

# EMOTIONS- OUR STRENGTH OR WEAKNESS

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**ABSTRACT:** *The objective of this paper is to show you the personal strengths and weakness that I identified by asking friends and family their opinion on the topic. The role that emotions play in our ability to encode and recall information may seem an inevitable, uncontrollable aspect of everyday life. However, the way in which emotions distort our perception and recollection of reality has implications beyond the study of psychology. A person is always experiencing some emotion at any time, since when the present emotion fades away so another emotion will take its place and be felt by him / her. No single emotional response can be permanent. When any emotion, such as anger, is experienced, the person can stay angry only for some time; eventually the anger will fade away and a fresh emotion will arise.*

## WHAT ARE EMOTIONS?

In psychology, emotion is often defined as a complex state of feeling that results in physical and psychological changes that influence thought and behavior. Emotionality is associated with a range of psychological phenomena, including temperament, personality, mood, and motivation. According to author David G. Meyers, human emotion involves "...physiological arousal, expressive behaviors, and conscious experience."

Emotion is the generic term for subjective, conscious experience that is characterized primarily by psycho physiological expressions, biological reactions, and mental states. Emotion is often associated and considered reciprocally influential with mood, temperament, personality, disposition, and motivation, as well as influenced by hormones and neuro transmitters.

Philosophers and psychologists have long debated the nature of emotions such as happiness. Are they states of supernatural souls, cognitive judgments about goal satisfaction, or perceptions of physiological changes? Advances in neuroscience suggest how brains generate emotions through a combination of cognitive appraisal and bodily perception.

There are currently two main scientific ways of explaining the nature of emotions. According to the cognitive appraisal theory, emotions are judgments about the extent that the current situation meets your goals. Happiness is the evaluation that your goals are being satisfied, as when winning the lottery solves your financial problems and being asked out holds the promise of satisfying your romantic needs. Similarly, sadness is the evaluation that your goals are not being satisfied, and anger is the judgment aimed at whatever is blocking the accomplishment of your goals.

Alternatively, William James and others have argued that emotions are perceptions of changes in your body such as heart rate, breathing rate, perspiration, and hormone levels. On this view, happiness is a kind of physiological perception, not a judgment, and other emotions such as sadness and anger are mental reactions to different kinds of physiological stages. The problem with this account is that bodily states do not seem to be nearly as finely tuned as the many different kinds of emotional states. Yet there is undoubtedly some connection between emotions and physiological changes.

Understanding how the brain works shows that these theories of emotion - cognitive appraisal and physiological perception - can be combined into a unified account of emotions. The brain is a parallel processor, doing many things at once. Visual and other kinds of perception are the result of both inputs from the senses and top-down interpretations based on past knowledge. Similarly, the brain can perform emotions by interactively combining both high-level judgments about goal satisfactions and low-level perceptions of bodily changes. The judgments are performed by the prefrontal cortex which interacts with the amygdala and insula that process information about physiological states. Hence happiness can be a brain process that simultaneously makes appraisals and perceives the body.

## THEORIES OF EMOTION

The major theories of motivation can be grouped into three main categories: physiological, neurological, and cognitive. Physiological theories suggest that responses within the body are responsible for emotions. Neurological theories propose that activity within the brain leads to emotional responses. Finally, cognitive theories argue that thoughts and other mental activity play an essential role in forming emotions.

## RESEARCH ON HUMAN EMOTIONS

Research psychologists have been studying emotion for a long time; in fact it is one of the oldest areas of research. Several classic theories of emotion exist:

- **James-Lange Theory**

According to this theory, actions precede emotions and the brain interprets said actions as emotions. A situation occurs and the brain interprets the situation, causing a characteristic physiological response. This may include any or all of the following: perspiration, heart rate elevation, facial and gestural expression. These reflexive responses occur before the person is aware that he is experiencing an emotion; only when the brain cognitively assesses the physiology is it labeled as an "emotion".

- **Cannon-Bard Theory**

Cannon and Bard opposed the James-Lange theory by stating that the emotion is felt first, and then actions follow from cognitive appraisal. In their view, the thalamus and amygdala play a central role; interpreting an emotion-provoking situation and simultaneously sending signals to the ANS (autonomic nervous system) and to the cerebral cortex which interprets the situation cognitively.

- **Schachter-Singer Theory**

Schachter and Singer agreed with James and Lange -- which the experience of emotions arises from the cognitive labeling of physiological sensation. However, they also believed that this was not enough to explain the more subtle differences in emotion self-

perception, i.e. the difference between anger and fear. Thus, they proposed that an individual will gain information from the immediate situation (ex: a danger is nearby) and use it to qualitatively label the sensation.

