

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

Summary

Emotions are affective in nature. Emotions are intense feelings that are directed at someone or something. Emotions are complex. According to some theories, they are a state of feeling that results in physical and psychological changes that influence our behavior. Emotions are reactions to a person (seeing a friend at work may make you feel glad) or event (dealing with a rude client may make you feel angry).