

**Course Name: Bachelor of Physical Education**

**Year – IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Emotion**

**Topic No. - Sec - A (2)**

**Paper No. - IInd**

**Lecture No. - 2**

### **Lecture Title**

### **Emotion- Meaning and Their Psychological Change and Sub Limitations**

### **FAQ's**

#### **Q1. Define Emotion.**

**Answer:** The term emotion is derived from the Latin word “emovere”, which means “to shake”, “to stir up” Emotion is a complex psycho-physiological experience of an individual's state of mind as interacting with biochemical (internal) and environmental (external) influences.

Morris (1979), defines emotion as, “A complex affective experience that involves diffuse physiological changes and can be expressed overtly in characteristic behavior patterns.”

The definitions tend to describe emotions as some sort of feelings or affective experiences which are characterized by some physiological changes that generally lead them to perform some or the other types of behavioral acts. There are hundreds of emotions with their blends, variations, mutations and distinctions.

#### **Q2. Inscribe any 5 characteristics of emotion?**

**Answer:**

1. Emotions are related to instincts.
2. Emotions according to McDougall have 3 aspects: 1. cognitive, 2. Affective and 3 conative means knowing or perceptual aspect or emotional aspect. Cognitive means knowing or perceptual aspect, affective means feeling or emotional aspect. Conative means doing or striving aspect
3. Every emotion involves physical and psychological changes in the organism. There are internal physiological changes too.
4. Emotions are frequent and temporary.

5. Small children are unable to hide their emotions and express them in directly through different activities such as crying, nail biting and thumb sucking.

### **Q3. Inscribe any 5 Educational Implications of emotion?**

#### **Answer:**

1. The teachers should try to arouse healthy and worthy emotions in the children which may lead them to do some creative work.
2. During adolescent, lack of information about sex may cause emotional disturbance' Teachers and parents should provide required knowledge and try guide them to solve their problems in this regard. There should not be shyness from other side.
3. Evaluation should be continuous and objective.
4. Teachers should help children to have fine are emotions which would lead to the formation of god character which is the need of our society.
5. Teachers should try to sublimate the emotions of the children by allowing them to write stories, poems, songs etc.

### **Q4. What are the limitations of emotion?**

**Answer:** Interferes with our "Reason" - often leading us to "rationalize" our passionately held beliefs. Smoking and other health / behavior issues.

- Emotion can affect us physically - reducing our self control.
- Can prevent us from overcoming obstacles.
- Emotion can lead to poorly considered decisions that do not consider the long run implications / consequences.
- Can become addicted to Emotional state - both psychologically & possibly physically via the chemicals created by the human body.
- Many intuitive judgments are inaccurate or incomplete.
- Sometimes causes us to value the "one" over the larger underlying problem. Feeding one hungry child and not the big problem of world hunger. Can act as a block to solving larger, longer run problems such as Climate Change, Poverty, or Social Injustice.
- Difficult to "know" your own emotional state. - Strong emotions such as anger are often misdirected.