There are many more theories than these, with new ones being refined almost every day. Current thinking is that emotion involves a dynamic state that consists of both cognitive and physical events. We do not conduct basic studies about human emotion in our lab, but many of the things we build offer an opportunity to learn more about human emotion.

### NEW RESEARCH SAYS THERE ARE ONLY FOUR EMOTIONS

Conventional scientific wisdom recognizes six "classic" emotions: happy, surprised, afraid, disgusted, angry, and sad. But the Glasgow scientists studied people's facial expressions, and the emotions they signal, by showing people computer-generated facial animations. They asked the observers to characterize the faces based on those six basic emotions, and found that anger and disgust looked very similar to the observers in the early stages, as did fear and surprise. For example, both anger and disgust share a wrinkled nose, and both surprise and fear share raised eyebrows.

### MODEL OF EMOTIONS

Mind has two aspects, intelligence and intellect. Intelligence links to will and to feeling, and intellect is the source of abstraction. Mind is the key to consciousness. Mind, in fact, is the 'cement' that keeps all aspects of consciousness together. Mind helps to produce desires and emotions. Will is a pure striving, an undirected effort. When will is united with mind, it generates desire. Desire is the activity of will directed into a mental concept. The concept governs the use of will. The concept directs the will.

When feeling is united with mind, it generates emotion. Emotion is the activity of feeling directed into a mental concept. The feeling energizes a conceptual response to a stimulus. Feelings are primarily either pleasant or unpleasant; rarely are they neutral. Hence there are two possible conceptual responses to any stimulus, which in turn leads to two possible emotional responses.

### EMOTION: UNCONSCIOUS IDEAS

An emotion is not unique to any particular individual, so the mental concept that underlies it comes from the unconscious mind. Now an unconscious idea has two values: it is good or it is bad. The good value generates the pleasant feeling, the bad value the unpleasant feeling. This division leads to two choices. One choice gives rise to one emotion, the other choice to its complement. In general, the definition of an emotion is that it is an unconscious idea powered by either a pleasant or an unpleasant feeling.

The broader picture on the psychology of emotions would include the real purpose of emotions. Emotions could have several functions.

- ❖ Emotions release our excess internal energy Just as creativity helps in releasing our excess energy in a positive way, love or anger helps releasing physical energy and could thus be good for health
- ❖ Emotions help us to fulfill our needs through directed physical reactions the emotion of curiosity for example fulfils our need for knowledge
- ❖ Emotions add the codes and conscious and subconscious elements to our social interaction, communication and general life process. Emotions enrich our lives whether they are consciously expressed or unconsciously perceived.

### EMOTIONS- OUR STRENGTH OR WEAKNESS

#### • Weakness

Quite obviously it is a weakness for it is directly opposed to reason which is the greatest power known to man, just think of how many people engage in erratic, foolish and inconvenient behavior. In study of History you will find out that many great men fell because of taking emotional decisions instead of a rational one.

This claim comes from the horrible deeds humanity has made. Emotions cause these acts of violence, torcher, and cruelty. Without emotion humans can think logically of their actions weighting between positive and negative effects to their lives. Emotion truly is what drives some of us but it also slows our species down and in a world without our emotions we wouldn't even notice the difference.

The merriam-webster online dictionary states three definitions for the noun "weakness" as follows:

- The quality or state of being weak.
- A quality or feature that prevents someone or something from being effective or useful.
- Something that you like so much that you are often unable to resist it.

This way, if we look through the lenses of the first definition, we do not have much to work with in order to find out if emotion is or isn't a weakness.

But as we learn the second definition, we absolutely can relate ourselves to many cases in which emotion caused us to "not being effective or useful" on regard to solving any kind of problems. At last, the third definition also supports the idea that emotion is a weakness, as we sometimes get addicted to certain kind of emotion and thus "often are unable to resist it".

### STRENGTH

60% of people say that it is a weakness! I do hope that figure is not a sad indictment of society. Without emotions we would not be human! Think of all those wonderful things that come from emotion: Music, art, poetry etc. We would be a sad species without it.

It is true that emotions suck but think about it when you're happy. You Excel and conquer all of mankind's problems. Emotion may make us weak but they also make us stronger than the other life forms. Animals have no morals. We have mercy and humans are stronger that way making Ally's instead of constant genocide.

It saddens me how many people here think emotions or showing emotions is a weakness although it sure explains a lot about our society today! There is no value to life. Emotions give life to your lives!! People unwilling to face their own emotions are the weak ones! Without emotions songs and the other arts would be not exist and even if it did it wouldn't touch any if us the ways is does or has it the past. Emotions are what make us 'Human'.

