a client ; we might show emotion (anger) toward a specific object (our colleagues). But as the specific emotion dissipates, we might just feel generally dispirited. Unlike moods, emotions like anger and disgust tend to be more clearly revealed by facial expressions. Research has speculated that emotions may be more action oriented - they may lead us to some immediate action while moods may be more cognitive , meaning they may cause us to think , brood for a while. Finally exhibit given under - shows that emotions and moods are closely connected and can influence each other.

Affect

Defined as a broad range of feelings that people experience. Affect can be experienced in the form of moods and emotions.

Form of Moods and Emotions

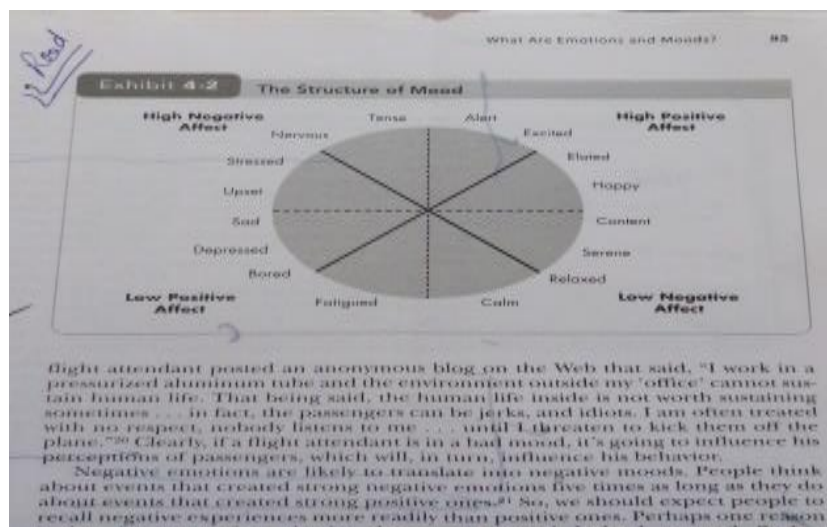
(A) Moods	(B) Emotions
* Caused by specific agent.	* Cause is often general & unclear.
* Very brief in duration (seconds/minutes).	* Last longer than emotions (Days/hours).
* Specific and numerous in nature (anger, fear, sadness, happiness, disgust, surprise).	* More general - two main dimension: Positive & Negative effect.
* Usually accompanied by distinct facial expressions.	* Generally not indicated by facial expressions.
* Action oriented in nature.	* Cognitive in nature.

The Basic Emotions:

There are dozens of emotions, including anger, contempt, enthusiasm, envy, fear, frustration, disappointment, embarrassment, disgust, happiness, hate joy, hope jealousy, love, pride, surprise and sadness. Numerous researchers have tried to limit them to a fundamental set. But one among them, often called the founder of modern philosophy, Rene Descartes identified only six, "Simple and Primitive Passions"-- Wonder, love, hatred, desire, joy and sadness -- and argued that all the others are composed of some of these six or are species of them.

2. THE BASIC MOODS: POSITIVE & NEGATIVE AFFECT

One way to classify emotions, is by whether that are positive or negative. Positive emotions -- such as joy and gratitude -- express a favourable evaluation or feeling. Negative emotions -- such as anger or guilt express the opposite. It must be noted that emotions can not be neutral. When we group emotions into positive and negative categories, they become mood states. The structure of Mood; Exhibit ---1;



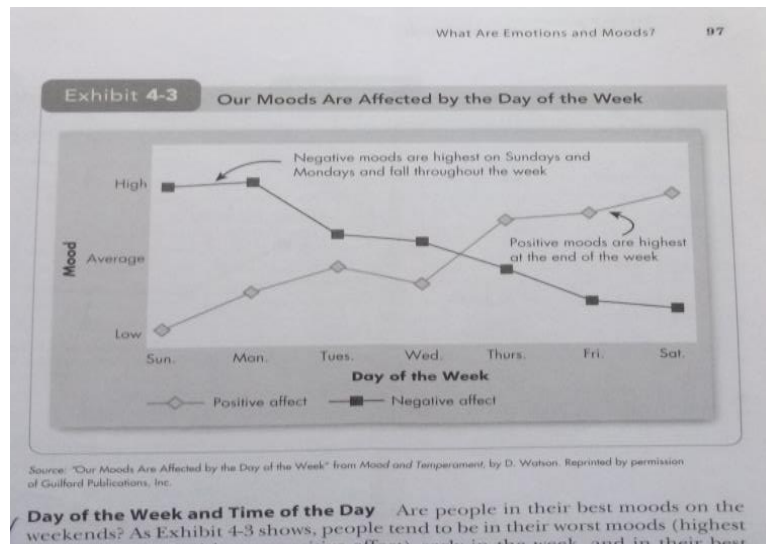
Figure

Do emotions make us irrational? In this context a statement stated by famous astronomer Carl Sagan is, "where we have strong emotions, we are liable to fool ourselves". These observations suggest rationality and emotion are in conflict, and that if you exhibit emotional ate likely to act irrationally. Other team of researchers have argue that displaying emotions such as sadness to the point of crying is so toxic to a career that we should leave the room rather than allow others to witness it. These perspectives suggest the demonstration or even experience of emotions can make us seem weak, brittle, or irrational. However research is increasingly showing that emotions to be rational because our emotions provide important information about how we understand the world around us.

