

“EFFECTS OF POSITIVITY ON EMOTIONS”

1.Mukesh Kumar 2.Neetee Mehta

1. Research Scholar, Psychology Department, Bhagwant University, Ajmer, Rajasthan, India

2. Research Guide, Psychology Department, Bhagwant University, Ajmer, Rajasthan, India

Abstract

The Main purpose of this study is the effect of positivity on emotions in our life. Through positivity, we express positive emotion in our daily routine. individuals have varying degrees of influence also play a role in personal happiness. Not surprisingly, people living in wealthy countries are happier than those in poor nations. In general, married people tend to be happier than single people although this finding varies with how the particular culture views marriage (Diener et al., 1998). Also people who are satisfied with their jobs and carriers to be happier than those who are not (e.g., Weiss & Cropanzano, 1996). many factors can have an impact on personal happiness, most people relatively highs level of subjective well-being and are quite satisfied with their lives.

Keywords:- Hypothalamus, Hemisphere, subjective well-being, Cognitive etc.

Introduction:

Can you imagine life without emotions without joy, anger, sorrow or fear? What would such an existence be like a life without any feelings? If you have seen any of the star Trek movies, you know that MR.spock, who prided himself on being completely lacking in emotions, often suffered greatly from this deficit thus provig, of course, that he was not totally devoid of human feelings .So, while we can imagine a life without emotions, few of us would choose such an existence.

But what, precisely, are emotions? The closer we look, the more complex these reactions seem to be. There is general agreement among scientist who study emotions, however, that they involve three major components: 1. Physiological changes with our body shifts in heart rate, blood pressure, and so on; 2. Subjective cognitive states the personal experiences we label as emotions; and 3. Expressive behavior outward signs of these internal reactions (Tangney et al.,1996; Zajonc & McIntosh, 1992).

In this discussion, therefore, we will first look at several contrasting theories of emotion. Then we will consider the biological basis of emotions. Third we will examine hoe emotion are expressed. Next we will turn to affect , or affective states (Russel & Carrol,1999), examining the complex interplay between affect and cognition. We will conclude with a brief look at what psychologists have discovered about subjective well-being, or personal happiness. Many different theories of emotions have been proposed, but among these, three have been most influential. There are known, after the scientists who proposed them, as the Cannon-Bard, James- Lange, and Schachter-Singer theories. A fourth theory the opponent-process theory – offers additional insights into the nature of emotion.

The theories summarized here are among the ones that have received most attention from researchers.

Cannon-Bard theory:- Emotion –provoking events induce simultaneously the subjective experiences we label as emotions and the physiological reactions that accompany them.

James-Lange theory:- Subjective emotional experiences result from physiological changes within our bodies (e.g., we feel sorry because we cry, frightened because we run away from something< etc.).

Schachter-Singer (Two factor) theory:- Emotion-provoking events produce increased arousal; we search the external environment in order to identify the causes behind it. The factor we identify then determine the label we place on our arousal and the emotion we experienced.

Opponent-process theory:- Emotional reactions to a stimulus are followed automatically by an opposite reaction; repeated exposure to a stimulus causes the initial reaction to weaken and the opponent process (opposite reaction) to strengthen.

The Biological Basis of Emotions

Emotion are complex reactions, involving not only the intense subjective feeling we label as “joy,” “anger,” “sorrow,” and so on, but also outward emotional expressions and the ability to understand emotional information (e.g., the ability to “read” the emotional reactions of others). Research on the biological and neural basis of emotions indicates that different portions of the brain play a role in each of these components. Research concerning the neural basis of emotion is complex, so here I will simply try to summarize a few of the key findings,

First, it appears that the right cerebral hemisphere plays an especially important role in emotional functions (e.g., Harrington, 1995). The right hemisphere seems to be specialized for processing emotional information. Individual with damage to the right hemisphere have difficulty in understanding the emotional tone of other person`s voice or in correctly describing emotion scenes (Heller,1997; Heller, Nitschke, & Miller,1998). Similarly, among healthy persons with no damage of their brains, individuals to better and identifying others ‘ emotions when such information presented to there right hemisphere rather than to their left hemisphere (it is exposed to one part or the other of the visual field; see the discussions of the visual system in chapter 3) (e.g., Ladavas, Umilta, & Ricci-Bitti, 1980). The right hemisphere also seems to be specialized for the expression of emotion: for instance, patients with damage to the right hemisphere are less successful at expressing emotions through the tone of their voice than persons without such damage (Borod,1993).