This is really sad, seriously, Emotions are what helps us to think logically, most of the time, yes there are times when emotions cloud our judgment, but that is when we allow our emotions to control us. Emotions are what drive us to protect our loved ones. It's what

keeps us safe. It helps us to actually enjoy the life we are living, instead of just passing by like drones. In fact, when you just bottle your emotions up and hide them, you are actually doing more harm to yourself than good.

Emotions are what make us alive, and human. They could be exploited, but so can any other quality of a person. Emotions can motivate people, and make them do what an emotionless being wouldn't do. It is true that emotion can cloud logical judgment, but in the end, emotion can't be weakness since humans need it.

### **BOTH STRENGTH AND WEAKNESS**

Emotions can lie to you. However emotions also make us who we are. Without emotion we are robots. Without feelings we are hollow, lifeless. We wouldn't have personalities. We would all be the same. It is a weakness. But it is price worth paying. You don't live without love, happiness and fear or anger or sadness...It's vital....Emotion is what makes us human.....

Being emotional is not strength or weakness. Emotions are important signals from your body/brain. How you respond to these signals determine if you are an emotionally mature or an emotionally immature person.

If you choose to ignore, reject or distort these signals, then you may be thought of as emotionally immature. Emotional immaturity can lead you to do things that lead you to a life where you have little control over your own destiny.

On the other hand, if you choose to acknowledge, and feel these signals, they help you become intuitive and centred. A centred individual can take care of his interests and be kind to others at the same time.

It can't be exactly said that being emotional is a strength or weakness. It depends on the person, situation and the environment. In some cases being emotional makes you stronger in the sense that you can easily empathize with others. You actually feel their problem and hence help them more effectively to solve that problem. While in some cases it makes you so weak that people can take advantage of your being extra emotional. Since you are very emotional and hence you listen more to your heart. This may cost you a lot here.

So it can't exactly be decided that whether it's good or bad. That's why being emotional requires lot of self-control, patience to analyze the situation and ability to observe the pros and cons of any situation if to use this quality properly you'll end up having the most beautiful relationships in your life.

Every living being in the world has emotions be it negative or positive. Only dead or non living beings don't possess it. There are nine emotions (RASAS) as per Hinduism and we all must have experienced all these in different situations and times. Every emotion can be positive or negative depending on situation. If somebody says he is not emotional then he is lying. One may experience one emotion more than other but everybody is Emotional.

Perhaps our emotions are our greatest strength. Think of what it is to be a human. It is a confusing journey full of transcendental mysteries, beauty, and pleasure. Think of how different it would be to live with no emotion. You would have no passions or fears. Nothing is to set you apart from other people. Everybody would be a logical machine that would experience life, but never live it. Without emotions it would be the same, just gray.

Emotion is our greatest strength because it drives us to motivate. Like when we are so tired to go to school, we remember that we will see our friends tomorrow, we became happy and it makes us think that going to school tomorrow would be a better plan of action. Next, when we are angry at someone, I think it's not a weakness because it helps us strive harder to be better than the other one. Without our emotions, we would not be able to make so much decision. Emotions contain biases which help us decide. Emotions bring us the force to love and to care for others.

It was Newtons obsession with discovery that drove him to study the apple. It was his inner vigor and most of all, it made him happy. Without that inner conviction to truth and understanding, one just sits in wait of an order or role to play.

Emotion is often the driving force behind motivation, positive or negative. The physiology of emotion is closely linked to arousal of the nervous system with various states and strengths of arousal relating, apparently, to particular emotions. Although those acting primarily on emotion may seem as if they are not thinking, cognition is an important aspect of emotion, particularly the interpretation of events. For example, the experience of fear usually occurs in response to a threat.

Human weakness is the greatest weakness in the world. If humans will just stay like a bundle of emotions, they can never achieve anything in their life. If Sir Issac Newton had been emotional, then he would have eaten the fallen apple rather than researching on it; Neil Armstrong would have thought about his family before stepping on the moon. Thus, it proves that a person's greatest weakness is his EMOTIONS.

Emotions are integral function of our brains. Emotions also force humans into making the morally right decision as well such as a young man helping an old woman cross the street, this is called sympathy. If no emotions, charities don't exist.

Emotions are our greatest weakness. If someone is outraged his emotions will cause his actions to be severe. He would lose control and his mind will no longer be in control. Emotions force us to make wrong decisions many times, and we regret them later. In the last, Emotion is our strength as well as weakness.

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