3. SOURCES OF EMOTIONS AND MOODS

Have you ever said, "I got up on the wrong side of the bed today"? Have you ever snapped at a co-worker worker or family member for no particular reason? If you have, it probably makes you wonder. Where emotions and moods come from primary influences are being discussed here:

1- Personality : Moods and emotions have a trait component. Most people have built in tendencies to experience certain moods and emotions more frequently than others do. People also experience the same emotions with different intensities. Contrast cricketer, Harbhajan Singh , to the captain of the Indian team , M.S.Dhoni , one is easily provoked while other is calm and relatively unemotional. Both probably differ in affect intensity ; or how strongly they experience their emotions . Our moods are affected by the Day of the week and weather : Exhibit ---02 ; Negative moods are highest on Sunday & Monday and fall throughout the week.



Figure

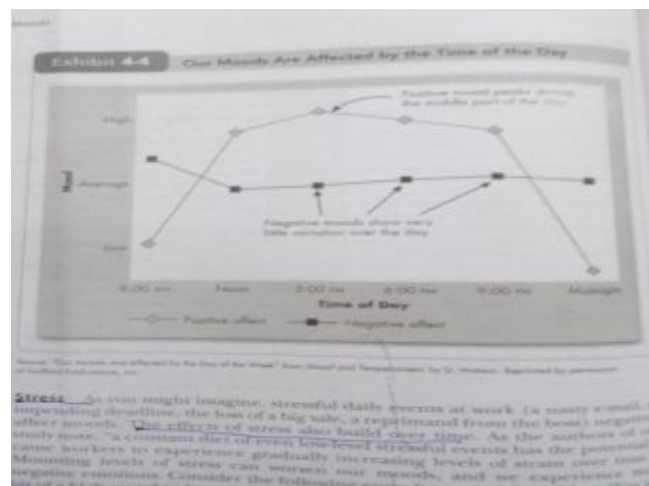
△---positive affect , ◆-----Negative affect .

----- DAY OF WEEK -----

SOURCES: ----- Our moods are affected by the day of the week, " From mood and temperament by D. Watson , reprinted by permission on the Guilford Publication Inc. Exhibit given above shows , people tend to be in their worst mood (highest negative affect and lowest positive affect) early in the week , and in their best moods (highest positive affect and lowest negative affect) late in the week .

WHAT ABOUT TIME OF THE DAY , EXHIBIT ---03 :-

Regardless of what time we go to bed at night or get up in the morning, levels of positive affect tend to peak at around the halfway point between waking and sleeping . Negative affect , however, shows little fluctuation throughout the day .



Figure

POSITIVE AFFECT & NEGATIVE AFFECT: (SOURCES:- From mood and temperament affect by D.Watson)

Some facts also affect mood: -

- 1-Stress: Stressful daily events at work (a nasty e-mail, an impending deadline, the loss of big sale, a reprimand from the boss) negatively affect moods.
- 2- Social activities :- Research suggests activities that are physical (Skiing or hiking with friends) , informal (going to a party) or epicurean (eating with others) are more strongly associated with I creases in positive mood than events that are formal (attending a meeting) or sedentary (watching TV with friends).
- 3- Sleep:- Sleep quality does affect moods . Deprived of sleeping for under Graduates and adult workers reports greater feeling of fatigue, anger and hostility. Poor sleep also impairs job satisfaction due to irritability and fatigueness.
- 4- Exercise:- Research consistently shows exercise enhances people's positive moods .
- 5- Age :- One study of people ages 18 to 94 revealed that negative emotional seem to occur less as people get older.
- 6- Gender: - Women are more emotional than men . Women experience emotions more intensely, they land to "hold onto "emotions longer than men, and they display more frequent expressions of both positive and negative emotions, except anger .

EMOTIONAL INTELLIGENCE (EI): It is a person's abiding to :

- 1- Be self aware (to recognize her own emotions when she experiences them).
- 2- Detect emotions in others, and
- 3 -Manage emotions cues and information.

Questions:-

- 1- What are similarities and differences between emotions and moods ?
- 2- What are the basic emotions & basic mood dimensions ?
- 3 - Are emotions and moods rational ?
- 4- What are the primary sources of emotions & moods ?
- 5- What is emotional intelligence ?

ENDNOTES

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