Subjective Well-Being: Some Thought on personal Happiness

Suppose you were asked the following questions: “How happy are you?”and “How satisfied are you with your life?” Suppose that both cases in your answer could range from 1 (very unhappy; very unsatisfied) to 7 (very happy ; very satisfied). How would you reply? If you are like most people a large majority, in fact you would probably indicate that you are quite satisfied in your life. In fact, Research findings (e.g., Diener & Diener, 1996 ; Diener & Lucas, in press; Myers & Diener,1995) suggest that

something like 80percent of all people who answer this question report being satisfied. In other words, they report relatively high levels of what physiologists term subjective well-being individuals'global judgments of their own life satisfaction (Diener et al., 1999). Moreover, this seems to be true all over the world, across all age groups, at all income levels above grinding poverty, wolsic, & fujita,1995), and in all racial and ethnic groups (e.g., Myers & Diener,1995).

Does this mean that everyone is happy, no matter what their life circumstances? Not at all; in fact, as I will soon explain, several factors have been found to influence subjective well-being. But overall, most people report being relatively happy and satisfied with their lives. Why? We don't know for certain, but it appears that overall, human beings have a strong tendency to look on the bright side of things to be optimistic and upbeat and wide range of situations (e.g., Myers & Suh, in press). For instance, as we will see in chapter 16, they often show a strong optimistic bias a powerful tendency to believe that they can accomplish more in a given period of time than they really can (Baron,1998).

But given that most people report being happy, what factors influence just how happy they are? A recent review of research on this question by Diener and his colleagues (Diener et al., 1999) points to the following variables. First, genetic factors seem to play a role. Some people, it appears, have inherited tendency to have a pleasant, easygoing temperament, and this contributes to their personal happiness (e.g., Lykken & Tellegen, 1996). Because of tendency they got along well with others, and this can help pave the way to happiness.

Second, personality factors are important. People who are emotionally stable (low on what is sometimes termed neuroticism; see chapter 12), Who are high in affiliation (the tendency to want to relate to other people), and in perceived control (they feel that they are "in charge" of their own lives), tend to be happier than those who are not emotionally stable, who are low in affiliation, and low perceived control (DeNeve, 1999). In addition, some finding suggest not surprisingly that people who are optimistic, extraverted, and avoid undue worrying also tend to be happier than those who are pessimistic, introverted and prone to worry excessively (e.g., Deneve & Cooper, 1998).

In sum, although many factors can have an impact on personal happiness, most people relatively highs level of subjective well-being and are quite satisfied with their lives. Despite the many negative events that occur during our adults years, we tend to retain a degree of optimism and a positive outlook on life. So the poet Theodosia Garrison was correct about most of us when she wrote: "The hardest habit of all to break is the terrible habit of happiness."

Results:

Positive emotions makes you feel happy and joyful. External conditions over which individuals have varying degrees of influence also play a role in personal happiness. People who are emotionally stable (low on what is sometimes termed neuroticism; see chapter 12), Who are high in affiliation (the tendency to want to relate to other people), and in perceived control (they feel that they are “in charge” of their own lives), tend to be happier than those who are not emotionally stable, who are low in affiliation, and low perceived control (DeNeve, 1999).

Conclusion:

Many factors can have an impact on personal happiness, most people relatively high level of subjective well-being and are quite satisfied with their lives. Despite the many negative events that occur during our adult years, we tend to retain a degree of optimism and a positive outlook on life. So the poet Theodosia Garrison was correct about most of us when she wrote: “The hardest habit of all to break is the terrible habit of happiness.” Its important we recognize our thoughts and emotions and be aware of its effect not only on our health but also our relationship and our surroundings.

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